

# Tortellini in Tomato Sauce

Total Cook Time: 20 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 TBSP (4 TBSP)\* cornstarch
- Optional toppings and garnishes: Parmesan cheese, cooked meat

## Instant Pot Cooking Directions:

1. Open the meal and pop food into the pressure cooker pot. Add 1/2 cup (1/2 cup)\* of hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 4 minutes.
3. When pressure cooking is complete, use a quick release.
4. Stir gently until the tomato sauce is well distributed through the tortellini.
5. 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, then add HALF of the cornstarch slurry to the pot, stirring constantly until it thickens. Add more slurry as needed to reach your desired consistency.
6. Serve with shredded parmesan cheese and other desired toppings

## Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 2-3 hours or HIGH for 1-2 hours, or until the noodles are cooked. Continue with steps 4-6.

## Leftover Suggestions:

- Portion into individual containers for easy lunches. Add sausage or meatballs for a heartier meal.

## Notes:

- These noodles are coated in a light, tomato-based sauce. Generously top with Parmesan cheese for added richness and a touch of saltiness.

## Nutrition Facts

4 servings per container  
Serving size  
1 cup (228g)

Calories per serving **360**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 8g	10%	Total Carbohydrate 56g	20%
Saturated Fat 4g	20%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 4g	
Cholesterol 45mg	15%	Includes 0g Added Sugars	0%
Sodium 990mg	43%	Protein 16g	

Vitamin D 0mcg 0% • Calcium 250mg 20% • Iron 2.7mg 15% • Potassium 110mg 2%  
Vitamin A 270mcg 30% • Vitamin C 9mg 10%

\* 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: DICED TOMATOES (TOMATOES, TOMATO JUICE, <2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), TRICOLOR TORTELLINI (ENRICHED SEMOLINA FLOUR (SEMOLINA FLOUR [NIACIN, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID]), WATER, ROMANO CHEESE (PASTEURIZED COW'S AND/OR SHEEP'S MILK, CHEESE CULTURE, SALT, ENZYMES), RICOTTA CHEESE (PASTEURIZED MILK, PASTEURIZED WHEY, PASTEURIZED CREAM, VINEGAR, SALT), WHEAT FLOUR, PARMESAN CHEESE (PASTEURIZED PART SKIM MILK, CHEESE CULTURES, SALT, AND ENZYMES), PASTEURIZED EGGS, CORN STARCH, SALT, PAPRIKA OLEORESIN (COLOR), ASIAGO CHEESE (PASTEURIZED PART SKIM COW'S MILK, CHEESE CULTURE, SALT, ENZYMES), SPINACH POWDER (COLOR), GARLIC POWDER, SPICES, ONION POWDER, FONTINA CHEESE (PASTEURIZED PART SKIMMED MILK, CHEESE CULTURES, SEA SALT, ENZYMES), STABILIZERS (XANTHAN GUM, LOCUST BEAN GUM, GUAR GUM), BETA CAROTENE (COLOR), SALT, SPICE, GARLIC, ONION

CONTAINS: MILK, EGG, WHEAT