

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

Lasagna Pasta

Date:

Additional Ingredients:

- 8 oz Rigatoni or Ziti Pasta

freezermealprep.pro

Slow Cooker:

- Empty the thawed contents of the bag into a slow cooker.
- Cook on low for 4-6 hours or on high for 3-4 hours until the internal temperature reaches 165F.

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker and add 1/4 cup liquid.
- Turn the pressure to high and cook for 15 minutes, quick pressure release.

Additional Instructions:

- Break up meat and mix, allow sauce to sit for a few minutes before serving.
- Cook pasta according to package instructions. Once cooked, add to pot
- Top with parmesan cheese and serve with a tossed salad, asparagus, broccoli or another non-starchy vegetable.