

# MEAL KITS



## — OSO BUCCO DINNER —

### REHEATING INSTRUCTIONS

#### Osso Bucco

1. Preheat oven to 350°F.
2. Remove osso bucco from packaging and place into an oven proof casserole dish, adding ½ the sauce to the pan.
3. Cover the pan with foil and bake for 30-35 minutes.
4. Warm the rest of the sauce on the stove.
5. To serve, add the warmed sauce to the osso bucco and sprinkle with gremolata.

#### Focaccia

1. Preheat oven to 350°F.
2. Place on a sheet pan and warm for 5-10 minutes.

#### Baked Polenta with Mushroom Sauce

1. Preheat oven to 350°F.
2. Pour mushroom sauce over polenta.
3. Cover the pan with foil and bake for 20 minutes.

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### INGREDIENTS

#### Cavolo Verde

GLUTEN-FREE, VEGAN

Kale, red peppers, red wine vinegar, grape must, salt, Castelvetrano olives, red onion, pepperoncini (distilled vinegar, salt, fc yellow #6, sodium bisulfate), grilled artichokes (sunflower oil, citric acid, absorbic acid, spices, dried garlic), vinaigrette (Bragg's liquid aminos, thyme, garlic, olive oil, canola oil).

Allergens: Soy

#### Osso Bucco

GLUTEN-FREE

Veal, wine, onion, carrot, celery, thyme, chicken stock (chicken, salt, sugar, maltodextrin, yeast extract, potato flour, turmeric).

#### Gremolata

VEGAN, GLUTEN-FREE

Parsley, capers, lemon zest

#### Baked Polenta with Mushroom Sauce

GLUTEN-FREE, VEGETARIAN

Water, corn meal, salt, cream of tartar, vitamin C, vitamin A, mixed mushrooms, parmesan cheese (milk, salt, animal rennet), shallots, garlic, thyme, parsley, madeira, butter (cream, salt), olive oil, tapioca, lemon.

Allergens: Milk

#### Focaccia

Wheat flour, yeast, salt, olive oil, herbs.

Allergens: Wheat

# MEAL KITS



## LASAGNA DINNER

### REHEATING INSTRUCTIONS

#### Lasagna

1. Preheat oven to 350°F.
2. Cover with foil and bake for 30-45 minutes, or until lasagna is warmed through.

#### Focaccia

1. Preheat oven to 350°F.
2. Place on sheet pan and warm for 5-10 minutes.

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### INGREDIENTS

#### Vegetable Lasagna

##### VEGETARIAN

Lasagna sheets (flour, salt, water, eggs), olive oil, marinara, red and yellow peppers, zucchini, garlic, thyme, kale, ricotta cheese mixture (ricotta, eggs, parsley, salt, pepper), mozzarella, parmesan.

**Allergens: Wheat, Milk, Egg**

#### Beef Lasagna

Lasagna sheets (flour, salt, water, eggs), Bolognese sauce (olive oil, celery, carrot, onion, chopped parsley, thyme, oregano, basil, red pepper flake, ground beef, chopped garlic, salt, pepper, diced tomato, chicken stock, heavy cream, white wine), ricotta cheese mixture (ricotta, eggs, parsley, salt, pepper), mozzarella, parmesan.

**Allergens: Wheat, Milk, Egg**

#### Caesar Salad

Romaine, parmesan cheese, croutons, Caesar dressing (mayonnaise (soybean or canola oil, whole eggs, water, white vinegar, egg yolks, salt, sugar, spices, calcium disodium edta), water Worcestershire sauce (vinegar, molasses, high fructose corn syrup, anchovies, water, onions, salt, garlic, tamarind concentrate cloves, natural flavorings), parmesan cheese, prepared mustard (water, vinegar, mustard seed, salt, sugar, soybean oil, turmeric, garlic, spices, xanthan gum annatto, citric acid, natural flavor), anchovy paste, lemon juice concentrate, red wine vinegar, soybean or canola oil, dehydrated garlic, xanthan gum), lemon wedges.

**Allergens: Milk, Wheat, Soy, Fish, Egg**

#### Focaccia Bread

Wheat flour, yeast, salt, olive oil, herbs.

**Allergens: Wheat**

# MEAL KITS



## SALMON DINNER

### REHEATING INSTRUCTIONS

#### Roasted Salmon

Best served at room temperature

**OR**

1. Preheat oven to 250°F.
2. Add 1-2 tablespoons of water or stock to baking dish and cover with foil.
3. Heat for 15 minutes or until heated through.

