

# Pepperoncini Beef

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):

- 1/2 cup (1 cup)\* beef broth
- Cheese slices
- Hoagie buns
- Optional toppings and garnishes: plain or chipotle mayo, sliced cheese, chopped giardiniera

## Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1/2 cup (1 cup)\* beef broth or hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 80 minutes (90 minutes)\*- aka 1 hour 20 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Return meat to juices.
5. Split buns in half, add sliced cheese, and place under the oven broiler to brown, about 1 minute. 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:

- Top a bed of lettuce with this meat, your desired toppings, and dressing
- Wrap in a wonton wrapper and bake until crispy
- Serve it over a pile of mashed potatoes

## Notes:

- Think of this as a French dip on steroids! For an elevated experience, dip your sandwich into the sauce straight from the pot.

## Nutrition Facts

4 servings per container

Serving size  
3/4 cup (202g)

Calories per serving **210**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 4g	<b>1%</b>
Saturated Fat 1.5g	8%	Dietary Fiber 1g	4%
Trans Fat 0g		Total Sugars 0g	
<b>Cholesterol</b> 105mg	<b>35%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 770mg	<b>33%</b>	<b>Protein</b> 40g	

Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 4.5mg 25% • Potassium 560mg 10%  
Vitamin A 10mcg 0% • Vitamin C 0mg 0%

INGREDIENTS: BEEF, PEPPERONCINI PEPPERS (SLICED GREEK PEPPERONCINI, WATER, SEA SALT, DISTILLED VINEGAR, CITRIC ACID (ACIDITY REGULATOR), TURMERIC), GARLIC, SPICE, SALT, ONION, LEMON PEPPER SEASONING (BLACK PEPPER, SALT, MODIFIED FOOD STARCH, CITRIC ACID, LEMON PEEL, SUGAR, GARLIC, ONION, NATURAL FLAVOR, RIBOFLAVIN (FOR COLOR))

\* 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.

## IMPORTANT!

### Food Safety Instructions

Raw meat and poultry may contain bacteria that could cause illness if not handled or cooked safely. Follow these instructions to avoid illness.

