

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

Vegetarian Chili Mac

Date:

Additional Ingredients:

- 8 oz Elbow Macaroni Pasta
- 4 oz Low Fat Cream Cheese
- 1 cups Shredded Cheddar Cheese

freezermealprep.pro

Slow Cooker:

- Empty the frozen contents of the bag into a slow cooker, and cook on low for 3-4 hours or high for 2-3 hours or until veggies are softened.

Pressure Cooker:

- Empty the frozen contents of the bag into a pressure cooker and add 1/4 cup of liquid.
- Turn the pressure to high and cook for 5 minutes, then natural pressure release for 5 minutes before releasing the valve.

Additional Instructions:

- Cook pasta according to cooking directions.
- Add pasta and cheese to the pot and mix until combined. Let it sit on warm for an additional 3-5 minutes until the cheese is melted.
- Top with fresh parsley, green onion, and cheddar cheese.