

# Sweet Corn and 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):

- 1 3/4 cups (3 1/2 cups)\* water or chicken broth
- Optional toppings and garnishes: splash of heavy whipping cream, extra parmesan, fresh basil, freshly cracked pepper

## Instant Pot Cooking Directions:

1. Take out bag with parmesan cheese and set aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 1 3/4 cups (3 1/2 cups)\* of hot water or chicken broth. Make sure most of the pasta is submerged in liquid.
3. Secure the lid and turn the 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. Open bag with parmesan cheese and stir gently into the pasta. OPTIONAL: add a splash of heavy whipping cream or half and half.
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. 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, or until the noodles are al dente. Continue with steps 5-7.

## Leftover Suggestions:

- Pair with a side of grilled chicken

## Notes:

- This pasta is hearty enough to stand on its own as a vegetarian main. For an even more filling meal, serve it alongside grilled chicken or sliced sausage.

## Nutrition Facts

4 servings per container

Serving size  
1 cup (190g)

Calories per serving **310**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 3.5g	<b>4%</b>	<b>Total Carbohydrate</b> 59g	<b>21%</b>
Saturated Fat 1g	<b>5%</b>	Dietary Fiber 5g	<b>18%</b>
Trans Fat 0g		Total Sugars 9g	
<b>Cholesterol</b> 5mg	<b>2%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 830mg	<b>36%</b>	<b>Protein</b> 11g	

Vitamin D 0mcg 0% • Calcium 120mg 8% • Iron 3mg 15% • Potassium 270mg 6%  
Vitamin A 140mcg 15% • Vitamin C 9mg 10%

INGREDIENTS: CORN, DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), ROTINI, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), GARLIC, SALT, SPICE

CONTAINS: MILK, WHEAT

