

# RECIPE: Enchilada Chicken Bowl

---

## *Slow cooker directions*

**Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.

**Step 2:** Add freezer bag contents into slow cooker.

**Step 3:** Cook on low 4-6 hours.

**Step 4:** Shred chicken breasts and stir in slow cooker.

**Step 5:** Serve in tortillas, over rice, or on chips and enjoy!

## *Instant pot directions*

**Step 1:** Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water.

**Step 2:** Set to High Pressure for 20 minutes, then allow a 10-minute natural release followed by a quick release.

**Step 3:** Shred chicken, stir well and serve in tortillas, over rice, or on chips and enjoy!

**Expiration date:** \_\_\_\_\_



# RECIPE: Enchilada Chicken Bowl

---

## *Slow cooker directions*

**Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.

**Step 2:** Add freezer bag contents into slow cooker.

**Step 3:** Cook on low 4-6 hours.

**Step 4:** Shred chicken breasts and stir in slow cooker.

**Step 5:** Serve in tortillas, over rice, or on chips and enjoy!

## *Instant pot directions*

**Step 1:** Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water.

**Step 2:** Set to High Pressure for 20 minutes, then allow a 10-minute natural release followed by a quick release.

**Step 3:** Shred chicken, stir well and serve in tortillas, over rice, or on chips and enjoy!

**Expiration date:** \_\_\_\_\_