



Cooking & Heating Instructions

Frozen Vegetables

- **IN MICROWAVE:** Pour veggies into a microwaveable safe dish. Add a few tablespoons of water, and microwave in 90-second intervals, stirring in-between intervals and checking for desired doneness after each interval. If you prefer soft and tender veggies, they'll probably need a few minutes in the microwave.
- **STOVETOP:** Pour vegetables into a pot. Add enough water to cover vegetables. Bring to a simmer. Cover and simmer for 5 minutes or until internal temperature is 135°F.

Frozen Entrees

Beef Meatballs

- **IN MICROWAVE:** Place meatballs in a microwaveable safe dish. Cover and microwave in 60-second intervals, stirring in-between intervals until internal temperature is 165°F.
- **IN OVEN:** Place meatballs on a baking sheet, 1-2 inches apart. Bake at 350°F for 20-30 minutes until internal temperature is 165°F.
- **STOVETOP:** Place meatballs in a pot with spaghetti sauce or BBQ sauce over Medium Low heat, stirring regularly 15-25 minutes until internal temperature is 165°F.

Chicken Nuggets

- **IN MICROWAVE:** Place chicken nuggets on a microwaveable safe dish. Cover and microwave in 45-second intervals until internal temperature is 165°F.
- **IN OVEN:** Place chicken nuggets on a baking sheet, 1-2 inches apart. Bake at 400°F for 10-16 minutes until internal temperature is 165°F.

Corndog Nuggets

- **IN MICROWAVE:** Place corndog nuggets on a microwaveable safe dish. Cover and microwave in 45-second intervals until internal temperature is 165°F.
- **IN OVEN:** Place corndog nuggets on a baking sheet, 1-2 inches apart. Bake at 350°F for 15-20 minutes until internal temperature is 165°F.



Hamburgers

- **IN MICROWAVE:** Place hamburger on microwaveable safe dish. Cover and microwave in 60-second intervals, turning burger over between intervals until internal temperature is 165°F.
- **IN OVEN:** Place hamburger on a baking sheet. Bake at 425°F for 15-25 minutes. Flip, and cook for additional 5 minutes until internal temperature is 165°F.
- **STOVETOP:** Cook hamburger in a frying pan on Medium heat for 5 minutes. Flip, and cook for additional 5 minutes until internal temperature is 165°F.

Mac & Cheese

- **IN OVEN:** First, thaw product. Pour product into pan, and cover with foil. Bake at 350°F for 20-25 minutes. Stir halfway through, and cook until internal temperature is 160°F.
- **STOVETOP (From Frozen):** Bring water to a boil. Place pouch in boiling water for 60-65 minutes, shaking pouch halfway through cooking, until internal temperature is 160°F.
- **STOVETOP (From Thawed):** Bring water to a boil. Place pouch in boiling water for 35-40 minutes, shaking pouch halfway through cooking, until internal temperature is 160°F.

Oven Baked Chicken Patty

- **IN MICROWAVE:** Place patty on a microwaveable safe dish. Cover and microwave in 60-second intervals, turning patty over between intervals until internal temperature is 165°F.
- **IN OVEN:** Place patty on a baking sheet. Bake at 400°F for 20-25 minutes. Halfway through, flip patty over. Continue baking until internal temperature is 165°F.

Wing Dings

- **IN MICROWAVE:** Place wing dings on a microwaveable safe dish. Cover and microwave in 45-second intervals until internal temperature is 165°F.
- **IN OVEN:** Place wing dings on a baking sheet, 1-2 inches apart. Bake at 400°F for 12-18 minutes until internal temperature is 165°F.