



January
Cooking Instructions
For Entrees & Sides

Orange Scented Beef Stir Fry w/ Asian Noodles

IF FROZEN, THAW.

1. Place a skillet on stove over medium-high heat. Once hot, add 2 tsp of oil and beef strips. Cook evenly for 5-6 minutes, or until brown, skimming off any liquid.
2. Add bag of vegetables and cook for 4-6 minutes.
3. Stir in bag of sauce and soba noodles, cover and cook for approximately 4-5 minutes (or until noodles are heated through) stirring from the bottom of the pan.
4. Serve on your favorite platter & if desired, garnish with chopped green onions. Hands-on: 15 minutes/Total: 30 minutes

Four Cheese Ravioli Bake w/ Italian Meatballs & Breadsticks

IF FROZEN, THAW.

1. Pre-heat oven to 350°.
2. Place covered baking dish into your oven and bake for 30 minutes.
3. Remove the cover and bake for an additional 10-20 minutes or until the internal temperature reaches 165°.
4. Remove from oven and let sit 5 minutes before serving. Serve with Soft Baked Breadsticks.

Hands on: 5 Minutes / Total time: 45 Minutes.

Island Pulled Pork w/ Pineapple Rice

IF FROZEN, THAW.

1. Prepare Pineapple Rice according to instructions.
2. Place a skillet on stove over medium heat. Once hot, add bag of sauce and heat to thicken (about 5 minutes).
3. Add the shredded pork, stirring often to heat thoroughly.
4. Serve the pork over Pineapple Rice.

Hands-on: 10 minutes/Total: 25 minutes



Beef Burgundy Meatballs w/Loaded Mashers

IF FROZEN THAW.

1. Place a skillet on the stove over medium heat. Add meatballs and sauce and heat until it begins to bubble.
2. Reduce heat to medium-low, cover and simmer 15-20 minutes (depending on meal size), stirring occasionally.
3. Time your Mashed Potatoes to finish with meatballs.

Hands-on: 10 minutes/Total: 25 minutes

Jamaican Flat Iron Steaks w/Caribbean Vegetables

IF FROZEN, THAW.

1. Pre-heat your oven to 350°.
2. Place a skillet on the stove over medium-heat. Once hot, add 1 Tbsp of oil and Steaks to the pan-DISCARD MARINADE. Sear each side for 2 minutes.
3. Place into an oven proof pan and into your hot oven. Cook for 5 to 10 minutes for medium rare, pull at internal temperature of 130° (for medium, pull at 140°).
4. Time your vegetables with the steak finishing and prepare them according to their instructions. Once the steak is done, let rest for 5 minutes. Serve along side the vegetables.

Hands On: 10 minutes, Total Time: 30 minutes

Chicken Dijon w/French Style Rice

IF FROZEN, THAW.

1. Pre-heat your oven to 350°.
2. Prepare French Style Rice according to instructions.
3. Remove lid and place chicken into oven. Bake for about 25 minutes (internal temp of 160°).
4. Let chicken rest 5 minutes before serving with French Style Rice.

Hands-on: 10 minutes/Total: 30 minutes

Parmesan Crusted Sole w/Cheesy Tomato-Broccoli Bake

IF FROZEN, THAW.

1. Pre-heat your oven to 350° (for both the Cheesy Broccoli Bake and the Sole)
2. Prepare Cheesy-Broccoli Bake according to instructions.
3. Pat dry the Sole filets and place into a sprayed baking dish. Drizzle the portion cup of olive oil & butter over the filets. Then, sprinkle the breadcrumb and cheese mixture over the Filets. Place into oven and cook for 20 minutes.
3. Let Sole filets rest 5 minutes before serving with Cheesy Broccoli Bake.

Hands-on: 10/Total: 30 minutes



Beef Tamale & Green Chili Bake w/ Mexican Rice

IF FROZEN, THAW.

1. Pre-heat your oven to 350°. Remove lid and Bake until Tamale Bake reaches an internal temperature of 160° and is bubbling (35-45 minutes depending on meal size).
2. With 20 minutes remaining, prepare Mexican Rice according to instructions.
3. Let rest for 5 minutes before serving with rice.

