

# Lemon Risotto with Peas

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 (or vegetable) broth, divided
- Optional toppings and garnishes: lemon zest, freshly cracked pepper, steamed asparagus

## Instant Pot Cooking Directions:

1. Set aside the parmesan cheese bag to thaw.
2. Open the meal and pop food into the pressure cooker pot. Add 2 1/4 cups (4 1/2 cups)\* of chicken (or vegetable) broth.
3. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 7 minutes.
4. When pressure cooking is complete, use a quick release.
5. Select sauté and add parmesan cheese and an extra 1/2-1 cup (1-2 cups)\* of broth. Stir until smooth and creamy.
6. Serve immediately with desired toppings

## Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Cover and cook on HIGH for 2 hours. Continue with steps 5-6.

## Leftover Suggestions:

- Shape it into patties and pan-fry until golden for a delicious, easy next-day meal.

## Notes:

- Serve this as a main vegetarian dish or pair it with a protein for a well-balanced meal.

## Nutrition Facts

4 servings per container  
Serving size  
3/4 cup (120g)

Calories per serving **260**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>	<b>Total Carbohydrate</b> 44g	<b>16%</b>
Saturated Fat 3g	<b>15%</b>	Dietary Fiber 3g	<b>11%</b>
Trans Fat 0g		Total Sugars 3g	
<b>Cholesterol</b> 15mg	<b>5%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 640mg	<b>28%</b>	<b>Protein</b> 9g	
Vitamin D 0mcg 0% • Calcium 110mg 8% • Iron 1.3mg 6% • Potassium 110mg 2% Vitamin A 360mcg 40% • Vitamin C 12mg 15%			

\* 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: PEAS, WHITE ARBORIO RICE, LEMON JUICE, PARMESAN (MILK, CHEESE CULTURES, SALT, ENZYMES), ONION, BUTTER (CREAM, SALT), SALT, SPICE

CONTAINS: MILK

