

RECIPE: Yellow Curry Meatballs

Slow cooker directions

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

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

Step 3: Cook on low 1-2 hours.

Step 4: Stir, serve as is or over basmati rice, and enjoy!

Instant pot directions

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

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

Step 3: Stir, serve as is or over basmati rice, and enjoy!

Expiration date: _____



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