

BBQ Pulled Chicken

Total Cook Time: 1 hour

Contains raw meat, cook thoroughly

Cook from Frozen

Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- Hoagie Buns
- 2 TBSP (4 TBSP)* cornstarch
- Optional toppings and garnishes: coleslaw, cheese, potato chips, avocados, pickles, mayo or chipotle mayo

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Cover and set aside.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. Add the chicken into the thickened sauce and toss until coated.
7. Serve inside of a roll with desired toppings.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-7.

Leftover Suggestions:

- BBQ baked potato
- BBQ pizza

Notes:

- If the sauce isn't sweet enough for your taste, stir in brown sugar or honey, one tablespoon at a time, until it reaches your desired level of sweetness.

Nutrition Facts

4 servings per container

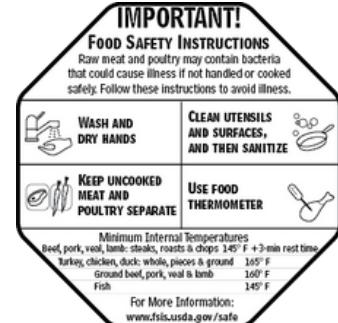
Serving size
1/2 cup (219g)

Calories per serving **200**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 15g	5%
Saturated Fat 0g	0%	Dietary Fiber <1g	3%
Trans Fat 0g		Total Sugars 13g	
Cholesterol 95mg	32%	Includes 10g Added Sugars	20%
Sodium 1550mg	67%	Protein 31g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.1mg 6% • Potassium 190mg 4%
Vitamin A 80mcg 8% • Vitamin C 4mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



INGREDIENTS: CHICKEN, TOMATO SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), WATER, SEA SALT, CITRIC ACID, SPICE), BROWN SUGAR, TOMATO PASTE (TOMATOES, SPICES, NATURAL FLAVORS, CITRIC ACID), WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), APPLE CIDER VINEGAR, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), GARLIC, SALT, LIQUID SMOKE (WATER, NATURAL HICKORY SMOKE FLAVOR, VINEGAR, MOLASSES, CARAMEL COLOR, SALT), SPICE, ONION

CONTAINS: ANCHOVIES, WHEAT, SOY