

Cranberry 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):

- Extra sweetener if desired (pure maple syrup or sugar)

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Do not add any liquid.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 8 minutes.
3. When cooking is complete, use a natural release for 5 minutes, then release any remaining pressure.
4. Stir well. The sauce will thicken further as it cools. Taste and add more sweetener to match your ideal sweet/tart level.
5. Serve warm or chilled.

Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Cover and cook on HIGH for 3 hours, or until the cranberries are soft. Continue with steps 4-5.

Leftover Suggestions:

- Serve with turkey or ham
- Spoon over yogurt
- Crepe filling
- Eat by the spoonful

Notes:

- Get ready for your kitchen to smell like the holidays!

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0g	0%	Total Carbohydrate 41g	15%
Saturated Fat 0g	0%	Dietary Fiber 4g	14%	
Trans Fat 0g		Total Sugars 33g		
Cholesterol 0mg	0%	Includes 23g Added Sugars	46%	
Sodium 0mg	0%	Protein 1g		
Vitamin D 0mcg 0% • Calcium 10mg 0% • Iron 0.5mg 2% • Potassium 210mg 4% Vitamin A 20mcg 2% • Vitamin C 42mg 45%				

4 servings per container
Serving size 1/2 cup (188g)
Calories per serving **170**

* 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: CRANBERRIES, APPLES, APPLE CIDER (FILTERED WATER, APPLE JUICE CONCENTRATE), ORANGE JUICE CONCENTRATE (CONCENTRATED ORANGE JUICE), SUGAR

