

# Southwest Chicken

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):

- Tortillas, rice or chips
- Optional toppings and garnishes: Shredded cheese, avocados, guacamole, lettuce, sour cream, hot sauce

## Instant Pot 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 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Return meat to the pot.
5. Serve over rice, over lettuce with ranch dressing, or as nachos with all 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 chicken reaches an internal temperature of 165 degrees. Continue with steps 4-5.

## Leftover Suggestions:

- Navajo tacos, Taco salad, Nachos, Quesadillas, Tostadas, Burrito bowl

## Notes:

- To make this dish a hearty soup, add 2½ cups of broth and cook as directed.

## Nutrition Facts

4 servings per container

Serving size  
1 cup (390g)

Calories  
per serving **290**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 2.5g	<b>3%</b>	<b>Total Carbohydrate</b> 36g	<b>13%</b>
Saturated Fat 0g	<b>0%</b>	Dietary Fiber 8g	<b>29%</b>
Trans Fat 0g		Total Sugars 8g	
<b>Cholesterol</b> 75mg	<b>25%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 1490mg	<b>65%</b>	<b>Protein</b> 33g	
Vitamin D 0mcg 0% • Calcium 110mg 8% • Iron 3.5mg 20% • Potassium 170mg 4% Vitamin A 300mcg 35% • Vitamin C 16mg 20%			

\*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, BLACK BEANS (WATER, BLACK BEANS, SALT, CALCIUM CHLORIDE), FIRE ROASTED TOMATOES (UNPEELED DICED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), CORN, GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), LIME JUICE, SALT, PAPRIKA, SPICE, GARLIC, ONION

