

RECIPE : Chicken Lettuce Wraps Whole 30

Slow cooker directions

- Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.
- Step 2:** Add freezer bag contents to a slow cooker.
- Step 3:** Cook on low 5-6 hours. (Do not stir)
- Step 4:** After cooking, break up chicken in a slow cooker, stir, and serve in Boston lettuce leaves.

Instant pot directions

- Step 1:** Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water. (Do not stir).
- Step 2:** Set to High Pressure for 15 minutes, then allow a 10-minute natural release followed by a quick release.
- Step 3:** Break up meat, stir, and serve in Boston lettuce leaves!
- Step 4:** Optional: Serve with additional coconut aminos!

Expiration date: _____



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