

## Garlic Lime Chicken

### Ingredients:

- 6-8 Chicken Thighs
- 1 Cup Soy Sauce
- ½ Cup Lime Juice
- 2 Tablespoons Worcestershire Sauce
- 4 Garlic Cloves, Minced
- 1 tsp Dry Mustard
- 1 tsp Ground Pepper
- 2 Tablespoons Cornstarch

**Prep for the freezer:** Add everything to a freezer safe bag or vacuum sealer bag

**Crockpot instructions:** Add the frozen or thawed meal to the crockpot. Cook on low for 8 hours or High for 4 hours.

**Pressure cooker instructions:** Add the frozen meal to the pressure cooker, add ¼ cup of water, and set on high for 9 minutes.

If the chicken is thawed, add it to the pressure cooker and set on high for 7 minutes.

**Oven instructions:** Add thawed chicken to a casserole dish. Preheat the oven to 400°F and bake for 30 minutes.