

Green Chile Chicken and Rice

Total Cook Time: 1 hour 30 minutes

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):

- 3/4 cup (1 1/2 cups)* chicken broth
- 15-ounce can (2-15-ounce cans)* great northern beans- optional
- Optional toppings or garnishes: shredded cheese, avocado, tomato, salsa, corn, cilantro, sour cream, crushed tortilla chips, lime juice, hot sauce

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 3/4 cup (1 1/2 cup)* chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 32 minutes.
3. When cooking is complete, use a natural release.
4. Remove chicken to a cutting board and shred into bite-sized pieces. Return the chicken to the pot and add a 15-ounce can (2-15-ounce cans)* of great northern beans. Stir well. Omit beans if desired.
5. To serve, spoon into a bowl and add desired toppings.

Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. 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 and the rice is fully cooked. Continue with steps 4-5.

Leftover Suggestions:

- Nachos
- Taco salad
- Hard or soft tacos
- Lettuce wrap

Notes:

- If the pot seems too liquidy, return the shredded chicken, cover, and let sit 5 minutes to absorb the juices.

Nutrition Facts

4 servings per container

Serving size
1 cup as packaged
(337g)

Calories per serving **300**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3g	4%	Total Carbohydrate 41g	15%
Saturated Fat 0g	0%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 75mg	25%	Includes 0g Added Sugars	0%
Sodium 810mg	35%	Protein 28g	

* 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.

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.7mg 10% • Potassium 290mg 6%
Vitamin A 30mcg 4% • Vitamin C 12mg 15%

INGREDIENTS: CHICKEN, BROWN RICE, SALSA VERDE (TOMATILLOS, WATER, CHILES, ONIONS, SALT, GARLIC, CANOLA OIL, SPICES AND CORNSTARCH), ONION, GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), GARLIC, SALT, SPICE

