

SPAGHETTI

SIDE ITEM: Salad & breadsticks

1. Thaw your meal enough to pop out of the freezer container.

For Pressure Cooker...

2. Add meal, spaghetti, and 3 cups of water to your electric pressure cooker.

3. Set pressure cooker for manual, 4 minutes. Once cook cycle is over, quick release the pressure.

For Slow Cooker...

2. Add meal to slow cooker. Set cooker for 4-6 hours on low.

3. One hour before cook cycle is over, add 3 cups of water and spaghetti noodles, stirring frequently.

4. Before serving, mix together salad and dressing. Cook breadsticks according to package directions.

NEEDED FOR SERVE DAY:

- 1 box frozen garlic breadsticks
- 1 bag salad mix
- 1 bottle Italian dressing
- 12oz spaghetti noodles

SERVES: 4-6

GO-TO
EMBC

CHICKEN TACOS

SIDE ITEM: Rice & beans

1. Thaw your meal enough to pop out of the freezer container.

For Pressure Cooker...

2. Add meal, 1 cup of salsa, and 1/2 cup of water to your electric pressure cooker.

3. Set pressure cooker for manual, 15 minutes. Once cook cycle is over, allow pressure to naturally release for 5-10 minutes before manually releasing remaining pressure.

For Slow Cooker...

2. Add meal and 1.5 cups of salsa to slow cooker. Set cooker for 6-8 hours on low.

3. Once cook cycle is over, shred chicken and return to cooking sauce.

4. Before serving, chop lettuce and tomatoes. Prepare rice according to package directions and warm beans.

NEEDED FOR SERVE DAY:

- 1 pack taco shells
- 2 tomatoes
- 16oz jar salsa
- 1 head green leaf lettuce
- 1 box Mexican rice mix (+ ingredients to prepare)
- 30oz can refried beans
- 8oz bag shredded cheddar cheese

SERVES: 4-6

GO-TO
EMBC

VEGGIE STIR FRY

SIDE ITEM: White rice

1. Thaw your meal enough to pop out of the freezer container.

For Pressure Cooker...

2. Add meal and 1/2 cup of water to your electric pressure cooker.

3. Set pressure cooker for manual, 0 minutes. Once cook cycle is over, quick release the pressure.

For Slow Cooker...

2. Add meal to slow cooker. Set cooker for 4-6 hours on low.

Before serving, cook rice (1 cook mine for 8 minutes in 2 cups of water in the pressure cooker). Garnish stir fry with sesame seeds.

NEEDED FOR SERVE DAY:

- sesame seeds
- 1.5 cups white rice

SERVES: 4-6

GO-TO
EMBC

SLOPPY JOES

SIDE ITEM: Sliced apples

1. Thaw your meal enough to pop out of the freezer container.

For Pressure Cooker...

2. Add meal and 1/2 cup of water to your electric pressure cooker.

3. Set pressure cooker for manual, 4 minutes. Once cook cycle is over, quick release the pressure.

For Slow Cooker...

2. Add meal and 1/2 cup of water to your slow cooker. Set cooker for 4-6 hours on low.

Before serving, slice apples.

NEEDED FOR SERVE DAY:

- 1 pack hamburger buns
- 5-6 apples

SERVES: 4-6

GO-TO
EMBC

CHICKEN, BROCCOLI, & RICE CASSEROLE'

SIDE ITEM: Roasted carrots

1. Thaw your meal enough to pop out of the freezer container.

For Pressure Cooker...

2. Add meal, rice, and 1.5 cups of water to your electric pressure cooker.

3. Set pressure cooker for manual, 15 minutes. Once cook cycle is over, quick release the pressure.

For Slow Cooker...

2. Add meal, rice, and 1.5 cups of water to your slow cooker.

3. Set cooker for 4-6 hours on high, stirring occasionally.

4. Once cook cycle is over, stir in soup and cheddar cheese. Crumble crackers and sprinkle on top of casserole.

5. Before serving, peel and chop carrots. Toss in olive oil and spices. Bake at 375 degrees for 20-25 minutes.

NEEDED FOR SERVE DAY:

1 can cream of chicken soup

1 cup shredded cheddar cheese

1 sleeve ritz crackers, crushed

1 cup brown rice

2lbs carrots

2 tbsp olive oil

2 tsp each salt, pepper, garlic powder

SERVES: 4-6