



Heating Directions

November 2024 Freezer Meals

Meal Starters

Thanksgiving Turkey Meatloaf: Leave covered and place in a 350 degree oven. Cook for about 20-25 minutes until warmed through. Slice and serve with your favorite sides, or put in a sandwich for lunch!

Beef Bolognese: Put the sauce in a sauce pan, cover with a lid, and heat on low. Stir every few minutes until warmed through. Enjoy on top of your favorite pasta, rice, spaghetti squash, etc.!

Taco Filling: Put the taco filling in a sauce pan, cover with a lid, and heat on low. Stir every few minutes until warmed through. You can make tacos, enjoy over rice, stuff it in a baked potato, or more!

Complete Meals

Chicken Parmesan: Remove the plastic cover, and then COVER WITH TINFOIL. Place in a 350 degree oven for about 15-20 minutes, until warmed through. It's important to both cover with foil AND heat from thawed, not frozen!

Steak & Cheese Peppers: Uncover and place in a 350 degree oven for about 20-25 minutes. If heating from frozen, you may want to cover with foil while cooking, so the cheese doesn't burn.

Veggie Enchiladas: Uncover and place in a 350 degree oven for about 20-25 minutes. If heating from frozen, you may want to cover with foil while cooking, so the cheese doesn't burn.

Chicken Stirfry: There are two methods of heating this meal. 1. Uncover and lace pan in a 350 degree oven for about 20 min, stirring half way through. 2. Heat a small amount of oil in a skillet on the stove top. Put the contents of the pan in the skillet and cook until ingredients are warmed through, stirring every few minutes.

Chicken Fajita Sheet Pan: Uncover and place the pan in a 350 degree oven for about 20-25 minutes, tossing halfway through. When the butternut squash is fork tender, then it's ready to enjoy!

Kids Items

Pizza Muffins: These are fully cooked, so just remove as many as you would like from the pan and cook in the oven, air fryer, microwave, etc. until warmed through

Protein Waffles: Remove as many as you'd like from the bag, and warm in the oven, toaster, microwave, or air fryer.

We recommend defrosting all meals before heating. However, if you do not have the time, just add cooking time to the above directions.