

# Sun-Dried Tomato Pasta

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
- 1/2 cup (1 cup)\* heavy cream or half and half
- Optional toppings and garnishes: extra Parmesan, freshly cracked pepper, pesto

## Instant Pot Cooking Directions:

1. Locate bag with parmesan cheese from freezer and set it aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 2 cups (4 cups)\* chicken broth. Make sure pasta is submerged in broth.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 3 minutes.
4. When cooking is complete, use a natural release for 5 minutes and then release any remaining pressure. If liquid sprays through the valve, turn back to the sealed position. Wait 30-60 seconds and try again.
5. Cut open the bag with parmesan cheese and stir into the pasta. Add 1/2 cup (1 cup)\* heavy cream or half and half. Stir well.
6. If the sauce is thin, place the lid back on the pressure cooker and let the pasta sit for 5 minutes. Toss well to coat the pasta in the sauce.
7. Serve hot with desired toppings.

## 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. Continue with steps 5-7.

## Leftover Suggestions:

- Leftovers can be warmed in the microwave with a splash of milk or cream

## Notes:

- This meal may appear to have too much liquid when you first open the pot. Don't worry—simply shred the chicken and return it to the pot. Stir well, cover, and let it sit for 5 minutes to absorb the excess liquid.

## Nutrition Facts

4 servings per container

Serving size  
1 cup (150g)

Calories  
per serving **380**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>	<b>Total Carbohydrate</b> 47g	<b>17%</b>
Saturated Fat 3g	<b>15%</b>	Dietary Fiber 3g	<b>11%</b>
Trans Fat 0g		Total Sugars 4g	
<b>Cholesterol</b> 70mg	<b>23%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 570mg	<b>25%</b>	<b>Protein</b> 33g	
Vitamin D 0.1mcg 0% • Calcium 120mg 10% • Iron 2.9mg 15% • Potassium 300mg 6% Vitamin A 70mcg 8% • Vitamin C 7mg 8%			

\* 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: COOKED NATURAL CHICKEN, PENNE PASTA (DURUM WHEAT SEMOLINA, WATER), PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), TOMATOES, SUN-DRIED, PACKED IN OIL, DRAINED, GARLIC, SPICE, SALT

CONTAINS: MILK, WHEAT