

Butternut Squash Ravioli Soup

Total Cook Time: 30 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):

- 1 1/2 cups (3 cups)* chicken broth
- 2 oz (4 oz)* cream cheese
- Optional toppings and garnishes: fresh cracked pepper, extra parmesan cheese

Cooking Directions:

1. Locate the side bag with cheese and ravioli and keep in the freezer until ready to use.
2. Open the meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)* chicken broth.
3. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 10 minutes.
4. When pressure cooking is complete, use a quick release.
5. Add 2 oz (4 oz)* cubed cream cheese. Using an immersion blender or table-top blender, blend soup until smooth. BE CAREFUL, LIQUID IS HOT.
6. Press sauté to bring soup to a boil. Cut open cheese and ravioli bag and pour that into the soup. Boil for about 4 minutes, or until the noodles are tender. Stir frequently so it doesn't burn on the bottom.
7. Add salt and pepper to taste. Serve hot with desired toppings

Slow Cooker Cooking Directions:

1. Add frozen meal to 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 the vegetables are soft and will blend easily. Continue with step 5. Add cheese and ravioli and set to high until the noodles are al dente. Continue with step 7.

Leftover Suggestions:

- For a heartier meal, add a cooked protein (ex. chicken, sausage, etc.)

Notes:

- Kielbasa sausage pairs very well with this soup.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
		Total Fat 5g	6%	Total Carbohydrate 37g	13%
		Saturated Fat 2.5g	13%	Dietary Fiber 4g	14%
		Trans Fat 0g		Total Sugars 5g	
		Cholesterol 40mg	13%	Includes 1g Added Sugars	2%
		Sodium 710mg	31%	Protein 13g	
		Vitamin D 0mcg 0% • Calcium 180mg 15% • Iron 2.1mg 10% • Potassium 270mg 6%			
		Vitamin A 1570mcg 170% • Vitamin C 8mg 10%			

4 servings per container

Serving size 3/4 cup (206g)

Calories per serving 240

* 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: BUTTERNUT SQUASH, WHOLE GRAIN RAVIOLI (FAT FREE RICOTTA CHEESE (WHEY, SKIM MILK [MADE FROM NONFAT DRY MILK POWDER], VINEGAR, XANTHANGUM, CARRAGEENAN), WATER, EGG, LOW MOISTURE PART SKIM MOZZARELLA CHEESE (CULTURED SKIM MILK, SALT, ENZYMES), WHEY PROTEIN ISOLATE, SODIUM CASEINATE, ROMANO CHEESE MADE FROM COW'S MILK (CULTURED MILK, SALT, ENZYMES), BLEACHED WHEAT FLOUR, GARLIC SALT (SALT, DEHYDRATED GARLIC), SALT, CORN STARCH-MODIFIED, SUGAR, DEHYDRATED GARLIC. PASTA: WHOLE WHEAT FLOUR AND ENRICHED FLOUR BLEND (WHOLE WHEAT FLOUR, ENRICHED DURUM WHEAT FLOUR [WHEAT FLOUR, NIACIN, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, EGG), ONION, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), GARLIC, SALT, SPICE

CONTAINS: MILK, EGG, WHEAT