



HEATING MEAT IN OUR BOIL BAGS:

Step 1: Half-fill a large pot with water and put on max heat until water is boiling

Step 2: Leaving boilable bag unopened; gently place it into the boiling water, bring water to a simmer

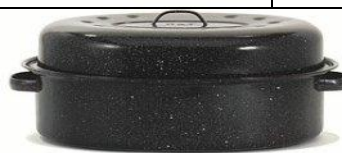
Step 3: Let the unopened boil bag simmer for appropriate amount of time according to chart below

Step 4: Using tongs or water-proof gloves, gently remove the bag from the boiling water and cut open the bag and pour contents, juices included, into a serving tray and product is ready to serve. Enjoy!

Note: for gas or propane stoves, watch to make sure the boil bag is floating and not sinking and sticking to the bottom of the pot – this could result in the bag ripping and the juices running out



MEATS	FROZEN	THAWED
<ul style="list-style-type: none"> • Pork • Beef • Turkey • Chicken Pieces 	10 lbs = 50-60 minutes 5 lbs = 40-50 minutes 2.5 lbs = 30-40 minutes	10 lbs = 40-50 minutes 5 lbs = 30-40 minutes 2.5 lbs. = 20-30 minutes 1hr at 300 degrees



HEATING MEAT IN TIN FOIL TRAY or ROASTER

Step 1: Preheat your oven to 300 degrees.

Step 2: Cut open the bag of meat and put it all, including juices, into an oven-proof roaster or tin-foil tray – cover with tin foil or roaster lid and place in preheated oven.

Step 3: When half your cooking time has elapsed, open tray and turn meat over with tongs, then place roaster back into the oven for its remaining time (according to per lb chart).

Step 4: Take out of the oven, serve and enjoy!

MEAT	FROZEN	THAWED
<ul style="list-style-type: none"> • Pork • Beef • Turkey 	10 lbs = 1.5 - 2 hours 5 lbs = 45min – 1hour 2.5 lbs. – 30-45 minutes	10 lbs = 1hour -1.5 hours 5 lbs = 30-40 minutes 2.5 lbs. = 20-30 minutes



HEATING UP OUR OTHER FOOD ITEMS

Baked Potatoes: 1.5 hours at 300°

Mashed Potatoes: 1 hour at 300°

Mac&Cheese: 1 hour at 300°

Baked Beans: 1 hour at 300° (stir at the halfway point)

Perogies: 1 hour at 300°

Cabbage Rolls: 1.5 hours at 300°

Meatballs: 1.5 at 300°

Mixed Veggies: steam for 10 min in boiling water