

Sweet Corn Risotto

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):

- 4 cups (8 cups)* chicken or vegetable broth, divided
- Optional toppings and garnishes: parmesan cheese, freshly cracked pepper, fresh basil

Instant Pot Cooking Directions:

1. Locate bag of parmesan cheese in freezer and set aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 3 cups (6 cups)* of chicken or vegetable broth.
3. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 7 minutes.
4. When pressure cooking is complete, use a quick release.
5. Select sauté and add parmesan cheese and an extra 1/2-1 cup (1-2 cups)* of broth. Stir until smooth and creamy.
6. Serve immediately.

Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Add said amount of liquid. Cover and cook on high for 2 hours. Continue with steps 5-6.

Leftover Suggestions:

- Serve with a side of grilled chicken
- Vegetarian Hawaiian Haystacks

Notes:

- Risotto can be a tedious task on the stove, but in the pressure cooker it's completely hands-off—yet still just as creamy and delicious. Everyone will think you spent hours stirring at the stove!

Nutrition Facts

4 servings per container
Serving size
1 cup (181g)

Calories
per serving **420**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 9g	12%	Total Carbohydrate 74g	27%
Saturated Fat 6g	30%	Dietary Fiber 5g	18%
Trans Fat 0g		Total Sugars 9g	
Cholesterol 20mg	7%	Includes 0g Added Sugars	0%
Sodium 800mg	35%	Protein 11g	
Vitamin D 0.1mcg 0% • Calcium 160mg 10% • Iron 2mg 10% • Potassium 240mg 6% Vitamin A 80mcg 10% • Vitamin C 6mg 6%			

* 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: CORN, WHITE ARBORIO RICE, ONION, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), BUTTER (CREAM, SALT), SPICE, SALT, GARLIC

CONTAINS: MILK

