



**NAME TROPICAL PULLED CHICKEN**

**CROCKPOT INSTRUCTIONS:**

- Thaw the freezer meal overnight in the fridge.
- Transfer the freezer meal to the crockpot. Cover and cook on low for 6 hours or on high for 4 hours, or until the chicken is cooked through and tender.
- Carefully remove the chicken shred or chop it into bite-sized pieces. Add it back in the pot 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. Sauté on high for 5 minutes. 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 it back in the pot stirring to combine with the liquids/sauce from the pot.

**USE-BY-DATE**

**FREEZER FIT**

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