

# Sloppy Joe

Total Cook Time: 1 hour  
 Contains raw meat, cook thoroughly  
 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):

- 1/3 cup beef broth or water
- Hamburger buns
- Optional toppings and garnishes: mayo, hot sauce, cheese, shredded lettuce or coleslaw, pickles, tomatoes, roasted bell peppers

## Instant Pot Cooking Directions:

1. Open meal and pop food into the pressure cooker pot. Add 1/3 cup (1/3 cup)\* of beef broth or hot water.
2. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 25 minutes.
3. When pressure cooking is complete, use a natural release for 10 minutes, then release any remaining pressure.
4. Using a meat chopper or wooden spoon, break meat into small pieces.
5. For a thicker sauce, use the sauté function to bring the mixture to a soft boil. Stir frequently so it doesn't burn. Sauté until it reaches your desired consistency, about 3-5 minutes.
6. Split buns in half, add cheese, and place under a broiler until lightly browned and cheese is melted. Top with meat and desired toppings.

## Slow Cooker Cooking Directions:

1. Thaw meal completely in fridge. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, until the meat is cooked through. Continue with steps 4-6.

## Leftover Suggestions:

- Serve over rice
- Lettuce wrap
- Place on top of mashed potatoes

## Notes:

- This meal is perfect for nights when everyone has a different dinner schedule. Simply set the pressure cooker to "keep warm," and everyone can serve themselves whenever they're ready.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 12g	<b>15%</b>	<b>Total Carbohydrate</b> 13g	<b>5%</b>
Saturated Fat 4.5g	<b>23%</b>	Dietary Fiber 2g	<b>7%</b>	
Trans Fat 0.5g		Total Sugars 10g		
<b>Cholesterol</b> 80mg	<b>27%</b>	Includes 6g Added Sugars	<b>12%</b>	
<b>Sodium</b> 580mg	<b>25%</b>	<b>Protein</b> 24g		
Vitamin D 0.1mcg 0% • Calcium 30mg 2% • Iron 3.5mg 20% • Potassium 680mg 15% Vitamin A 300mcg 35% • Vitamin C 32mg 35%				

4 servings per container  
 Serving size 3/4 cup (212g)  
**Calories per serving 260**

\* 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: GROUND BEEF, TOMATO SAUCE (TOMATO PUREE (WATER, TOMATO PASTE), WATER, SEA SALT, CITRIC ACID, SPICE), ONION, GREEN BELL PEPPER, RAW, RED PEPPERS, TOMATO PASTE (TOMATOES, SPICES, NATURAL FLAVORS, CITRIC ACID), CELERY, BROWN SUGAR, MUSTARD (DISTILLED VINEGAR, WATER, #1 GRADE MUSTARD SEED, SALT, TURMERIC, PAPRIKA, SPICE, NATURAL FLAVORS AND GARLIC POWDER), WORCESTERSHIRE SAUCE (DISTILLED WHITE VINEGAR, ANCHOVIES, GARLIC, MOLASSES, ONIONS, SALT, SUGAR, WATER, CHILI PEPPER EXTRACT, CLOVES, NATURAL FLAVORINGS, TAMARIND EXTRACT), SPICE, SALT

CONTAINS: ANCHOVIES