

# Cabbage Roll Soup

Total Cook Time: 45 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):

- 2 cups (4 cups)\* beef broth
- Optional toppings and garnishes: salt and pepper to taste

## Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2 cups (4 cups)\* beef broth.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 10 minutes.
3. When cooking is complete, use a natural release for 10 minutes, then release any remaining pressure
4. Open the pot and stir. Remove the bay leaf. Add salt and pepper to taste.

## Slow Cooker Cooking Directions:

1. Add the frozen meal to the slow cooker pot. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the rice is cooked. Continue with step 4.

## Leftover Suggestions:

- Portion in individual sized containers and freeze for an easy lunch another day.

## Notes:

- This soup is a comforting change of pace from the classic taco and chicken noodle soups, adding fresh variety to your weekly meals.

## Nutrition Facts

4 servings per container

**Serving size**  
**1 cup (325g)**

**Calories per serving** **400**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 21g	<b>27%</b>	<b>Total Carbohydrate</b> 27g	<b>10%</b>
Saturated Fat 7g	<b>35%</b>	Dietary Fiber 6g	<b>21%</b>
Trans Fat 0g		Total Sugars 7g	
<b>Cholesterol</b> 100mg	<b>33%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 1620mg	<b>70%</b>	<b>Protein</b> 25g	

Vitamin D 0mcg 0% • Calcium 80mg 6% • Iron 1.8mg 10% • Potassium 320mg 6%  
Vitamin A 330mcg 35% • Vitamin C 45mg 50%

\* 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, WATER, SPICES, SALT, DEXTROSE, EXTRACTIVES OF PAPRIKA, BHA, BHT, CITRIC ACID., CABBAGE, DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), V8 JUICE (VEGETABLE JUICE (WATER AND CONCENTRATED JUICES OF TOMATOES, CARROTS, CELERY, BEETS, PARSLEY, LETTUCE, WATERCRESS, SPINACH), SALT, VITAMIN C (ASCORBIC ACID), NATURAL FLAVORING, BETA CAROTENE, CITRIC ACID), RICE, ONION, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), WHITE WINE VINEGAR, GARLIC, SALT, PAPRIKA, SPICE

CONTAINS: ANCHOVIES