

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*
Total Fat 4.5g	6%	Total Carbohydrate 38g	14%
Saturated Fat 2g	10%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 16g	
Cholesterol 10mg	3%	Includes 0g Added Sugars	0%
Sodium 960mg	42%	Protein 5g	
Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 1.2mg 6% • Potassium 430mg 10% Vitamin A 130mcg 15% • Vitamin C 18mg 20%			

* 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: 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

