



## FROZEN SUPPERS - HEATING INSTRUCTIONS

*Please remove sticker prior to baking. All instructions are for baking meals from frozen.*

### **“SECRET FAMILY RECIPE” + VEGGIE LASAGNA**

Preheat oven to 325°. Bake covered for 60 minutes. Increase oven temp to 375°. Remove cover and parchment and bake an additional 45-60 minutes. The top should bubble and begin to brown, and the inside temp should reach 165 degrees.

### **MAC + CHEESE**

Preheat oven to 350°. Bake covered for 45 minutes. Remove cover and bake an additional 15 to 30 minutes. The top should be golden and bubbly and inside temp should reach 165 degrees.

### **“EAT YOUR VEGGIE” ENCHILADAS**

Preheat oven to 350°. Bake covered for 45 minutes. Remove cover and bake an additional 15 to 30 minutes. The top should be golden and bubbly and inside temp should reach 165 degrees.

### **CHICKEN POT PIE**

Preheat oven to 350°. Remove plastic wrap and place on a baking sheet. Bake for 40-45 minutes. Test center, and bake an additional 15 to 30 minutes if needed. Crust should be golden brown and the inside temp should reach 165 degrees.

### **SOUPS BY THE QUART**

Remove soup from container. Heat to 165 degrees or boiling. *Caution HOT!*