



FROZEN PRODUCTS HEATING GUIDE

LASAGNA BOLOGNESE

From Frozen: Pre-Heat Oven to 375° F. Remove lid, place in middle rack of the oven and bake for 60 minutes. Rest for at least 5 minutes before serving.

Ingredients: Pasta, Beef, Tomato, Onion, Celery, Carrot, Olive Oil, Milk, Flour, Nutmeg, Butter, Parmesan Cheese

LASAGNA FUNGHI

From Frozen: Pre-Heat Oven to 375° F. Remove lid, place in middle rack of the oven and bake for 60 minutes. Rest for at least 5 minutes before serving.

Ingredients: Pasta, Mushrooms, Cream, Flour, Olive Oil, Butter, Parmesan Cheese

LASAGNA SPINACH - RICOTTA

From Frozen: Pre-Heat Oven to 375° F. Remove lid, place in middle rack of the oven and bake for 60 minutes. Rest for at least 5 minutes before serving.

Ingredients: Pasta, Spinach, Ricotta Cheese, Flour, Olive Oil, Butter

POLVOROSA DE POLLO

From Frozen: Pre-Heat Oven to 375° F. Remove lid, place in middle rack of the oven and bake for 60 minutes. Rest for at least 5 minutes before serving.

Ingredients: Chicken, Tomato, Green, Red and Sweet Peppers, Garlic, Onion, Carrot, Olive Oil, Olives, Capers, Raisins, Flour, Sugar, Butter, Eggs, Spices

EGGPLANT PARMESAN

From Frozen: Pre-Heat Oven to 375° F. Remove lid, place in middle rack of the oven and bake for 60 - 70 minutes. Rest for at least 5 minutes before serving.

Ingredients: Eggplant, San Marzano Tomatoes, Olive Oil, Parmesan Cheese, Mozzarella, Provolone, Panko sprinkles

ASADO NEGRO

From Frozen Stove: Remove from container and place in pan at low to medium heat until desired temperature and moisture.

From Frozen Microwave: Remove plastic container lid and place on top of container. Heat for 4 minutes. Open Lid, and turn meat and heat for 1 minute. Repeat as required in 1-minute sessions.

Ingredients: Beef, Onion, Green and Red Peppers, Red Wine, Vegetable Oil, Panela, Spices, Xanthan Gum

CARNE MECHADA

From Frozen Stove: Remove from container and place in pan at low to medium heat until desired temperature and moisture.

From Frozen Microwave: Remove plastic container lid and place on top of container. Heat for 4 minutes. Open Lid, and turn meat and heat for 1 minute. Repeat as required in 1-minute sessions.

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Ingredients: Meat, Tomato, Onion, Red, Green and Sweet peppers, Vinegar, Olive Oil, Spices.

CHICKEN STROGANOFF

From Frozen Stove: Remove from container and place in pan at low to medium heat until desired temperature and moisture.

From Frozen Microwave: Use Microwave oven only for initial Defrost. Place the contents in a pan and follow directions for “Stove”

Ingredients: Chicken, Mushrooms, Cream, Chicken Stock, Vegetable Oil, Spices.

CHICKEN CURRY

From Frozen Stove: Remove from container and place in pan at low to medium heat until desired temperature and moisture.

From Frozen Microwave: Use Microwave oven only for initial Defrost. Place the contents in a pan and follow directions for “Stove”

Ingredients: Chicken, Curry Powder, Coconut Milk, Chicken Stock, Vegetable Oil.

ORIENTAL RICE

From Frozen Stove: Remove from container and place in pan at low to medium heat until desired temperature and moisture.

From Frozen Microwave: Remove plastic container lid and place on top of container. Heat for 4 minutes, stir and heat for another 3 minutes.

Ingredients: Rice, Chicken, Smoked Pork Chops, Onion, Green Onion, Carrot, Eggs, Bean Sprouts, Green Peas, Ginger, Sesame Oil, Soy Sauce.

ARROZ CON POLLO

From Frozen Stove: Remove from container and place in pan at low to medium heat until desired temperature and moisture.

From Frozen Microwave: Remove plastic container lid and place on top of container. Heat for 4 minutes, stir and heat for another 3 minutes.

Ingredients: Rice, Chicken, Tomato, Onion, Red, Green and Sweet Peppers, Green Peas, Chorizo Español, Olive Oil.

EMPANADAS

From Frozen Oven or Air Fryer: Pre-Heat to 350°F, place Empanadas in a baking pan with a light coat of oil to avoid stickiness. Bake for 10-12 minutes until or until golden

SOUPS

From Frozen Stove: Use Microwave oven only for initial Defrost. Remove from container and place in a deep pot at medium heat until hot, stirring to blend.