

Pasta Fagioli Soup

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):

- 2 1/2 cups (5 cups)* chicken broth
- Optional toppings and garnishes: parmesan cheese, freshly cracked black pepper

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2 1/2 cups (5 cups)* chicken broth
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
3. When pressure cooking is complete, use a natural release for 5 minutes, then release 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. Serve hot with desired toppings and garnishes.

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 2-3 hours or until the pasta is cooked to al dente and the vegetables are tender.
2. Continue with step 4.

Leftover Suggestions:

- Toss in cooked rice, quinoa, or farro for added texture.
- Hollow out rolls or small loaves and fill with warmed soup.

Notes:

- Freeze in individual containers for an easy grab-and-go lunch

Nutrition Facts

4 servings per container

Serving size
1 cup (414g)

Calories per serving
520

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 25g	32%	Total Carbohydrate 43g	16%
Saturated Fat 8g	40%	Dietary Fiber 10g	36%
Trans Fat 2.5g		Total Sugars 9g	
Cholesterol 70mg	23%	Includes 0g Added Sugars	0%
Sodium 1740mg	76%	Protein 29g	

Vitamin D 0.6mcg 2% • Calcium 170mg 15% • Iron 4.5mg 25%
Potassium 880mg 20% • Vitamin A 420mcg 45% • Vitamin C 14mg 15%

INGREDIENTS: DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), SAUSAGE (PORK, SALT, WATER, SPICES, SUGAR, WATER, TEXTURED VEGETABLE PROTEIN SOY FLOUR, SALT), KIDNEY BEANS, GREAT NORTHERN BEANS (PREPARED GREAT NORTHERN BEANS, WATER, SALT, CALCIUM CHLORIDE (FIRMING AGENT)), TOMATO SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), WATER, SEA SALT, CITRIC ACID, SPICE), ONION, CARROTS, ELBOW MACARONI, CELERY, GARLIC, WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), SALT, SPICE, PAPRIKA

CONTAINS: ANCHOVIES, 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.

