

# Spring Vegetable Meatball 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 cups (4 cups)\* chicken broth
- Optional toppings and garnishes: lemon wedges, parmesan cheese, extra chicken broth

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2 cups (4 cups)\* of chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
3. When cooking is complete, use a natural release for 8 minutes and then release any remaining pressure.
4. Add extra broth if you want a thinner consistency.
5. Serve with lemon wedges and extra parmesan.

## Slow Cooker Cooking Directions:

1. Add frozen meal to the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 2-3 hours or HIGH for 1 1/2 to 2 hours, until the pasta is al dente and meatballs are heated through. Continue with steps 4-5.

## Leftover Suggestions:

- Serve over rice for a heartier meal.

## Notes:

- This soup packs some serious flavor and has been known to turn even the biggest vegetable skeptics into fans!

| Nutrition Facts  | Amount/serving          | % Daily Value* | Amount/serving                | % Daily Value* |
|--|-------------------------|----------------|-------------------------------|----------------|
|  | <b>Total Fat</b> 26g    | <b>33%</b>     | <b>Total Carbohydrate</b> 24g | <b>9%</b>      |
| 4 servings per container<br><b>Serving size</b><br><b>4 cups (183g)</b>  | Saturated Fat 9g        | <b>45%</b>     | Dietary Fiber 5g              | <b>18%</b>     |
|  | Trans Fat 0.5g          |                | Total Sugars 7g               |                |
| <b>Calories</b><br><b>per serving</b> <b>400</b>   | <b>Cholesterol</b> 75mg | <b>25%</b>     | Includes 0g Added Sugars      | <b>0%</b>      |
|  | <b>Sodium</b> 1130mg    | <b>49%</b>     | <b>Protein</b> 20g            |                |
| Vitamin D 0.1mcg 0% • Calcium 160mg 10% • Iron 3.2mg 20%<br>Potassium 530mg 10% • Vitamin A 530mcg 60% • Vitamin C 9mg 10% |                         |                |                               |                |

\* 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: MEATBALLS (BEEF, PORK, WATER, BREAD CRUMBS (BLEACHED WHEAT FLOUR, YEAST, SUGAR, SALT), ROMANO CHEESE MADE FROM COW'S MILK [(CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES), POTASSIUM SORBATE (PRESERVATIVE)], RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED MILK, PASTEURIZED CREAM, VINEGAR), SEASONING (SALT, GARLIC POWDER, SPICES), SODIUM PHOSPHATES, PARSLEY, SET IN VEGETABLE OIL), GREEN BEANS, CARROTS, PEAS, PENNE PASTA (DURUM WHEAT SEMOLINA, WATER), SPINACH, ONION, LEMON JUICE, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), SALT, SPICE, DILL

CONTAINS: MILK, WHEAT, SOY