

Hawaiian Haystacks

Total Cook Time: 1 hour 25 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):

- 1 1/4 cup (2 1/2 cups)* chicken broth
- Optional toppings and garnishes: shredded cheese, tomato, pineapple, olives, peas, mandarin oranges, bell peppers, cashews, chow mien noodles, coconut

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 1/4 cup (2 1/2 cups)* chicken broth. Make sure most of the rice is near the bottom of the pan and submerged in liquid.
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 or cut into bite sized pieces. Return chicken to the rice in the pot and stir.
5. To serve, spoon into a bowl and add 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 and the rice is tender. Continue with steps 4-5.

Leftover Suggestions:

- Scoop onto a tortilla and add pineapple, cheese, and bell peppers, then drizzle with a little ranch and roll up.

Notes:

- This meal may appear to have too much liquid when you first open the pot. Don't worry—simply shred the chicken and return it to the pot. Stir well, cover, and let it sit for 5 minutes to absorb the excess liquid.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 6g	8%	Total Carbohydrate 38g	14%
	Saturated Fat 3g	15%	Dietary Fiber 2g	7%
	Trans Fat 0g		Total Sugars 1g	
	Cholesterol 55mg	18%	Includes 0g Added Sugars	0%
4 servings per container	Sodium 470mg	20%	Protein 21g	
Serving size 1 cup (211g)	Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 1mg 6% • Potassium 150mg 4%			
Calories per serving	290	Vitamin A 40mcg 4% • Vitamin C 1mg 2%		

* 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, COCONUT MILK (COCONUT MILK, WATER), BROWN RICE, ONION, GARLIC, SALT, SPICE, PAPRIKA