

Potato Soup

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):

- 2 1/2 cups (5 cups)* chicken broth
- 1/4 cup (1/2 cup)* heavy cream
- Optional toppings and garnishes: Shredded cheese, bacon, fresh parsley

Instant Pot Cooking Directions:

1. Set aside the bag with cheese to thaw slightly.
2. Open meal and pop food into the pressure cooker pot. Add 2 1/2 cups (5 cups)* chicken broth.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
4. When pressure cooking is complete, use a natural release for 3 minutes, then release any remaining pressure.
5. Open the bag with cheese and add to the soup. Pour in 1/4 cup (1/2 cup)* heavy cream. Stir gently until the cheese is melted.
6. Serve with desired toppings

Slow Cooker Cooking Directions:

1. Place frozen meal in slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 2-3 hours or HIGH for 1-2 hours, until the potatoes are fork tender. Continue with steps 5-6.

Leftover Suggestions:

- Stir in bacon bits, cheese, sour cream, and green onions for a “loaded” version.

Notes:

- If the potatoes aren’t tender enough, replace the lid and cook for an extra 2–3 minutes. The hot pot and soup will bring it to pressure quickly.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 5g	6%	Total Carbohydrate 33g	12%
4 servings per container	Saturated Fat 2.5g	13%	Dietary Fiber 4g	14%
Serving size 1 cup (199g)	Trans Fat 0g		Total Sugars 5g	
Calories per serving 200	Cholesterol 15mg	5%	Includes 0g Added Sugars	0%
	Sodium 720mg	31%	Protein 8g	
	Vitamin D 0mcg 0% • Calcium 110mg 8% • Iron 1mg 6% • Potassium 500mg 10% Vitamin A 50mcg 6% • Vitamin C 3mg 4%			

* 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: POTATO, CORN, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), SALT, ONION, SPICE

CONTAINS: MILK

