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.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving % Dai	ly Value*	* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2.000
	Total Fat 17g	22%	Total Carbohydrate 22g	8%	
	Saturated Fat 5g	25%	Dietary Fiber 2g	7%	
4 servings per container	Trans Fat 2g		Total Sugars 4g		
Serving size 1 cup (180g)	Cholesterol 50mg	17%	Includes 0g Added Sugars	0%	calories a day is used for general
Calories per serving 300	Sodium 850mg	37%	Protein 15g		nutrition advice.
	Vitamin D 0.4mcg 2% • Calcium 70mg 6% • Iron 1.8mg 10% • Potassium 190mg 4% Vitamin A 140mcg 15% • Vitamin C 6mg 6%				

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