

Buffalo 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):

- Optional: 2-4 ounces of cream cheese (to decrease the spice level)
- Optional toppings or garnishes: Blue cheese crumbles, chopped celery, cheddar cheese, sour cream, chives, bacon, ranch dressing

Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of hot 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. Remove chicken from the pot and shred. Return to the juices and stir. Optional: to decrease the spice level, whisk in 2-4 ounces of cream cheese.
5. Use meat for quesadillas, salads, grilled cheese sandwiches, pizza, loaded baked potatoes etc. The possibilities are endless with this one!

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add 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 4-5

Leftover Suggestions:

- Quesadillas, Buffalo chicken salad, Pizza, Loaded fries, Grilled cheese

Notes:

- This chicken is very versatile and can be used for many meals. To decrease the spice level, mix in some cream cheese or heavy cream.

Nutrition Facts

4 servings per container

Serving size
1/2 cup (146g)

Calories per serving **130**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 1g	0%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 0g	
Cholesterol 95mg	32%	Includes 0g Added Sugars	0%
Sodium 1470mg	64%	Protein 29g	

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.8mg 4% • Potassium 30mg 0%
Vitamin A 310mcg 35% • Vitamin C 0mg 0%

* 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, BUFFALO SAUCE (DISTILLED VINEGAR, AGED CAYENNE RED PEPPERS, SALT, WATER, CANOLA OIL, PAPRIKA, XANTHAN GUM, NATURAL BUTTER TYPE FLAVOR AND GARLIC POWDER), PAPRIKA, SALT, SPICE, GARLIC, ONION

