

Beef Stroganoff

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):

- 1/2 cup (1 cup)* beef broth
- 1/2 cup (1 cup)* sour cream
- 2 TBSP (4 TBSP)* cornstarch
- Cooked noodles or rice
- Optional toppings and garnishes: steamed or roasted veggies, freshly cracked pepper, extra sour cream

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/2 cup (1 cup)* of beef broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 20 minutes.
3. When pressure cooking is complete, use a natural release for 10 minutes, then release any remaining pressure.
4. Scoop out meat with a slotted spoon. Use a meat chopper or wooden spoon to break meat into small pieces. Cover and set aside.
5. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. Add 1/2 cup (1 cup)* of sour cream and the chopped meat to the thickened juices and stir until it is smooth.
7. Serve hot on top of a bed of rice or noodles.

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 meat is cooked through. Continue with steps 4-7.

Leftover Suggestions:

- Add a scoop of sour cream on top of heated leftovers and stir to make it nice and creamy again,
- Serve over cooked fries or potatoes

Notes:

- Ground beef might look a little odd when cooked in the pressure cooker, but trust the process—it comes out tender, flavorful, and absolutely delicious!

Nutrition Facts

4 servings per container

Serving size
1/2 cup (118g)

Calories per serving
300

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 23g	29%	Total Carbohydrate 2g	1%
Saturated Fat 9g	45%	Dietary Fiber 0g	0%
Trans Fat 1.5g		Total Sugars 0g	
Cholesterol 80mg	27%	Includes 0g Added Sugars	0%
Sodium 660mg	29%	Protein 20g	

Vitamin D 0.1mcg 0% • Calcium 30mg 2% • Iron 2.4mg 15% • Potassium 330mg 6%

* 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: BEEF, SALT, ONION, SPICE, GARLIC, GARLIC, PAPRIKA