

HEATING INSTRUCTIONS

Entrees and Sides

Remove plastic wrap and cardboard lid. Preheat oven.

If thawed: 350–375 degrees for 45–60 minutes. **If frozen:** 350–375 degrees for 60–90 minutes.

Soup

Defrost in fridge or use the defrost setting on your microwave, inputting 2 lb. for weight. Once thawed, heat in microwave or on stove.

Sugar Recommends the "Fork Test"!

(Stick a fork in the middle; if it's HOT, it's done!)

There are no raw ingredients in our frozen foods, so you are simply heating rather than cooking.* It is especialy important not to overbake the Tuscan, Cajun, Lemon, and Stroganoff. Each has a cream sauce that will break and become greasy if overcooked.

*Chicken Pot Pie is the exception, as the crust is raw. Increase temperature to 425 degrees. If the filling is hot and the crust isn't brown, you can brush crust with a little milk and return to the oven for about 15 minutes.