#### Mashed Potatoes

1. Preheat oven to 350°F.
2. Cover tray in foil and heat for 45-60 minutes, or until food reaches an internal temperature of 165°F.

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### INGREDIENTS

#### Roasted Salmon

GLUTEN-FREE

Salmon, spices, salt, pepper.

Allergens: Fish

#### Mashed Potatoes

GLUTEN-FREE, VEGETARIAN

Potatoes, sour cream (grade A pasteurized cultured cream, [milk], whey, modified food starch, sodium phosphate, guar gum, carrageenan and carob bean gum), whole milk, unsalted butter (pasteurized sweet cream), salt, black pepper.

Allergens: Milk

#### Beet & Arugula Salad

GLUTEN-FREE

Arugula, beets, red onion, goat cheese, candied walnuts, balsamic dressing.

Allergens: Milk, Nuts, Soy

# MEAL KITS



## CHICKEN POT PIE DINNER

### REHEATING INSTRUCTIONS

#### Chicken Pot Pie

1. Preheat oven to 350°F.
2. Remove lid from foil pan, cover in foil, and heat for 45-60 minutes, until internal temperature reaches 165°F.

#### Ciabattini Rolls

1. Preheat oven to 350°F.
2. Arrange rolls in a baking dish close together. Heat for 7-10 minutes depending on preference of crispiness.

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### INGREDIENTS

#### Chicken Pot Pie

Pie dough (flour, butter (milk), salt), filling (chicken breasts, chicken thighs, garlic, eggs, celery, carrots, onions, thyme, peas, butter (milk), flour (wheat), chicken stock base (soy), salt, pepper.

**Allergens: Milk, Wheat, Egg, Soy**

#### Spinach Salad with Bacon

Spinach, bacon, croutons, eggs, cheddar cheese (milk), honey mustard dressing (soybean/canola oil, honey, mustard (mustard seed, salt, sugar, turmeric, garlic, spices, xanthan gum, annatto, calcium disodium edta, citric acid, natural flavor), vinegar, potassium sorbate, sodium benzoate, xanthan gum, fd&c #5, #6, citric acid), calcium disodium edta

**Allergens: Milk, Wheat, Egg, Soy**

#### Ciabattini Rolls

Enriched unbleached wheat flour (wheat flour, malted barley flour, reduced iron, thiamin mononitrate, riboflavin, folic acid, water, canola/olive oil blend, salt, bakers yeast, dry malt, calcium propionate.

**Allergens: Wheat**

# MEAL KITS



## PORCHETTA DINNER

### REHEATING INSTRUCTIONS

#### Porchetta

1. Preheat oven to 350°F.
2. Remove plastic lid or wrap and any paper/foil liners.
3. Place on sheet tray or in baking dish and cover with foil.
4. Heat for 15 minutes, remove from oven.
5. Turn oven up to 375°F, uncover and heat for an additional 8-15 minutes until desired crispiness is achieved.

#### Grilled Broccoli Rabe

Delicious served at room temperature

#### OR

1. Preheat oven to 350°F.
2. Remove plastic cover and cover with foil.
3. Heat covered for 10 minutes. Then remove foil and heat for an additional 10 minutes.

#### Focaccia

1. Preheat oven to 350°F
2. Wrap in foil and warm for 10 minutes.

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### INGREDIENTS

#### Porchetta

Pork, lemon, red chili flakes, olive oil, salt, pepper, dried rosemary, garlic powder, fennel.

#### Salsa Verde

Parsley, garlic, capers, green onion, chili flakes, lemon juice, olive oil, salt & pepper.

#### Broccoli Rabe

Broccoli rabe, canola/olive oil blend, chile flakes, garlic, salt, pepper.

#### Bellissimo Salad

Durum wheat semolina pasta, olive oil, lemon juice, red wine vinegar, sea salt, black pepper, oregano, parmesan, feta, cucumbers, red peppers, green onions, grape tomato, kalamata olives.

**Allergens: Milk, Wheat**

#### Focaccia

Wheat flour, yeast, salt, olive oil, herbs.

**Allergens: Wheat**

# MEAL KITS



## DESSERTS

### BAKING / REHEATING INSTRUCTIONS

#### Z Cookies

1. Preheat oven to 350°F
2. Place dough balls on sheet pan with parchment paper, with 1-inch space in between.
3. Push ball of dough slightly down.
4. Bake for 8-10 minutes, rotate sheet pan then bake for an additional 8-10 minutes.
5. Sprinkle with sea salt right out of oven and let cool slightly.

