

Marinara Meatball Subs

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):

- Hoagie buns
- Cheese slices
- Optional toppings and garnishes: Fresh basil, parmesan cheese, mayo

Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/2 cup (1 cup)* of hot water.
2. Secure the lid and turn the pressure release knob to a sealed position. Cook at high pressure for 15 minutes.
3. When pressure cooking is complete, use a natural release for 10 minutes, then release any remaining pressure.
4. Give the meatballs a good stir. If a thicker sauce is preferred, use the sauté function to simmer the sauce until thickened.
5. Split buns in half and top with cheese. Place under the oven broiler to brown, about 1 minute. Top buns with meatballs and dip sandwiches in the extra sauce.

Slow Cooker Cooking Directions:

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

Leftover Suggestions:

- Sprinkle parmesan cheese on top and enjoy with a side of crusty bread
- Serve over a bed of noodles

Notes:

- Use the leftover sauce over cooked noodles for an easy second meal.

Nutrition Facts

4 servings per container

Serving size
1 cup (328g)

Calories
per serving **460**

| Amount/serving | % Daily Value* | Amount/serving | % Daily Value* |
|---|----------------|-------------------------------|----------------|
| Total Fat 32g | 41 % | Total Carbohydrate 25g | 9 % |
| Saturated Fat 11g | 55 % | Dietary Fiber 6g | 21 % |
| Trans Fat 1g | | Total Sugars 13g | |
| Cholesterol 95mg | 32 % | Includes 0g Added Sugars | 0 % |
| Sodium 1570mg | 68 % | Protein 23g | |
| Vitamin D 0.1mcg 0% • Calcium 170mg 15% • Iron 5mg 30% • Potassium 840mg 20% Vitamin A 240mcg 25% • Vitamin C 23mg 25% | | | |

* 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: MEATBALLS (BEEF, PORK, WATER, BREAD CRUMBS (BLEACHED WHEAT FLOUR, YEAST, SUGAR, SALT), ROMANO CHEESE MADE FROM COW'S MILK [(CULTURED PASTEURIZED PART-SKIM MILK, SALT, ENZYMES), POTASSIUM SORBATE (PRESERVATIVE)], RICOTTA CHEESE (PASTEURIZED WHEY, PASTEURIZED MILK, PASTEURIZED CREAM, VINEGAR), SEASONING (SALT, GARLIC POWDER, SPICES), SODIUM PHOSPHATES, PARSLEY. SET IN VEGETABLE OIL), TOMATO PUREE (TOMATO PULP), WHOLE TOMATOES, SALT, GARLIC, SPICE

CONTAINS: MILK, WHEAT, SOY

