

Cajun Mac and Cheese

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 1/4 cups (2 1/2 cups)* milk, divided
- Optional toppings and garnishes: Cooked sausage or grilled chicken

Instant Pot Cooking Directions:

1. Locate bag of cheese and set aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 1 1/4 cups (2 1/2 cups)* of hot water and 1 cup (2 cups)* milk - you will use the extra milk after cooking.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 1 minute.
4. When pressure cooking is complete, use a natural release for 5 minutes and then release any remaining pressure. If liquid sprays through the valve, turn back to the sealed position. Wait 30-60 seconds and try again. Repeat this process as needed.
5. Open cheese and add to pasta. Stir until melted and creamy. For added creaminess, add up to 1/4 cup (1/2 cup)* more milk a little at a time until it reaches desired creaminess.
6. Serve immediately with desired toppings.

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 the noodles are al dente. Continue with steps 5-6.

Leftover Suggestions:

- Leftovers can be warmed in the microwave with a splash of milk or cream.
- For a gourmet twist on leftovers, transfer the mac and cheese to a Pyrex dish, sprinkle with breadcrumbs, and bake until bubbly and golden brown.

Notes:

- This cook time is for al dente pasta. For a softer texture, cook for 2 minutes instead of 1.

Nutrition Facts

4 servings per container

Serving size
1/2 cup (142g)

Calories per serving **380**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 15g	19%	Total Carbohydrate 47g	17%
Saturated Fat 8g	40%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 45mg	15%	Includes 0g Added Sugars	0%
Sodium 850mg	37%	Protein 18g	

Vitamin D 0mcg 0% • Calcium 310mg 25% • Iron 2.2mg 10% • Potassium 30mg 0%
Vitamin A 240mcg 25% • Vitamin C 0mg 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: PASTA (SEMOLINA (WHEAT), DURUM FLOUR (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), GREEN PEPPER, RED PEPPER, YELLOW PEPPER, ONION, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), MONTEREY JACK CHEESE, SALT, GARLIC, PAPRIKA, SPICE, ONION, THYME

CONTAINS: MILK, WHEAT