

# RECIPE : Italian Meatballs Whole 30

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## *Slow cooker directions*

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

**Step 2:** Add freezer bag contents into the slow cooker, plus 1/2 cup broth.

**Step 3:** Cook on low for 3-4 hours.

**Step 4:** Stir and serve over cauliflower rice. Optional: Garnish with fresh basil or parsley.

## *Instant pot directions*

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

**Step 2:** Set to High Pressure for 8 minutes, then allow a 10-minute natural release followed by a quick release.

**Step 3:** Stir and serve over cauliflower rice. Optional: Garnish with fresh basil or parsley.

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



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