

Zuppa Toscana Soup

Total Cook Time: 20 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 broth
- 1/2 cup (1 cup)* heavy cream
- Optional toppings and garnishes: shredded parmesan cheese, black pepper

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 3 cups (6 cups)* chicken broth.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 3 minutes.
3. When pressure cooking is complete, use a natural release for 5 minutes, then release any remaining pressure.
4. Gently stir in 1/2 cup (1 cup)* heavy cream.
5. Serve hot with an extra sprinkle of cheese and some freshly ground black pepper.

Slow Cooker Cooking Directions:

1. Add the frozen meal to the slow cooker pot. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the potatoes are cooked through. Continue with steps 4-5.

Leftover Suggestions:

- Divide into single servings to make quick, easy meals for busy days.

Notes:

- If the potatoes are undercooked, simply secure the lid and cook for an additional 1-2 minutes BEFORE adding the heavy cream. Since the contents are already hot, the pot will come back up to pressure quickly.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 24g		31%	Total Carbohydrate 16g
Saturated Fat 8g		40%	Dietary Fiber 2g	7%
Trans Fat 2.5g			Total Sugars 2g	
Cholesterol 70mg		23%	Includes 0g Added Sugars	0%
Sodium 960mg		42%	Protein 19g	
Vitamin D 0.6mcg 2% • Calcium 50mg 4% • Iron 1.9mg 10% • Potassium 560mg 10% Vitamin A 510mcg 60% • Vitamin C 22mg 25%				

4 servings per container
Serving size 1 cup (196g)
Calories per serving **360**

* 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: SAUSAGE (PORK, SALT, WATER, SPICES, SUGAR, WATER, TEXTURED VEGETABLE PROTEIN SOY FLOUR, SALT), POTATO, ONION, KALE, GARLIC, SALT, SPICE