

Burst Tomatoes

Total Cook Time: 15 minutes

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):

- Optional: 1 TBSP (2 TBSP)* butter
- Optional toppings and garnishes: balsamic vinegar, fresh basil, salt, pepper

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/4 cup (1/4 cup)* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
3. When pressure cooking is complete, use a quick release.
4. Taste and add extra salt, if needed.
5. Serve the tomatoes as is or use a potato masher to lightly mash them for a more saucy texture.
6. For a richer flavor, add 1 TBSP (2 TBSP)* of butter and use the sauté button to simmer until melted
7. Serve hot over chicken, pasta, on garlic bread, as a topping on a margherita pizza, over polenta, or scoop onto socca bread.

Slow Cooker Cooking Directions:

1. Place frozen meal in slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, or until tomatoes are soft. Continue with steps 4-7.

Leftover Suggestions:

- Place tomatoes on a hoagie bun, top with cheese, and broil until the cheese is melted
- Scoop on top of a hamburger
- Eat on sliced, toasted baguette bread

Notes:

- Serve these at your next party on toasted baguette slices with fresh basil, and they're sure to become a crowd favorite!

Nutrition Facts

4 servings per container

Serving size
1/2 cup (152g)

Calories per serving **35**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 0g	0%	Total Carbohydrate 7g	3%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 0mg	0%	Includes 0g Added Sugars	0%
Sodium 150mg	7%	Protein 1g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.6mg 4% • Potassium 10mg 0%
Vitamin A 380mcg 40% • Vitamin C 19mg 20%

INGREDIENTS: TOMATOES, GARLIC, SPICE, SALT

* 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.

