



Heating Directions

January 2025 Freezer Meals

Meal Starters

Chicken Cacciatore: Let thaw, heat in a covered sauce pan for about 15 min, until chicken is warmed through. Enjoy over your favorite pasta, rice, spaghetti squash, etc.

Tuscan Chicken Stew: 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.

Apple Cider Pulled Pork: Let thaw, heat pork in a covered sauce pan for about 15 min, until warmed through. Serve over rice with a vegetable, make lettuce wraps with the pork, or tacos!

Complete Meals

Butternut Squash Lasagna: Remove the plastic cover, and then COVER WITH TINFOIL. Place in a 350 degree oven for about 30-35 minutes, until warmed through. Uncover and place back in the oven for another 5-10 minutes until cheese is melted.

French Onion Chicken: Remove the plastic cover, and remove the containers of cheese. Place in a 350 degree oven for about 20-25 minutes. Then sprinkle the cheese on top of the chicken, and place back in the oven until 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 25 min, stirring half way through. Place pastry squares on top and put back in the oven for 5-7 minutes.

Unstuffed Peppers: Remove the plastic cover, and then COVER WITH TINFOIL. Place in a 350 degree oven for about 20-25 minutes, until warmed through. Uncover and place back in the oven for another 5-10 minutes until cheese is melted.

Beef Fajita Sheet Pan: Uncover, remove the tortillas and place the pan in a 350 degree oven for about 20-25 minutes, tossing halfway through. Then assemble fajitas with the tortillas and your favorite toppings. 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.

Also, all ovens are different, therefore the heating times provided are approximate. Please be sure to check your items are fully warmed/cooked before consuming.