

# RECIPE : Old Fashioned Sloppy Joe's

## *Slow cooker directions*

**Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.

**Step 2:** Dump contents of the freezer bag into slow cooker.

**Step 3:** Cook on low 5-6 hours. (Do not stir)

**Step 4:** After cooking, break up the meat in the slow cooker and stir to combine.

**Step 5:** Serve in your favorite bun and enjoy!

## *Instant pot directions*

**Step 1:** Dump the contents of the freezer bag into the Instant Pot, add 1/2 cup water.

**Step 2:** Set to High Pressure for 15 minutes, then allow a 10-minute natural release followed by a quick release.

**Step 3:** After cooking, break up the meat in the slow cooker and stir to combine.

**Step 4:** Serve in your favorite bun and enjoy!

***Expiration date:*** \_\_\_\_\_



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