

Creamy Marinara Pasta

Total Cook Time: 25 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 or vegetable broth
- 1/2 (1 cup)* heavy cream
- Optional toppings and garnishes: cooked vegetables, parmesan cheese

Instant Pot Cooking Directions:

1. Locate bag with parmesan cheese from freezer and set it aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)* chicken or vegetable broth to the pot.
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, then release the 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 the bag with cheese and pour into the pasta. Add 1/2 cup (1 cup)* heavy cream. Gently stir until the cheese is melted.
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 5-6.

Leftover Suggestions:

- Add cooked meat for a heartier meal

Notes:

- If the pasta seems too runny, put the pressure cooker lid back on for 5 minutes—the pasta will absorb the extra liquid.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (133g)

Calories per serving **290**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.5g	6%	Total Carbohydrate 50g	18%
Saturated Fat 1.5g	8%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 8g	
Cholesterol 5mg	2%	Includes 0g Added Sugars	0%
Sodium 700mg	30%	Protein 12g	

Vitamin D 0.1mcg 0% • Calcium 140mg 10% • Iron 2.3mg 15% • Potassium 200mg 4%
Vitamin A 30mcg 2% • Vitamin C 0mg 0%

INGREDIENTS: TOMATO PUREE, WATER, TOMATO PASTE, DICED TOMATOES IN TOMATO JUICE, SUGAR, VEGETABLE OIL, CORN, AND/OR CANOLA, CONTAINS LESS THAN 1 OF: SALT, DEHYDRATED ONIONS, SPICES, DEHYDRATED GARLIC, CITRIC ACID, ONION EXTRACT, GARLIC EXTRACT, PENNE PASTA (DURUM WHEAT SEMOLINA, WATER), PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), GARLIC, SALT, SPICE

CONTAINS: MILK, WHEAT, SOY

* 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.

IMPORTANT!

Food Safety Instructions

Raw meat and poultry may contain bacteria that could cause illness if not handled or cooked safely. Follow these instructions to avoid illness.

