

Boneless Pork Ribs

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):

- 1/3 cup (1/3 cup)* apple juice or water
- BBQ Sauce
- Optional sides, toppings, and garnishes: baked or mashed potatoes

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)* of apple juice or hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 30 minutes.
3. When pressure cooking is complete, use a natural release.
4. Remove the meat from the pot and carefully break up any pieces that are stuck together.
5. Toss with your favorite BBQ sauce and enjoy. Optional: place on a sheet pan and under a broiler to caramelize the BBQ sauce.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours, until the meat easily shreds. Continue with steps 4-5.

Leftover Suggestions:

- Pulled Pork Sandwiches
- Quesadillas
- Pulled Pork Pizza
- Pulled Pork Potatoes

Notes:

- This meat might look a little grey straight from the pot, but toss it with BBQ sauce and broil briefly to give it a rich, caramelized color

Nutrition Facts

4 servings per container
Serving size
1/2 cup (181g)

Calories per serving
290

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 11g	14%	Total Carbohydrate 8g	3%
Saturated Fat 4g	20%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 7g	
Cholesterol 95mg	32%	Includes 7g Added Sugars	14%
Sodium 660mg	29%	Protein 37g	

Vitamin D 1.1mcg 6% • Calcium 20mg 2% • Iron 1.7mg 10% • Potassium 760mg 15%
Vitamin A 120mcg 15% • Vitamin C 1mg 0%

* 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: PORK, BROWN SUGAR, SALT, SPICE, GARLIC, PAPRIKA, ONION

