

Chicken Taco Salad

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 toppings and garnishes: Lettuce, pico de gallo, shredded cheese, guacamole, cilantro lime dressing, cooked rice, black beans

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of chicken broth or hot water.
2. Secure the lid and turn the 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. Return meat to juices.
5. Add shredded lettuce to a plate. Place chicken on top and any 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 4-5.

Leftover Suggestions:

- Burrito, Tostado, Quesadilla, Tacos, Tamales

Notes:

- Serve this "salad bar style" so everyone can customize their own toppings—this meal is a crowd-pleaser when you're feeding a group.

Nutrition Facts

4 servings per container

Serving size
1/2 cup (133g)

Calories
per serving **200**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8g	10%	Total Carbohydrate 3g	1%
Saturated Fat 1g	5%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars <1g	
Cholesterol 95mg	32%	Includes <1g Added Sugars	1%
Sodium 860mg	37%	Protein 29g	
Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 1.1mg 6% • Potassium 40mg 0% Vitamin A 60mcg 6% • 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, OLIVE OIL, WHITE WINE VINEGAR, GARLIC, SALT, SPICE, SUGAR, GARLIC, ONION, DILL

