



NAME ENCHILADA CHICKEN

CROCKPOT INSTRUCTIONS:

- Thaw the freezer meal overnight in the fridge. Transfer the freezer meal to the crockpot. Cook on high for 3-4 hours or low for 6-7, until the sauce has thickened, the onions are soft, and the chicken is falling apart.
- Carefully remove the chicken shred or chop it into bite-sized pieces. Add the chicken back into the pot along with the lime juice, stirring to combine with the liquids/sauce from the pot.

INSTANT POT INSTRUCTIONS:

- Thaw freezer meal in the fridge overnight. Add all the contents to the instant pot. Add ¼ cup of water. Pressure cook on high for 12 minutes then allow the pressure to naturally release. Carefully remove the chicken shred or chop it into bite-sized pieces. Add the chicken back into the pot along with the lime juice, stirring to combine with the liquids/sauce from the pot.

USE-BY-DATE

FREEZER FIT

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