

Tuscan 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):

- Cooked rice or pasta
- 1/4 cup (1/2 cup)* heavy cream
- 2 TBSP (4 TBSP)* cornstarch
- Optional: 1 cup fresh spinach
- Optional toppings and garnishes: balsamic glaze, fresh basil

Instant Pot Cooking Directions:

1. Locate bag with parmesan cheese in freezer and set aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 1/2 cup (1/2 cup)* of hot water.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
4. When pressure cooking is complete, use a natural release.
5. Move meat to a cutting board and shred or slice. Cover and set aside.
6. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
7. Cut open the bag with the parmesan cheese and stir into the sauce until the cheese is melted. Add 1/4 cup (1/2 cup)* heavy cream.
8. Add the chicken back into the sauce and stir until coated. If desired, add 1 cup (2 cups)* fresh spinach and put the lid on until it is slightly wilted.
9. Serve over pasta or rice. Season with more salt and pepper if desired.

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 5-9.

Leftover Suggestions:

- Serve over rice
- Eat with a side of crusty bread

Notes:

- Serve this over zucchini noodles for a low-carb meal. The meat and sauce are so flavorful, you won't even miss the pasta!

Nutrition Facts

4 servings per container

Serving size
3/4 cup (155g)

Calories per serving **160**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 3g	4%	Total Carbohydrate 4g	1%
Saturated Fat 1g	5%	Dietary Fiber <1g	2%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 100mg	33%	Includes 0g Added Sugars	0%
Sodium 630mg	27%	Protein 32g	

Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 0.9mg 6% • Potassium 160mg 4%
Vitamin A 20mcg 2% • Vitamin C 2mg 2%

INGREDIENTS: CHICKEN, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), SUN DRIED TOMATOES, GARLIC, SALT, SPICE

CONTAINS: MILK

* 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.

