

# Green Chile Beef Burritos

Total Cook Time: 3 hours  
 Contains raw meat, cook thoroughly  
 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):

- Tortillas
- Optional toppings and garnishes: Shredded cheese, beans, tomatoes, avocados, guacamole, lettuce, sour cream, salsa verde

## 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 or beef broth.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 90 minutes (100 minutes)\* - aka 1 hour 30 minutes.
3. When pressure cooking is complete, use a natural release.
4. Move meat to a cutting board and shred. Return meat to juices.
5. Lay out a tortilla and top with meat and other desired toppings. Roll together.
6. Optional: spoon your favorite enchilada sauce over the top of the rolled burrito, sprinkle cheese on it and place it under the oven broiler to melt and brown the cheese.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours, until the meat easily shreds. Continue with steps 4-6.

## Leftover Suggestions:

- Navajo tacos, Taco salad, Nachos, Quesadillas, Tostadas

## Notes:

- Serve this “burrito bar style” so everyone can customize their own fillings and toppings—this meal is perfect when you’re feeding a crowd.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 4.5g	<b>6%</b>	<b>Total Carbohydrate</b> 6g	<b>2%</b>
Saturated Fat 2g	<b>10%</b>	Dietary Fiber 2g	<b>7%</b>	
Trans Fat 0g		Total Sugars 2g		
<b>Cholesterol</b> 105mg	<b>35%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 1110mg	<b>48%</b>	<b>Protein</b> 41g		
Vitamin D 0mcg 0% • Calcium 40mg 4% • Iron 20.7mg 110% • Potassium 670mg 15% Vitamin A 80mcg 10% • Vitamin C 12mg 15%				

4 servings per container  
**Serving size**  
 3/4 cup (260g)  
**Calories per serving** **220**

\* 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: BEEF, GREEN ENCHILADA SAUCE (WATER, GREEN CHILE PEPPERS, CORNSTARCH, HIGH OLEIC SAFFLOWER OIL, CONTAINS LESS THAN 2% OF ACETIC ACID, CANE SUGAR, CITRIC ACID, GARLIC POWDER, GREEN BELL PEPPER POWDER, HYDROLYZED CORN AND SOY PROTEIN, JALAPENO PEPPER, MALTODEXTRIN, NATURAL FLAVORS, ONION POWDER, SALT, SPICES, YEAST EXTRACT), GREEN CHILES (GREEN CHILE PEPPERS, WATER, CONTAINS LESS THAN 2% OF: CALCIUM CHLORIDE, CITRIC ACID, SALT), TOMATO SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), WATER, SEA SALT, CITRIC ACID, SPICE), SALT, SPICE, GARLIC, ONION