Hands-on: 2 minutes/Total: 50 minutes

Turkey Marsala Meatloaf w/Fettuccine Alfredo

IF FROZEN, THAW.

1. Pre-heat oven to 350°.
2. Prepare Fettuccine according to instructions.
3. In a bowl, combine the ground turkey, vegetables, and breadcrumbs. Using your hands, mix to combine all ingredients evenly. Place mixture into a non-stick sprayed loaf pan or form a loaf and place on a sprayed sheet pan.
4. Bake until loaf reaches an internal temperature of 155° (40-45 minutes for 3-servings, 70-75 minutes for 6-servings).
5. Warm Alfredo & Marsala sauces in separate small pans over medium heat until they thicken. Reduce heat to low on both sauces to keep them warm.
6. Let meatloaf rest 5 minutes before slicing. Top with Marsala sauce. Toss Fettuccine in Alfredo Sauce, garnish with Parmesan Cheese & Parsley. Serve with meatloaf.

Hands-on: 10 minutes/Total: 75 minutes

Santa Fe Chicken Burritos w/Refried Beans & Mexican Rice

IF FROZEN, THAW.

1. Preheat your oven to 350°.
2. Remove lid and cover with foil. Once hot, place the pan into the oven and bake for 25 minutes.
3. Prepare Mexican Rice according to instructions.
4. After 25 minutes, remove cover and return to oven. Your Burritos are done when the cheese has browned and the internal temperature has reached 165°.
5. Refried beans can be heated in the microwave in 1 minute bursts until hot. Top with cheese. Let burritos rest 5 minutes before serving with Rice and Beans.

Hands-on: 10 minute/Total: 30 minutes



Chicken Stroganoff w/ Egg Noodles

IF FROZEN, THAW.

1. Prepare Egg Noodles according to instructions.
 2. Place a skillet over medium-high heat. Once hot add 2 tsp of oil and chicken and cook for 5 minutes until brown, stirring to cook evenly.
 3. Add mushrooms, onions and sauce and reduce heat to medium-low. Cook until onions are tender (5-7 minutes).
 4. Remove from heat and stir in sour cream. Serve over Egg Noodles.
- Hands-on: 15 minutes/Total: 15 minutes

Mediterranean Tortellini Soup w/Artisan Dinner Rolls

IF FROZEN, THAW.

1. Add Kidney Beans and Sauce, Tortellini, Chicken, Vegetables and Water (2 cups for 2-serving, 4 cups for 4 and 6 cups for 6) into a stock pot over medium high heat.
 2. Stir and bring nearly to a boil (190°), reduce heat to low, cover and simmer 25 to 30minutes.
 3. Prepare Dinner Rolls according to instructions.
 4. Transfer to individual bowls, garnish with Parmesan, and serve with a dinner roll.
- Hands-on: 2 minutes/Total: 40 minutes

Chicken & Caramelized Onions w/ Baby Bakers

IF FROZEN, THAW.

1. Preheat oven to 350°.
2. Prepare Baby Baked Potatoes according to instructions.
3. Place a skillet on the stove over medium-high heat. Once hot, add 2 tsp of oil and chicken and sear each side for 2 minutes.
4. Place into a sprayed baking dish and into hot oven. Bake until breasts reach an internal temperature of 165° (10-12 minutes).
5. Place a skillet on the stove over medium-high heat. Once hot, add 1 Tbsp of oil and the bag of onions. Stir-fry to cook evenly. After they begin browning lower heat to medium & cook for 10 minutes.
6. Let chicken rest 5 minutes before topping with onions and serving alongside Baby Baked Potatoes. Hands-on: 10 minutes/Total: 25 minutes



Honey-Almond Chicken w/ Sautéed Green Beans

IF FROZEN THAW.

