

# Kung Pao Meatballs

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):

- Cooked Rice
- Optional: 2 TBSP (4 TBSP)\* cornstarch
- Optional toppings and garnishes: roasted peanuts, sesame seeds

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)\* of hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 10 minutes.
3. When pressure cooking is complete, use a natural release for 10 minutes, then release any remaining pressure.
4. Give the meatballs a good stir. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)\* water and 2 TBSP (4 TBSP)\* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
5. Serve over rice 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, until the meatballs are heated through. Continue with steps 4-5.

## Leftover Suggestions:

- Rice Bowl
- Lettuce Wraps

## Notes:

- For extra heat, drizzle a little Sriracha over the meatballs.

## Nutrition Facts

4 servings per container

**Serving size**  
**1 cup (183g)**

**Calories per serving** **430**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 31g	<b>40%</b>	<b>Total Carbohydrate</b> 11g	<b>4%</b>
Saturated Fat 13g	<b>65%</b>	Dietary Fiber 2g	<b>7%</b>
Trans Fat 0g		Total Sugars 4g	
<b>Cholesterol</b> 75mg	<b>25%</b>	Includes 2g Added Sugars	<b>4%</b>
<b>Sodium</b> 2230mg	<b>97%</b>	<b>Protein</b> 24g	

Vitamin D 0mcg 0% • Calcium 0mg 0% • Iron 0mg 0% • Potassium 0mg 0%  
Vitamin A 0mcg 0% • Vitamin C 0mg 0%

\* 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: BEEF, WATER, TEXTURED SOY PROTEIN CONCENTRATE, SOY PROTEIN CONCENTRATE, CARAMEL COLOR, EGGS, CONTAINS LESS THAN 2 OF THE FOLLOWING: ROMANO CHEESE PASTEURIZED SHEEP'S AND COW'S MILK, RENNET, SALT, CHEESE CULTURES, ENZYMES, DEHYDRATED ONION, WHITE PEPPER, GARLIC POWDER, PARSLEY, SPICES, FLAVORINGS, CORN SYRUP SOLIDS, BREAD CRUMBS, WHEAT FLOUR, SOY PROTEIN CONCENTRATE, TEXTURED SOY FLOUR, SALT, SODIUM PHOSPHATE, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), RICE VINEGAR (WATER, RICE), CHILI GARLIC SAUCE (CHILI, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES, XANTHAM GUM), BROWN SUGAR, SESAME OIL, SPICE

CONTAINS: MILK, EGG, WHEAT, SOY, SESAME