

Rainbow Thai 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):

- 1 1/2 cups (3 cups)* chicken broth
- Cooked rice OR Cooked noodles (we prefer rice noodles, spaghetti or penne pasta)
- Optional toppings and garnishes: Lime juice, soy sauce, peanuts, sriracha, cilantro, wonton crisps, extra coconut milk

Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)* of chicken broth.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 3 minutes.
3. When pressure cooking is complete, use a natural release for 5 minutes, then release any remaining pressure.
4. Stir gently to combine all ingredients together.
5. Add a scoop of cooked noodles or rice to your bowl. Ladle in a scoop of soup and serve with an extra splash of coconut milk (or cream) and top 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 heated through. Continue with steps 4-5.

Leftover Suggestions:

- Divide into single servings to make quick, easy meals for busy days.

Notes:

- Spaghetti noodles add a delightful texture to this meal but can be tricky to eat. For a cleaner eating experience, try using penne noodles or rice as the base.

Nutrition Facts

4 servings per container

Serving size
1 cup (275g)

Calories per serving
180

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 6g	8%	Total Carbohydrate 11g	4%
Saturated Fat 3.5g	18%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 60mg	20%	Includes 0g Added Sugars	0%
Sodium 910mg	40%	Protein 22g	

Vitamin D 0mcg 0% • Calcium 40mg 2% • Iron 0.8mg 4% • Potassium 390mg 8%
Vitamin A 410mcg 45% • Vitamin C 6mg 6%

INGREDIENTS: COCONUT MILK, CHICKEN, BROILERS OR FRYERS, BREAST, MEAT ONLY, COOKED, ROTISSERIE, ORIGINAL SEASONING, GREEN PEPPER, RED PEPPER, YELLOW PEPPER, ONION, CARROTS, SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE)), LIME JUICE, GREEN CURRY PASTE (GREEN CHILI PEPPER, GARLIC, LEMONGRASS, SPICES, SALT, SHALLOT & LIME PEEL), CILANTRO, SALT, GARLIC, SPICE, CURRY POWDER

CONTAINS: WHEAT, SOY

* 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.

