

RECIPE : Tomato Basil Soup Whole 30

Slow cooker directions

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

Step 2: Dump contents of the freezer bag, plus a 14.5 oz can broth and 14.5 oz can tomato sauce, into a slow cooker.

Step 3: Cook on low for 6-8 hours

Step 4: Blend until smooth and stir in fresh basil.

Step 5: Serve! **Optional:** Garnish with fresh diced basil.

Instant pot directions

Step 1: Dump the contents of the freezer bag into the Instant Pot, plus a 14.5 oz can broth and 14.5 oz can tomato sauce, into a slow cooker.

Step 2: Set to High Pressure for 20 minutes, then allow a 10-minute natural release followed by a quick release.

Step 3: Blend until smooth and stir in fresh basil.

Step 4: Serve! **Optional:** Garnish with fresh diced basil

Expiration date: _____



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