

# Creamy Mexican Street Corn

Total Cook Time: 15 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):

- 4 oz (8 oz)\* cream cheese (could also use sour cream or plain greek yogurt)
- Optional toppings and garnishes: cotija cheese, fresh cilantro, lime juice, chips

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/2 cup (1/2 cup)\* of hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 3 minutes.
3. When pressure cooking is complete, use a quick release.
4. Cut up 4 oz (8 oz)\* of cream cheese into cubes and add to corn. Stir until smooth. To help the cream cheese soften, put the pressure cooker lid on and let it sit for 5 minutes before stirring it in.
5. Once the cream cheese is fully blended in, stir in your fresh toppings—like crumbled cotija cheese, chopped cilantro, or a squeeze of lime juice.
6. Serve as a side to your next taco night or use it as a chip dip or quesadilla filling.

## 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 heated through. Continue with steps 5-7.

## Leftover Suggestions:

- Quesadilla
- Chip dip
- Tacos
- Taquitos

## Notes:

- This corn is delicious topped with cotija cheese, but you can also use any melty Mexican cheese for a creamy, flavorful twist.

## Nutrition Facts

4 servings per container

Serving size  
1 cup (201g)

Calories per serving  
**190**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 38g	<b>14%</b>
Saturated Fat 2g	<b>10%</b>	Dietary Fiber 5g	<b>18%</b>
Trans Fat 0g		Total Sugars 16g	
<b>Cholesterol</b> 10mg	<b>3%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 960mg	<b>42%</b>	<b>Protein</b> 5g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.2mg 6% • Potassium 430mg 10%  
Vitamin A 130mcg 15% • Vitamin C 18mg 20%

INGREDIENTS: CORN, LIME JUICE, ONION, BUTTER (CREAM, SALT), SALT, JALAPENO PEPPERS (WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), GARLIC, SPICE, CILANTRO, PAPRIKA

CONTAINS: MILK

\* 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.

