

# Lasagna 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):

- 2 cups (4 cups)\* chicken broth
- Optional toppings and garnishes: Keep it simple with mozzarella cheese, OR mix together 1 cup ricotta cheese, 1/2 cup parmesan cheese, 1/4 tsp salt, 1/8 tsp pepper, and 1 tsp basil to use as a delicious cheese topping.

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 2 cups (4 cups)\* of chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 2 minutes.
3. When cooking is complete, use a natural release for 5 minutes and then release any remaining pressure.
4. If you prefer the soup to be thinner, add 1-2 more cups of chicken broth.
5. Serve 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 4-5 hours or HIGH for 2-3 hours, or until heated through and pasta is al dente.

## Leftover Suggestions:

- Freeze in individual containers for an easy lunch another day.

## Notes:

- This soup is thick and hearty. To achieve a thinner consistency, gradually add additional chicken broth until the desired consistency is reached.

<b>Nutrition Facts</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>	<b>Amount/serving</b>	<b>% Daily Value*</b>
4 servings per container <b>Serving size</b> <b>1 cup (180g)</b>	<b>Total Fat</b> 17g	<b>22%</b>	<b>Total Carbohydrate</b> 22g	<b>8%</b>
	Saturated Fat 5g	<b>25%</b>	Dietary Fiber 2g	<b>7%</b>
<b>Calories</b> <b>per serving</b> <b>300</b>	<i>Trans Fat</i> 2g		Total Sugars 4g	
	<b>Cholesterol</b> 50mg	<b>17%</b>	Includes 0g Added Sugars	<b>0%</b>
	<b>Sodium</b> 850mg	<b>37%</b>	<b>Protein</b> 15g	
Vitamin D 0.4mcg 2% • Calcium 70mg 6% • Iron 1.8mg 10% • Potassium 190mg 4% Vitamin A 140mcg 15% • Vitamin C 6mg 6%				

\* 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: FIRE ROASTED TOMATOES (UNPEELED DICED TOMATOES, TOMATO JUICE, LESS THAN 2% OF: SALT, CITRIC ACID, CALCIUM CHLORIDE), SAUSAGE (PORK, SALT, WATER, SPICES, SUGAR, WATER, TEXTURED VEGETABLE PROTEIN SOY FLOUR, SALT), BOW TIE PASTA, GARLIC, SPICE, ONION POWDER, SALT

CONTAINS: WHEAT