

Chicken Cordon Bleu Pasta

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)* chicken broth
- 1/4 cup (1/2 cup)* apple juice (or water)
- 1 cup (2 cups)* milk
- 4 ounces (8 ounces)* cream cheese
- Optional toppings and garnishes: bacon, parmesan cheese, roasted vegetables, black pepper

Instant Pot Cooking Directions:

1. Take out bag with cheese and set aside to thaw. Cube 4 oz (8 oz)* cream cheese and set aside at room temperature.
2. Open meal and pop food into the pressure cooker pot. Add 1 1/4 cups (2 1/2 cups)* chicken broth, 1/4 cup (1/2 cup)* apple juice, and 1 cup (2 cups)* milk. Make sure pasta is submerged in liquid.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 3 minutes.*
4. When 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.
5. Add the shredded cheese and cream cheese into the pot. Stir gently until melted. If the cream cheese is not melting well or the sauce is thin, place the lid back on the pressure cooker pot and let it sit for 5 minutes. Toss well to coat the pasta in the sauce.
6. Serve hot with desired toppings.

Slow Cooker Cooking Directions:

1. Add frozen meal to the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 2-3 hours or HIGH for 1 1/2 to 2 hours, until the pasta is al dente. Continue with steps 5-7.

Leftover Suggestions:

- Place in an oven safe dish and sprinkle some mozzarella cheese and bacon bits over the top. Bake at 400 degrees until cheese is melted and slightly browned.

Notes:

- This meal may appear to have too much liquid when you first open the pot. Don't worry—simply shred the chicken and return it to the pot. Stir well, cover, and let it sit for 5 minutes to absorb the excess liquid.

| Nutrition Facts | Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|--|--|----------------|-------------------------------|----------------|
| | Total Fat 17g | 22% | Total Carbohydrate 46g | 17% |
| 4 servings per container | Saturated Fat 9g | 45% | Dietary Fiber 2g | 7% |
| Serving size 1 cup (183g) | Trans Fat 0g | | Total Sugars 4g | |
| Calories per serving | Cholesterol 100mg | 33% | Includes <1g Added Sugars | 1% |
| | Sodium 1060mg | 46% | Protein 38g | |
| 490 | Vitamin D 0mcg 0% • Calcium 300mg 25% • Iron 2.3mg 15% • Potassium 150mg 4% Vitamin A 130mcg 15% • 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: COOKED NATURAL CHICKEN, PENNE PASTA (DURUM WHEAT SEMOLINA, WATER), SWISS CHEESE (PASTEURIZED PART-SKIM MILK, CHEESE CULTURES, SALT, ENZYMES), PORK (CURED WITH: WATER, DEXTROSE, CONTAINS 2% OR LESS OF SALT, POTASSIUM LACTATE, SODIUM LACTATE, SODIUM PHOSPHATES, SODIUM DIACETATE, SODIUM ERYTHORBATE, SODIUM NITRITE), BUTTER (CREAM, SALT), CORNSTARCH, SALT, GARLIC, SPICE

CONTAINS: MILK, WHEAT