

Print and cut out recipe label, then tape onto freezer bag with clear shipping tape.

Creamy Tomato Beef Orzo

Date:

Additional Ingredients:

- 1 cup Orzo Pasta, uncooked
- 3 oz Greek or Low Fat Cream Cheese
- 2 cups Baby Spinach, Roughly Chopped

Freezer Meal *Prep*

Slow Cooker:

- Empty the contents of the bag into a slow cooker.
- Cook on low for 4-6 hours or to an internal temperature of 165F.

Pressure Cooker:

- Empty the contents of the bag into a pressure cooker and add 1/4 cup liquid.
- Turn the pressure to high and cook for 20 minutes with quick pressure release.

Additional Instructions:

- Prepare orzo pasta according to package directions.
- Break up beef into small pieces.
- Add pasta, low-fat cream cheese, and chopped baby spinach to the pot and mix. Replace the lid and cook another 5-10 minutes in the slow cooker (on a warm setting in the pressure cooker) until the cheese is melted and combined.
- Serve with garlic bread and a mixed green salad.