

RECIPE:

Jerk Chicken

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 5-6 hours.

Step 4: Serve over rice and enjoy!

Instant pot directions

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

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

Step 3: Serve over rice and enjoy!

Expiration date: _____



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