# RECIPE:

#### 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 for 4-6 hours

**Step 4:** Shred chicken, stir, and serve over rice. Optional: Garnish with green onions and red pepper flakes for a bit of spice.

### 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, and serve over rice. Optional: Garnish with green onions and red pepper flakes for a bit of spice.

### Expiration date:

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## Orange Chicken

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