



Heating Directions

December 2024 Freezer Meals

Meal Starters

Meatballs: Let thaw, heat meatballs and sauce in a covered sauce pan for about 15 min, until meatballs are warmed through. Enjoy over your favorite pasta or by themselves. Make a meatball sub for an on the go dinner. Or serve individually at a cocktail party!

Tomato Soup: Let thaw and heat in a pot on the stove. Stir every few minutes until warmed through. You can also heat an individual bowl in the microwave.

Chicken Teriyaki: Let thaw, heat chicken in a covered sauce pan for about 15 min, until chicken are warmed through. Serve over rice with a vegetable or make lettuce wraps with the chicken teriyaki!

Complete Meals

Cheeseburger Sliders: Remove the plastic cover, and then COVER WITH TINFOIL. Place in a 350 degree oven for about 20-25 minutes, until warmed through. It's important to both cover with foil AND heat from thawed, not frozen!

Shepherds Pie Stuffed Potatoes: Remove the plastic cover, and then COVER WITH TINFOIL. Place in a 350 degree oven for about 20-25 minutes. Then uncover and place back in the oven for another 10 or so minutes.

Chicken Broccoli Ziti: Remove the plastic cover, and then COVER WITH TINFOIL. Place in a 350 degree oven for about 20-25 minutes. Then uncover and place back in the oven for another 10 or so minutes, until the cheese on top melts.

Cranberry Chicken: Uncover and place in 350 degree oven. Cook for about 25-30 minutes until chicken is cooked through and the green beans are tender.

Root Vegetable & Chicken Sheet Pan: Uncover and place the pan in a 350 degree oven for about 30-35 minutes, tossing halfway through.

Kids Items

Taco Pockets: 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

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