

# Pesto Chicken and Rice

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 1/2 cups (3 cups)\* chicken broth
- Optional toppings or garnishes: shredded mozzarella cheese, arugula or spinach, roasted asparagus, fresh tomato, jalapeno ranch, sour cream, yogurt, crispy bacon or prosciutto

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)\* of 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 and cut or shred into bite sized pieces. Return to rice and stir well.
5. Serve hot with 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 cooked. Continue with steps 4-5.

## Leftover Suggestions:

- Burrito wrap with roasted tomatoes
- Lettuce wrap

## Notes:

- If you prefer, keep the chicken and rice separate—remove the chicken after cooking and serve it on the side instead of mixing it in.

## Nutrition Facts

4 servings per container

Serving size  
1 cup (204g)

Calories per serving  
**490**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 26g	<b>33%</b>	<b>Total Carbohydrate</b> 37g	<b>13%</b>
Saturated Fat 5g	<b>25%</b>	Dietary Fiber 2g	<b>7%</b>
Trans Fat 0g		Total Sugars 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 660mg	<b>29%</b>	<b>Protein</b> 25g	

Vitamin D 0mcg 0% • Calcium 150mg 10% • Iron 3.1mg 15% • Potassium 130mg 2%  
Vitamin A 0mcg 0% • Vitamin C 2mg 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, PESTO (BASIL, SOY OIL, PECORINO ROMANO CHEESE (PASTEURIZED SHEEP'S MILK, CULTURES, ENZYMES, SALT, CORN STARCH AND POWDERED CELLULOSE), WATER, OLIVE OIL, PARMESAN CHEESE (CULTURED PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), MINCED GARLIC, PINE NUTS, SALT AND BLACK PEPPER), BROWN RICE, LEMON JUICE, SALT, SPICE, GARLIC

CONTAINS: MILK, SOY