

Tomato Bisque 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):

- 1 cup (2 cups)* chicken or vegetable broth
- 1 cup (2 cups)* half and half, cream, or whole milk
- Optional toppings and garnishes: Croutons, parmesan cheese

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1 cup (2 cups)* chicken or vegetable broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 10 minutes.
3. When cooking is complete, use a quick release.
4. Using an immersion blender or tabletop blender, blend soup until smooth. BE CAREFUL, liquid is HOT!
5. Add 1 cup (2 cups)* half and half, cream, or whole milk to the soup and stir well.
6. Serve hot with desired toppings.

Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 3-4 hours or HIGH for 2-3 hours, or until the vegetables are soft. Continue with steps 4-6.

Leftover Suggestions:

- Add cooked tortellini noodles, sausage, and spinach for a heartier meal

Notes:

- For an extra touch, cut a crispy grilled cheese into crouton-sized pieces and sprinkle over your soup.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0g	0%	Total Carbohydrate 20g	7%
Saturated Fat 0g	0%	Dietary Fiber 2g	7%	
Trans Fat 0g		Total Sugars 8g		
Cholesterol 0mg	0%	Includes 2g Added Sugars	4%	
Sodium 810mg	35%	Protein 2g		
Vitamin D 0mcg 0% • Calcium 70mg 6% • Iron 2.5mg 15% • Potassium 390mg 8%				

* 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: STEWED TOMATOES (CUT TOMATOES, TOMATO JUICE, SUGAR, SEA SALT, DEHYDRATED ONIONS, DEHYDRATED CELERY, DEHYDRATED PEPPERS, SPICES, CALCIUM CHLORIDE, CITRIC ACID), BUTTERNUT SQUASH, ONION, GARLIC, SUGAR, SALT, SPICE

