

Chicken Fajitas

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):

- Tortillas
- Optional toppings and garnishes: sour cream, salsa, lettuce, shredded cheese, guacamole, lime juice

Cooking Directions:

1. Locate fajita vegetables and keep them in the freezer until ready to use.
2. Open the meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of hot water.
3. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
4. When pressure cooking is complete, use a natural release.
5. Move meat to a cutting board and slice in strips against the grain. Set aside or add back to the pot depending on how you are cooking vegetables. Cooking options below.
6. Cook the fajita vegetables as desired
 - a. Option 1 (easy): Scoop meat from pot; set aside and cover to keep warm. Cut open the bag of fajita vegetables and add them to the juices in the pot. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 2 minutes. When pressure cooking is complete, use a quick release. Stir well.
 - b. Option 2 (best tasting): Heat some oil in a pan on the stove. Add the frozen fajita vegetables and some salt and pepper and sauté until tender.
7. To serve, place the desired amount of meat and veggies onto a warm tortilla. Top 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 5-7.

Grilling Directions

1. Take meal out of the freezer the evening before or morning of the day you want to cook it. Let it thaw and marinate in the fridge until dinner time. Preheat grill. Place meat on grill and cook until the chicken reaches an internal temperature of 165 degrees. Use option 2 to cook the fajita vegetables. Continue with step 7.

Leftover Suggestions:

- Place meat and veggies in a toasted hoagie bun
- Taco Salad

Notes:

- Option 2 brings out the best flavor in the fajita vegetables, but Option 1 is ideal for busy days. The veggies will be slightly softer, yet you won't be sacrificing any of the delicious taste.

Nutrition Facts

4 servings per container

Serving size
1/2 cup (198g)

Calories per serving
120

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1g	1%	Total Carbohydrate 6g	2%
Saturated Fat 0g	0%	Dietary Fiber <1g	3%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 75mg	25%	Includes 0g Added Sugars	0%
Sodium 740mg	32%	Protein 25g	

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.7mg 4% • Potassium 20mg 0%
Vitamin A 40mcg 4% • Vitamin C 1mg 2%

INGREDIENTS: CHICKEN, GREEN PEPPER, RED PEPPER, YELLOW PEPPER, ONION, WHITE WINE VINEGAR, LIME JUICE, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), SALT, LIQUID SMOKE (WATER, HICKORY SMOKE FLAVOR, VINEGAR, MOLASSES, CARAMEL COLOR AND SALT), SPICE, ONION

CONTAINS: WHEAT, SOY

* 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.

