

Print and cut out recipe label, then tape onto freezer bag

# Hawaiian Meatballs

Date:

## Additional Ingredients:

- 1 can Pineapple Chunks

*freezermealprep.pro*

## Slow Cooker:

- Empty the thawed contents of the bag into a slow cooker.
- Add 1 can Pineapple Chunks + 1/4 cup of the drained pineapple juice
- Cook on low for 3-4 hours or high for 2-3 hours to an internal temperature of 165F.

## Pressure Cooker:

- Empty the frozen contents of bag into a pressure cooker.
- Add 1 can Pineapple Chunks + 1/4 cup of the drained pineapple juice.
- Turn the pressure to high and cook for 10 minutes with quick pressure release.

## Additional Instructions:

- Stir and serve over rice.
- Top with green onion and sesame seeds.