

Sweet and Sour Meatballs

Total Cook Time: 1 hour

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 TBSP (4 TBSP)* Cornstarch
- Optional toppings and garnishes: cooked rice, sliced green onions, chopped peanuts

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/4 cup (1/4 cup)* of hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 12 minutes.
3. When pressure cooking is complete, use a natural release for 10 minutes, then release any remaining pressure.
4. Stir well to coat meatballs. For a thicker sauce, use the sauté function to bring the mixture to a boil, combine 2 TBSP (4 TBSP)* water and 2 TBSP (4 TBSP)* cornstarch in a small container and stir. Add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
5. Serve 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:

- Chop up meatballs and wrap them up with peppers and onions in a tortilla or lettuce leaf

Notes:

- For added heat, top with a generous spoonful of Chili Crunch Sauce or a drizzle of sriracha.

Nutrition Facts

4 servings per container

Serving size
1 cup (299g)

Calories per serving
520

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 30g	38%	Total Carbohydrate 38g	14%
Saturated Fat 13g	65%	Dietary Fiber 2g	7%
Trans Fat 0g		Total Sugars 28g	
Cholesterol 75mg	25%	Includes 17g Added Sugars	34%
Sodium 1490mg	65%	Protein 23g	

Vitamin D 0mcg 0% • Calcium 20mg 2% • Iron 0.4mg 2% • Potassium 90mg 2%
Vitamin A 40mcg 4% • 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: BEEF, WATER, TEXTURED SOY PROTEIN CONCENTRATE, SOY PROTEIN CONCENTRATE, CARAMEL COLOR, EGGS, CONTAINS LESS THAN 2 OF THE FOLLOWING: ROMANO CHEESE PASTEURIZED SHEEP'S AND COW'S MILK, RENNED, SALT, CHEESE CULTURES, ENZYMES, DEHYDRATED ONION, WHITE PEPPER, GARLIC POWDER, PARSLEY, SPICES, FLAVORINGS, CORN SYRUP SOLIDS, BREAD CRUMBS, WHEAT FLOUR, SOY PROTEIN CONCENTRATE, TEXTURED SOY FLOUR, SALT, SODIUM PHOSPHATE, PINEAPPLE, CANNED JUICE PACK, SOLIDS AND LIQUIDS, RICE VINEGAR (WATER, RICE), GREEN PEPPER, RED PEPPER, YELLOW PEPPER, ONION, KETCHUP (TOMATO CONCENTRATE, HIGH FRUCTOSE CORN SYRUP, DISTILLED VINEGAR, CORN SYRUP, SALT, LESS THAN 2% OF: SPICES, ONION POWDER, GARLIC POWDER, NATURAL FLAVOR), BROWN SUGAR, CHILI GARLIC SAUCE (CHILI, GARLIC, DISTILLED VINEGAR, POTASSIUM SORBATE AND SODIUM BISULFITE AS PRESERVATIVES, XANTHAM GUM), SOY SAUCE (WATER, WHEAT, SOYBEANS, SALT, <0.1% OF SODIUM BENZOATE (PRESERVATIVE))

CONTAINS: MILK, EGG, WHEAT, SOY