



NAME

CHICKEN FAJITAS

CROCKPOT INSTRUCTIONS:

- From thawed, cook on low for 4-6 hours or high for 3-4 hours or until chicken is cooked through.
- Shred or slice chicken when done cooking.

INSTANT POT INSTRUCTIONS:

- From frozen, sauté in Instant Pot for 5 minutes then flip the meal over. Pressure cook for 20 minutes on high then allow 10 minutes for natural release.
- Shred or slice chicken when done cooking.

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FREEZER FIT

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