1. Preheat oven to 350°.
 2. Place a skillet over medium-high heat. Once hot add 2 tsp of oil, and sear chicken for 2 minutes on each side. Place into non-stick sprayed baking dish. Spoon an equal amount of topping onto each breast and place into the oven. Cook until it reaches an internal temperature of 165° (10-12 minutes).
 3. Prepare Green Beans according to instructions.
 4. Remove the chicken and let rest 5 minutes before serving along side beans.
- Hands on: 15 Minutes / Total time: 25 Minutes.

Pork Tenderloin w/Apple-BBQ Glaze & Sweet Potato Fries

IF FROZEN, THAW.

1. Pre-heat oven to 350°.
 2. Prepare Sweet Potato Fries according to instructions.
 3. Place a skillet over medium-high heat and once hot, add 2 tsp oil. Add tenderloin and sear all sides and ends for 2 minutes each.
 4. Place into non-stick sprayed baking dish and into oven. Cook until it reaches an internal temperature of 155° (about 15-20 minutes).
 5. While pork cooks, place a skillet over medium-high heat. Once hot, add bag of onions and sauté 2 minutes. Add bag of apples and sauté for another 2 minutes. Add bag of glaze, reduce heat and simmer for 5 minutes.
 6. Remove pork from oven and let rest 5 minutes before slicing. Top with sauce and serve along side Sweet Potato Fries.
- Hands-on: 10 minutes/Total: 35 minutes

Thai Chicken Calzone

IF FROZEN, THAW. Be careful not to let sit out too long, as the yeast in the dough will activate!

1. Pre-heat your oven to 350°.
2. Once hot, remove calzone from pan and place on a sheet pan and into hot oven. Bake uncovered for 25 to 35 minutes or until crust is brown.



Pineapple Upside-Down Pork Chops w/Thai Style Vegetables

IF FROZEN, THAW.

1. Pre-heat oven to 350°.
2. Prepare Vegetables according to instructions.
3. Place pineapple rings into oven proof pan and place an equal amount of brown sugar into each ring.
4. Remove Pork Chops from the Marinade and DISCARD THE MARINADE.
5. Place a skillet on stove over medium-high heat. Once hot, add 2 tsp oil and pork chops. Sear for 2 minutes on each side. Place each chop on top of each pineapple ring & put pan into oven. Cook until the chops reach an internal temperature of 155°, approximately 8-10 minutes.
6. Remove from oven and with a spatula, carefully remove each chop from below pineapple ring & turn over onto each dinner plate.
7. Drizzle any remaining pan juices over chops. Serve alongside vegetables.

Hands-on: 10 minutes/ Total: 35 minutes

Philly Cheese Steak Sandwiches w/ Baked Jo Jo Steak Fries

IF FROZEN THAW.

1. Prepare Jo Jo Potatoes according to instructions.
2. With 15 minutes remaining on fries, place a skillet over medium-high heat. Once hot, add portion cup of seasoned olive oil and bag of onions and peppers. Sauté for 3-4 minutes.
3. Add Beef and cup of Red DR Philly Sauce to pan and cook until meat is done.
4. Turn oven to broil. Open hoagie rolls and place onto a sheet pan (pre-toasting rolls is optional). Top rolls with beef, Vegetables and Provolone cheese. Place in hot oven and heat until cheese melts.
5. Remove from oven and serve immediately with Jo Jo Potatoes

Hands-on: 10 minutes/Total: 20 minutes



Side Dish Instructions

Breadsticks

KEEP FROZEN! Pre-heat oven to 350°. Place onto a sheet pan and into hot oven. Bake for 8-10 minutes. Serve immediately.

Caribbean Vegetables

KEEP FROZEN! Place a skillet on the stove over medium-high heat. Once hot, add **half** the oil from the portion cup and swirl around pan and add bag of vegetables. Stir Fry for 5 minutes. Add the rest of the oil and seasoning and salt and pepper to taste. Mix and serve.

Cheesy-Broccoli Bake

THAW. Preheat your oven to 350°. Once hot, place uncovered baking dish into oven. Check temperature after 25 minutes and return to oven until bake reaches an internal temperature of 150° and cheese begins to brown (5-10 minutes for 2 and 4-serving, 10-15 minutes for 6-serving). Remove from oven and let rest 5 minutes before serving.

