

Rice Pilaf

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):

- 3 cups (6 cups)* chicken broth
- Optional toppings and garnishes: extra salt or pepper

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 3 cups (6 cups)* of chicken or vegetable broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 9 minutes.
3. When pressure cooking is complete, use a natural release.
4. Fluff with a fork and serve immediately.

Slow Cooker Cooking Directions:

1. Cook on low for 2 ½ hours or until the rice is cooked through. Continue with step 4.

Leftover Suggestions:

- Serve with a side of grilled chicken or steak

Notes:

- This makes a great side dish for any meal. I usually keep three in my freezer at all times so I never run out.

Nutrition Facts

4 servings per container

Serving size
1 cup (116g)

Calories
per serving **450**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 10g	13%	Total Carbohydrate 80g	29%
Saturated Fat 6g	30%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars <1g	
Cholesterol 25mg	8%	Includes 0g Added Sugars	0%
Sodium 510mg	22%	Protein 8g	
Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 4.7mg 25% • Potassium 80mg 2% Vitamin A 100mcg 10% • 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: RICE, ORZO PASTA, BUTTER (CREAM, SALT), SALT, GARLIC, ONION, SPICE, PAPRIKA

CONTAINS: MILK, WHEAT

