

Elote Chicken Quesadillas

Total Cook Time: 1 hour
 Contains raw meat, cook thoroughly
 Cook from Frozen
 Meals are 3-4 servings

*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

Prepare with (aka ingredients needed to prepare meal):

- 4 ounces (8 ounces)* cream cheese- could also use sour cream or greek yogurt
- Tortillas
- Shredded Cheese
- Optional toppings and garnishes: fresh cilantro, lime juice, shredded cheese, guacamole

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Cover and set aside.
5. Cut up 4 ounces (8 ounces)* of cream cheese into cubes and add to the pot. Close the lid and let it sit for 2-4 minutes to soften the cream cheese.
6. Open the pot and stir until the cream cheese is smooth. Add the chicken back to the juices and stir to coat.
7. Place meat mixture and some shredded cheese in between 2 tortillas. Fry in a pan until both sides are crispy.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the chicken reaches an internal temperature of 165 degrees. Continue with steps 4-7.

Leftover Suggestions:

- Chip dip
- Taco Salads
- Taquitos

Notes:

- For a creamy, crowd-pleasing dip, stir in a little extra cream cheese, then serve with Big Scoops Fritos or tortilla chips to scoop up every bit of this delicious Elote Chicken.

Nutrition Facts

4 servings per container

Serving size
1 cup (199g)

Calories per serving **170**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 1.5g	2%	Total Carbohydrate 16g	6%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 6g	
Cholesterol 75mg	25%	Includes 0g Added Sugars	0%
Sodium 840mg	37%	Protein 25g	
Vitamin D 0mcg 0% • Calcium 10mg 2% • Iron 1.1mg 6% • Potassium 190mg 4% Vitamin A 100mcg 10% • Vitamin C 8mg 8%			

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: CHICKEN, CORN, ONION, LIME JUICE, JALAPENO PEPPERS (WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), SALT, GARLIC, SPICE, CILANTRO, PAPRIKA

