



Heating Directions

September 2024 Freezer Meals

Meal Starters

Barbecue Pulled Chicken: Put the chicken in a sauce pan, cover with a lid, and heat on low. Stir every few minutes until warmed through. Enjoy in a sandwich, on top of a salad, on nachos or a pizza, or add your own flair!

Turkey 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.!

Fiesta Pulled Chicken: Put the chicken 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

Buffalo Chicken Peppers: Uncover, remove the container of blue cheese, and place in a 350 degree oven for about 15-20 minutes. Sprinkle the blue cheese over the peppers, if desired, and place back in the oven for a few minutes more.

Baked Stuffed Shells: Uncover, remove the container of mozzarella cheese, and place in a 350 degree oven for about 15-20 minutes. Sprinkle the cheese all over, if desired, and place back in the oven for a few minutes more, until the cheese is melted

Chicken Pot Pie: Uncover, remove and set aside the puff pastry squares, and remove the plastic wrap. Place pan in a 350 degree oven for about 20 min, stirring half way through. Place pastry squares on top and put back in the oven for 5-7 minutes.

Beef & Broccoli: 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.

Pork Tenderloin Sheet Pan: Uncover, remove the container of apricot preserves, and place the pan in a 350 degree oven for about 30-35 minutes. When pork is just about done, spread the apricot preserves over the pork and place back in the oven for about 5 minutes. Please remember, this meal comes raw, so be sure to fully cook the meat.

Kids Items

Baked Chicken Nuggets: These nuggets are fully cooked, so just remove as many as you would like from the bag and cook in the oven, air fryer, microwave, etc.

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