

Chipotle Chicken Bowl

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):

- Cooked rice
- Optional: 1/4 cup (1/2 cup)* heavy cream
- Optional toppings and garnishes: roasted veggies, diced avocado, guacamole, cilantro, sour cream, shredded cheese, corn chips

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. Scoop chicken out with a slotted spoon and shred. Add back to juices.
5. Optional: Add 1/4 cup (1/2 cup)* of heavy cream for a silky, more mild sauce.
6. To serve, put a scoop of rice in a bowl and top with chicken and 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 4-6.

Leftover Suggestions:

- Nachos
- Taco salad
- Tacos
- Quesadillas
- Mexican pizza

Notes:

- For a milder dish, remove the chipotle chile pepper and discard it. For a spicier meal, shred the chipotle chile pepper into the meat.

| Nutrition Facts | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|---------------------------------------|---|----------------|------------------------------|----------------|
| | Total Fat 1.5g | 2% | Total Carbohydrate 9g | 3% |
| 4 servings per container | Saturated Fat 0g | 0% | Dietary Fiber 1g | 4% |
| Serving size 1/2 cup (216g) | Trans Fat 0g | | Total Sugars 7g | |
| Calories per serving | Cholesterol 95mg | 32% | Includes 4g Added Sugars | 8% |
| 170 | Sodium 1150mg | 50% | Protein 30g | |
| | Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 1.3mg 8% • Potassium 190mg 4% Vitamin A 100mcg 10% • Vitamin C 5mg 6% | | | |

* 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), CHIPOTLE PEPPERS (CHIPOTLE PEPPERS, TOMATOES PUREE, ONIONS, VINEGAR, CANOLA OIL, SUGAR, SALT, PAPRIKA, GARLIC), HONEY, APPLE CIDER VINEGAR, SALT, GARLIC, ONION, SPICE