

# Kid-Friendly Mac and Cheese

Total Cook Time: 20 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)\* milk
- Optional toppings and garnishes: Roasted broccoli or other vegetable

## Instant Pot Cooking Directions:

1. Locate bag of cheese and set aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)\* hot water and 1 cup (2 cups)\* milk.
3. Cook at high pressure for 1 minute for al dente pasta, or 2 minutes for a softer texture. 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.
4. Select the sauté function. Cut open the cheese bag and pour into noodles. Stir until melted and creamy. For added creaminess, add up to 1/4 cup (1/2 cup)\* more milk.
5. Serve immediately. Add up to 1/2 teaspoon more salt if desired.

## 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 1 hour or until the pasta is cooked to al dente. Repeat with steps 4-5.

## Leftover Suggestions:

- Reheat leftovers in an air fryer.
- Place in an oven-safe dish and top with more cheese. Broil until crispy on top.

## Notes:

- Enjoy this on its own as a meal, or pair it with any kind of meat for a more balanced plate.

## Nutrition Facts

4 servings per container  
Serving size  
3/4 cup (119g)

Calories per serving  
**460**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 22g	<b>28%</b>	<b>Total Carbohydrate</b> 46g	<b>17%</b>
Saturated Fat 12g	<b>60%</b>	Dietary Fiber 2g	<b>7%</b>
Trans Fat 0g		Total Sugars 2g	
<b>Cholesterol</b> 70mg	<b>23%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 660mg	<b>29%</b>	<b>Protein</b> 21g	

Vitamin D 0mcg 0% • Calcium 400mg 30% • Iron 1.8mg 10% • Potassium 0mg 0%  
Vitamin A 210mcg 25% • Vitamin C 0mg 0%

INGREDIENTS: PASTA (SEMOLINA (WHEAT), DURUM FLOUR (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID), MONTEREY JACK CHEESE, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), BUTTER (CREAM, SALT), CORNSTARCH, SALT, SPICE, GARLIC

CONTAINS: MILK, WHEAT

\* 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.

