

Greek Meatballs with Orzo

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 1/2 cups (3 cups)* chicken broth
- Optional toppings and garnishes: tzatziki sauce, kalamata olives, diced cucumbers, sliced onions, diced tomatoes, feta crumbles

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)* chicken broth.
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. Stir well.
5. Serve hot with desired toppings and garnishes.

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 the orzo is cooked through. Continue with steps 4-5.

Leftover Suggestions:

- Lettuce wraps
- Serve over pita bread

Notes:

- Adding fresh vegetables and a creamy tzatziki sauce makes this the perfect light and refreshing meal for a hot summer day.

Nutrition Facts

4 servings per container

Serving size
1 cup (188g)

Calories per serving **500**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 27g	35%	Total Carbohydrate 45g	16%
Saturated Fat 9g	45%	Dietary Fiber 8g	29%
Trans Fat 0.5g		Total Sugars 6g	
Cholesterol 75mg	25%	Includes 0g Added Sugars	0%
Sodium 1050mg	46%	Protein 22g	

Vitamin D 0.1mcg 0% • Calcium 130mg 10% • Iron 4.5mg 25% • Potassium 400mg 8%
Vitamin A 210mcg 25% • Vitamin C 27mg 30%

INGREDIENTS: MEATBALLS (BEEF, PORK, WATER, BREAD CRUMBS (BLEACHED WHEAT FLOUR, YEAST, SUGAR, SALT), ROMANO CHEESE MADE FROM COW'S MILK [(CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES), POTASSIUM SORBATE (PRESERVATIVE)], RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED MILK, PASTEURIZED CREAM, VINEGAR), SEASONING (SALT, GARLIC POWDER, SPICES), SODIUM PHOSPHATES, PARSLEY, SET IN VEGETABLE OIL), ORZO PASTA, RED PEPPERS, LEMON JUICE, GARLIC, SALT, SPICE, DILL

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.