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### INGREDIENTS

#### Z Cookies

Enriched unbleached flour, sugar, brown sugar, chocolate chunks, unsalted butter, eggs, vanilla, baking soda, baking powder, kosher and sea salt.

**Allergens: Wheat, Milk, Egg, Soy. Made in a facility that processes nuts.**

# MEAL KITS



## POKE BOWL DINNER

### ASSEMBLING YOUR POKE BOWL

1. Add one scoop of rice to the bottom of a bowl.
2. Add tuna to the top of the bowl.
3. Working in a clockwise direction, add desired veggies and topping.
4. Drizzle entire bowl with togarashi sauce.

#### Rice

Best served at room temperature.

#### OR

#### Stove-top:

1. Add rice and a bit of water (about 2 tbsp per cup of rice) to a saucepan.
2. Cover the pot, and heat over medium low heat, stirring frequently until warmed.

#### Microwave:

1. Add rice and a bit of water (about 2 tbsp per cup of rice) to a microwave-safe bowl.
2. Cover loosely with a towel and heat in microwave for 3-4 minutes, or until piping hot throughout.

### INGREDIENTS

#### Spicy Aloha Ahi Tuna Poke

GLUTEN-FREE

Ahi tuna, ogo seaweed, togarashi (chili pepper peel, black and white sesame seed, Japanese pepper, ginger, seaweed), green onion, sesame seed, soy sauce (soybeans, salt, water) sesame oil.

**Allergens: Fish, Soy**

#### Creamy Sriracha Ahi Tuna Poke

GLUTEN-FREE

Ahi tuna, sesame oil, chili oil (cottonseed oil, sesame seed oil), togarashi (chili pepper peel, black and white sesame seed, Japanese pepper, ginger, seaweed), sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate), green onions, tobiko, mayonnaise (soybean oil, water, eggs, lemon juice)

**Allergens: Fish, Soy, Egg**

#### Seaweed Salad

GLUTEN-FREE, VEGAN

Seaweed, sugar, vinegar, agar-agar, sesame oil, kikurage mushroom, sesame seeds, salt, monosodium glutamate, chili pepper, xanthan gum, fdc yellow #5, fdc blue #1

#### Cucumber Salad

GLUTEN-FREE, VEGAN

Cucumber, red onion, wakame seaweed salad (seaweed, sugar, vinegar, agar-agar, sesame oil, kikurage mushroom, sesame seeds, salt, monosodium glutamate, chili pepper, xanthan gum, fdc yellow #5, fdc blue #1) sesame seeds, rice wine vinegar, sugar, salt.

#### Togarashi Sauce

GLUTEN-FREE, VEGETARIAN

Mayonnaise (soybean oil, water, eggs, lemon juice), Sriracha (chili, sugar, salt, garlic, distilled vinegar, potassium sorbate), togarashi (chili pepper peel, black and white sesame seed, Japanese pepper, ginger, seaweed), ginger, lime juice, soy sauce (soybeans, salt, water), sugar.

**Allergens: Soy, Egg**

# MEAL KITS



## HALIBUT FISH TACOS

### COOKING INSTRUCTIONS

**Remove elements from box and place halibut, cilantro lime marinade, tortillas, limes, guacamole & salsa in the refrigerator until ready to prepare.**

**1.** Season halibut with salt & pepper. Add halibut to a large Ziploc bag or marinade tray and pour cilantro lime marinade over fish. Allow fish to marinate for 20-30 minutes.

**2.** Cook fish:

**To Grill:** Preheat grill to medium heat and brush grill with oil to prevent fish from sticking. Grill the fish until it is opaque and starts to flake with a fork, 3-5 minutes per side. (cook time will vary depending on thickness of fish), flipping only once. Transfer fish to platter and then separate into large chunks.

**Stove:** Heat skillet over medium-high heat. Add 1 teaspoon olive oil to the pan. When it shimmers, add the fish filet and sear for 2-3 minutes per side until opaque and just cooked through. (cook time will vary depending on thickness of fish). Transfer fish to platter and then separate into large chunks.

**3.** Warm the tortillas and slice limes into wedges.

**4.** Assemble your tacos. Layer grilled fish, cilantro lime slaw & tropical salsa, in each tortilla. Top with a squeeze of fresh lime juice.

