

French Dip

Total Cook Time: 3 hours
Contains raw meat, cook thoroughly
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):

- Hoagie Rolls
- 2 cups (2 cups)* low-sodium beef broth (may also use water)
- Optional toppings and garnishes: Horseradish sauce, mayo, cheese, potato chips

Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 2 cups (2 cups)* of low-sodium beef broth or hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 90 minutes (100 minutes)*- aka 1 hour and 30 minutes.
3. When pressure cooking is complete, use a natural release.
4. Remove the meat to a plate and slice or shred. Add meat back to the juices
5. To serve, split hoagie buns in half, top with cheese, and place on a sheet pan. Place under the broiler to toast buns and melt cheese. Top buns with meat and desired toppings.

Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours, until the meat easily shreds. Continue with steps 4-5.

Leftover Suggestions:

- Add cooked onions and peppers for a Philly cheesesteak spin

Notes:

- This freezes beautifully after it's cooked. Save any leftovers for an easy, ready-to-go meal on another day.

Nutrition Facts

4 servings per container

Serving size
3/4 cup (209g)

Calories per serving **230**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 4.5g	6%	Total Carbohydrate 3g	1%
Saturated Fat 1.5g	8%	Dietary Fiber 0g	0%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 105mg	35%	Includes <1g Added Sugars	2%
Sodium 2020mg	88%	Protein 44g	

Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 2.7mg 15% • Potassium 550mg 10%
Vitamin A 10mcg 2% • Vitamin C 0mg 0%

INGREDIENTS: BEEF, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), ONION, GARLIC, SPICE

CONTAINS: ANCHOVIES, 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.

