

Chicken Bag and Go Recipes

Prepare Time
5 Minutes

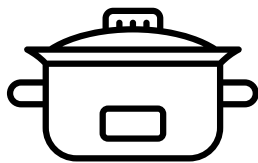


Cook Time
Varies

Instructions



1. Put everything in the pot or freezer bag.
2. Defrost over night if frozen. Dump in pot and cook.



Cook on high
2-3 hrs
Low 4-5 hrs



Add a C of water or chicken broth.
On high pressure, cook for 8 min.
Natural release for 10 min.

Cilantro Lime Chicken

Ingredients

- 1-1.5 lbs chicken or 2-3 chicken breasts
- 1/2 Cup cilantro
- 1 TBSP olive oil
- 1 TBSP lime juice
- 1 TBSP honey
- 1 tsp salt
- 1 tsp minced garlic

Honey Garlic Chicken

Ingredients

- 1-1.5 lbs chicken or 2-3 chicken breasts
- 1/4 Cup honey
- 2 TBSP olive oil
- 2 TBSP soy sauce/tamari
- 2 TBSP water
- 2 tsp minced garlic

BBQ Chicken

Ingredients

- 1-1.5 lbs chicken or 2-3 chicken breasts
- 16 oz bbq sauce

You can cook in a pot or you can use this to bbq!

Serve with

Cowboy salsa, chips
white, jasmine, brown rice
grilled, steamed veggies

Serve with

rice or potatoes
broccoli, green beans
garlic bread

Serve with

potatoes, veggies
salad, rolls



You Can Call Me Jess

Chicken Bag and Go Recipes

Prepare Time
5 Minutes

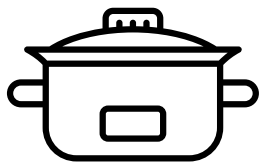


Cook Time
Varies

Instructions



1. Put everything in the pot or freezer bag.
2. Defrost over night if frozen. Dump in pot and cook.



Cook on high
2-3 hrs
Low 4-5 hrs



Add a C of water or chicken broth.
On high pressure, cook for 8 min.
Natural release for 10 min.

Hawaiian Chicken

Ingredients

- 1-1.5 lbs chicken or 2-3 chicken breasts
- 1 bottle teriyaki marinde
- 1 can crushed pineapple
- 1 tsp garlic powder
- 1 tsp salt
- 1 tsp ground ginger

Serve with

white or coconut rice
steamed veggies
top with green onions

Basil Pesto Chicken

Ingredients

- 1-1.5 lbs chicken or 2-3 chicken breasts
- 1/2 Cup basil pesto
- 2 TBSP balsamic vinegar
- 2 TBSP olive oil
- 2 TBSP soy sauce/tamari
- 2 TBSP water

Serve with

red peppers, zucchini, red onions
crispy potatoes
pasta noodl, rice, salad

Creamy Salsa Chicken

Ingredients

- 1-1.5 lbs chicken or 2-3 chicken breasts
- 16 oz salsa
- block of cream cheese

You can add the salsa and cream cheese day of instead of freezing.

Serve with

rice, black beans
chips, corn salad
tortillas

