

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*
Total Fat 10g	13%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 510mg	22%
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Total Carbohydrate 80g	29%
Dietary Fiber 5g	18%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 8g	

Vitamin D 0mcg 0% • Calcium 30mg 2% • Iron 4.7mg 25% • Potassium 80mg 2%
Vitamin A 100mcg 10% • Vitamin C 0mg 0%

INGREDIENTS: RICE, ORZO PASTA, BUTTER (CREAM, SALT), SALT, GARLIC, ONION, SPICE, PAPRIKA

CONTAINS: MILK, 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.

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.

