

Chili Lime Chicken Tacos

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):

- Small street taco shells (or regular sized)
- Optional toppings and garnishes: guacamole, pico de gallo, sour cream, shredded cheese, cilantro, lettuce

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 12 minutes.
3. When pressure cooking is complete, use a natural release.
4. Remove the chicken to a plate and shred. Add meat back to the pot and stir well to coat all the chicken with the juices.
5. Serve the chicken in a taco shell, over a salad, in a quesadilla, as taquitos, or any way you like, with your favorite 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 meat is tender. Continue with steps 4-7.

Grilling Directions

1. Take meal out of the freezer the evening before or morning of the day you plan to cook it. Let it thaw and marinate in the fridge until dinner time. Preheat grill to medium-high heat. Place chicken on grill and cook until it reaches an internal temperature of 165 degrees. Continue with step 7.

Leftover Suggestions:

- Quesadillas
- Taquitos
- Taco salad
- Enchiladas

Notes:

- This is the ultimate versatile chicken—perfect for small gatherings or serving a crowd. It pairs wonderfully with a peach or mango salsa

Nutrition Facts

4 servings per container

Serving size
1/2 cup (157g)

Calories per serving
150

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 6g	2%
Saturated Fat 0g	0%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 5g	
Cholesterol 95mg	32%	Includes 4g Added Sugars	8%
Sodium 570mg	25%	Protein 29g	

Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.8mg 4% • Potassium 30mg 0%
Vitamin A 70mcg 8% • Vitamin C 2mg 2%

INGREDIENTS: CHICKEN, LIME JUICE, HONEY, SPICE, SALT, LIQUID SMOKE (WATER, HICKORY SMOKE FLAVOR, VINEGAR, MOLASSES, CARAMEL COLOR AND SALT), GARLIC, ONION

* 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.