Dinner Rolls

KEEP FROZEN! Pre-heat oven to 350°. Place dinner rolls onto a sheet pan and into hot oven. Bake for 8-10 minutes. Serve immediately.

Egg Noodles

Fill a pot with 2-3 quarts of water (depending on serving size) and 1 tsp of salt, and place on stove over high heat to bring to a boil. Add noodles and cook for 10-12 minutes stirring regularly. When noodles are done, remove from stove and drain.

Fettuccine Alfredo

While Fettuccine Noodles are cooking, add contents of Alfredo Sauce bag to a medium sauce pan (for 3 serving meal) or a large sauce pan (for a 6 serving meal), warm over medium heat, stirring regularly. Once sauce is hot, add drained fettuccine noodles to sauce and toss well. Top with Parmesan Cheese and serve alongside Turkey Marsala Meatloaf.

French Style Rice

Cover rice with water (1 cup for 2-servings, 2 cups for 4, 3 cups for 6), add bag of French Style green beans and onions, place on stove over med-high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings or 20-22 minutes for 4 and 6 serving. DO NOT REMOVE LID! Once finished, remove from heat and keep covered until serving. Fluff with fork and serve.



Garlic-Buttered Baby Bakers

THAW. Place a skillet over medium-high heat. Once hot add 2 tsp of oil and bag of potatoes. Sauté for 10 minutes. Add portion cup of garlic and butter and cook another 2 minutes or until potatoes are cooked through. Serve immediately.

Loaded Mashed Potatoes

Microwave: Place potatoes into a baking dish and add bag of potato toppings. Cover and cook on high for 5 minutes. Remove from microwave and stir. Cook in 2 minute intervals until potatoes are hot and thick. Serve immediately.

Oven: Preheat oven to 350 degrees. Place potatoes and bag of potato toppings in an oven-proof sprayed baking dish. Do not cover. Bake for 20-30 minutes. Remove from oven and stir. Continue to cook until hot and thick. Serve immediately.

Mexican Rice

Cover rice with water (1 cup for 2-servings, 2 cups for 4, 3 cups for 6) and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18-20 minutes for 2-servings, 20 minutes for 4 and 25 minutes for 6. DO NOT REMOVE LID! Remove from heat and keep covered until serving. Fluff with fork and serve.

Pineapple Rice

Cover rice with water ($\frac{3}{4}$ cup for 2-servings, $1\frac{1}{2}$ cups for 4, $2\frac{1}{4}$ cups for 6) and pineapple juice and place on stove over high heat. Bring to a boil, cover and reduce to low heat. Simmer 18 min for 2-servings and 20 min for 4 or 6 serving. DO NOT REMOVE LID while rice is cooking! Once rice is done, remove from heat. mix in bag of pineapples and peppers, fluff with fork, cover and let stand for 5 minutes before serving.

Sautéed Green Beans

KEEP FROZEN! Place a skillet on the stove over medium-high heat. Once hot, add the butter from the portion cup and swirl around pan and add bag of onions, bacon and garlic. Stir fry for 3 minutes. Add green beans and stir fry an additional 5 minutes. Salt and pepper to taste and serve.

Seasoned Jo Jo Steak Fries

Place the fries on a no-stick sprayed sheet pan or baking dish into a hot 350° oven for 20-25 minutes until crisp. Remove from oven and if desired (to taste) season with additional salt however the Jo Jo's are pre-seasoned. Serve immediately.

Sweet Potato Fries

Place the fries on a no-stick sprayed sheet pan into a hot 350° oven for 20 minutes. Remove and, using a spatula, turn the fries over then return to the oven until crisp (about 10 minutes more). Season with salt and pepper and serve immediately.

Thai Style Vegetables

KEEP FROZEN! Place a skillet on the stove over medium-high heat. Once hot, add the Thai sauce mix from the portion cup and swirl around in the pan. Add vegetables and stir fry for approximately 8-10 minutes and serve.