

RECIPE : 5 Ingredient Curry Meatballs

Slow cooker directions

- Step 1:** Thaw freezer bag in fridge 12-24 hours before cooking.
Step 2: Dump contents of the freezer bag, into the slow cooker.
Step 3: Cook on low for 3-4 hours
Step 4: Stir, serve over rice, 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 8 minutes, followed by a quick release.
Step 3: Stir, serve over rice, and enjoy!

Expiration date: _____



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