

Creamy Marinara Pasta

Total Cook Time: 25 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 1/2 cups (3 cups)* chicken or vegetable broth
- 1/2 (1 cup)* heavy cream
- Optional toppings and garnishes: cooked vegetables, parmesan cheese

Instant Pot Cooking Directions:

1. Locate bag with parmesan cheese from freezer and set it aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 1 1/2 cups (3 cups)* chicken or vegetable broth to the pot.
3. Secure the lid and turn 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, then release the remaining pressure. If liquid sprays through the valve, turn back to the sealed position, wait 30-60 seconds, and try again. Repeat this process as needed.
5. Open the bag with cheese and pour into the pasta. Add 1/2 cup (1 cup)* heavy cream. Gently stir until the cheese is melted.
6. Serve hot with desired toppings.

Slow Cooker Cooking Directions:

1. Add frozen meal to the slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 2-3 hours or HIGH for 1 1/2 to 2 hours, until the pasta is al dente. Continue with steps 5-6.

Leftover Suggestions:

- Add cooked meat for a heartier meal

Notes:

- If the pasta seems too runny, put the pressure cooker lid back on for 5 minutes—the pasta will absorb the extra liquid.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 4.5g	6%	Total Carbohydrate 50g	18%
Saturated Fat 1.5g	8%	Dietary Fiber 3g	11%	
Trans Fat 0g		Total Sugars 8g		
Cholesterol 5mg	2%	Includes 0g Added Sugars	0%	
Sodium 700mg	30%	Protein 12g		
Vitamin D 0.1mcg 0% • Calcium 140mg 10% • Iron 2.3mg 15% • Potassium 200mg 4% Vitamin A 30mcg 2% • Vitamin C 0mg 0%				

* 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: TOMATO PUREE WATER, TOMATO PASTE, DICED TOMATOES IN TOMATO JUICE, SUGAR, VEGETABLE OIL CORN, AND/OR CANOLA, CONTAINS LESS THAN 1 OF: SALT, DEHYDRATED ONIONS, SPICES, DEHYDRATED GARLIC, CITRIC ACID, ONION EXTRACT, GARLIC EXTRACT., PENNE PASTA (DURUM WHEAT SEMOLINA, WATER), PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), GARLIC, SALT, SPICE

CONTAINS: MILK, WHEAT, SOY

