



NAME CHICKEN TORTILLA SOUP

CROCKPOT INSTRUCTIONS:

- Thaw the freezer meal overnight in the fridge.
- Transfer contents into Crockpot. Cook on low for 6.5 hours or on high for 3.5 hours.

INSTANT POT INSTRUCTIONS:

- Thaw freezer meal in the fridge overnight.
- Transfer all of the contents into the Instant Pot. Pressure cook on high for 20 minutes then allow 10 minutes for natural release.
- When done cooking, shred or cube the chicken and mix with the liquids from the pot.

USE-BY-DATE

FREEZER FIT

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