

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	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 3.5g	4%	Total Carbohydrate 59g	21%
4 servings per container Serving size 1 cup (190g)	Saturated Fat 1g	5%	Dietary Fiber 5g	18%
	Trans Fat 0g		Total Sugars 9g	
Calories per serving 310	Cholesterol 5mg	2%	Includes 0g Added Sugars	0%
	Sodium 830mg	36%	Protein 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

