

Tortelloni & Meatbals

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Cooking time (minutes):

8 Microwave

Yield:	cups	16	12	9	4
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Tortelloni	frozen cups	4	3	2	1
Water	inches over	2	2	2	2

Add to bowl & Cover with water by 2 inches

Microway for 4 minutes

Drain

Sauce, Spaghetti*	cups	4	3	2	1
Brussel Sprouts	frozen cups	4	3	2	1
Vegetables, diced	frozen cups	4	3	2	1

Add to bowl & Mix

Meatball..	frozen cups	4	3	2	1
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[Prepare per Cook Meat Balls recipe \(Click here\)](#)

OR Buy frozen

Add to top of bowl & Microway for 4 minutes

Serve &/or Add to container(s) & Frig for days or Freezer for months

* or use Alfrado Sauce or Other sause