

# Cauliflower Soup

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):

- 3 cups (6 cups)\* chicken broth
- Optional toppings and garnishes: Extra salt and pepper, splash of milk or cream, croutons

## Instant Pot Cooking Directions:

1. Locate the side bag with cheese and set aside to thaw.
2. Open the meal and pop food into the pressure cooker pot. Add 3 cups (6 cups)\* of chicken broth.
3. Cook at high pressure for 12 minutes.
4. When cooking is complete, use a quick release.
5. Open cheese bag and add to the hot soup.
6. Using an immersion blender, blend soup until very smooth, or your desired consistency. This can also be done with a table top blender. Be careful as liquid is very hot!
7. Serve hot with 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 4-5 hours or HIGH for 2-3 hours, or until the vegetables are soft and will blend easily. Continue with steps 5-7.

## Leftover Suggestions:

- Add cooked potatoes, carrots, corn, and ham for a heartier meal

## Notes:

- Serve with a side of crusty sourdough or artisan bread for a truly satisfying meal.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 15g	<b>19%</b>	<b>Total Carbohydrate</b> 16g	<b>6%</b>
Saturated Fat 9g	<b>45%</b>	Dietary Fiber 5g	<b>18%</b>	
Trans Fat 0g		Total Sugars 4g		
<b>Cholesterol</b> 45mg	<b>15%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 630mg	<b>27%</b>	<b>Protein</b> 11g		
Vitamin D 0mcg 0% • Calcium 270mg 20% • Iron 1.2mg 6% • Potassium 330mg 8% Vitamin A 130mcg 15% • Vitamin C 65mg 70%				

4 servings per container  
Serving size 1 cup (216g)  
Calories per serving **230**

\* 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: CAULIFLOWER, FROZEN, UNPREPARED, CHICKPEAS, ONION, MONTEREY JACK CHEESE [PASTEURIZED MILK, JALAPENO PEPPERS, CHEESE CULTURE, SALT, ENZYMES, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), BUTTER (CREAM, SALT), GARLIC, SALT, SPICE

CONTAINS: MILK