**5.** Enjoy with chips & guacamole.

#### **Ways to warm your tortillas:**

- Wrap a stack in aluminum foil and put them in the oven at 350° for about 10 minutes. Keep them wrapped until you are ready to use them.
- Put them in a non-stick pan heating both sides until they start to get some color. This takes a bit more time, but chef's like this method!
- Get rid of the pan, grab some tongs, and hold your tortilla over a gas stove flame for 10-15 seconds on each side. This gives your tortillas a slight char and mild smoky flavor.

### INGREDIENTS

#### **Cilantro Lime Cabbage Slaw**

VEGAN, GLUTEN-FREE

Shredded cabbage, pepitas, cilantro, radish, yellow hominy, onion, pico de gallo (roma tomato, red onion, cilantro, peeled garlic, jalapenos, lime, kosher salt), poblano vinaigrette (poblano pepper, avocado, garlic, cilantro, seasoning, lime juice, rice vinegar, sugar, salt, black pepper, oregano, olive oil blend).

#### **Cilantro Lime Marinade**

VEGAN, GLUTEN-FREE

Cilantro, green onion, oregano, poblano pepper, orange juice, lime juice, oil blend, garlic, cumin, salt, black pepper.

#### **Tropical Salsa**

VEGAN, GLUTEN-FREE

Mango, red onion, jalapeno, cilantro, pineapple, red pepper, papaya, lemon juice.

#### **Guacamole**

VEGAN, GLUTEN-FREE

Avocado, Roma tomato, red onion, cilantro, peeled garlic, jalapenos, limes, kosher salt.

#### **Yellow Corn/Wheat Tortillas**

water, stone ground yellow corn masa flour, wheat gluten, contains 2% or less of each of: guar gum, non-aluminum baking powder (sodium acid pyrophosphate, sodium bicarbonate, corn starch, monocalcium phosphate), sea salt, fumaric acid, trace of lime, to maintain freshness (calcium propionate, sorbic acid).

**Allergens: Wheat**



# MEAL KITS



## BACKYARD BURGER KIT

### COOKING INSTRUCTIONS

#### Burger Patties

1. Pat dry.
2. Season with salt and pepper.
3. Heat a well-oiled grill or cast iron on high.
4. Grill each patty for 3-4 minutes or until desired doneness.
5. Medium-rare internal temp is 145° F.

#### Caramelized Onions

1. Slice onion.
2. Coat bottom of sauté pan with olive oil and heat on medium until the oil is shimmering.
3. Add onions and stir to coat with oil.
4. Cook for 10 minutes then season with salt.  
*Cook for about 30 more minutes, stirring occasionally. You want them to stick to the bottom a bit, but not burn.*
5. Add a dash of water to help get anything up that is stuck to the bottom (this is where all your yummy flavor and deep coloring comes from).
6. Top on burgers and enjoy!

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### INGREDIENTS

#### Signature Burger Patty

Beef

#### Jalapeño Cheddar

Beef, cheese, jalapeño pepper, cilantro

Allergens: Milk

#### Blue Cheese & Bacon

Beef, blue cheese, bacon

Allergens: Milk

#### Brioche Buns

Wheat flour, water, margarine, artificial flavor, eggs, sugar, yeast, sea salt, dough conditioner

Allergens: Egg, wheat, soy

# MEAL KITS



## LOBSTER ROLL KIT

### HEATING INSTRUCTIONS

1. Carefully trim a slice off the sides of each roll and butter each side
2. Heat a non-stick pan over medium-high heat. Brown buns on both sides, approximately 2-3 minutes per side.
3. Place butter lettuce in bun and layer lobster salad on top.
4. Sprinkle with sliced chives.

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### INGREDIENTS

#### **Lobster Roll**

Brioche bun (wheat flour, eggs, sugar, canola oil, nonfat milk, natural flavor, butterfat, salt, mono+diglycerides, yeast, enzymes, beta carotene, acerola extract) lobster, mayonnaise (soybean oil, whole eggs, vinegar, salt, sugar, lemon juice, celery, lemon zest, parsley, chives, butter leaf lettuce)

**Allergens: Milk, Egg, Wheat, Soy, Shellfish**

#### **Green Goddess Potato Salad**

GLUTEN-FREE

Potatoes, mayonnaise (expeller pressed non-GMO canola oil, eggs, water, vinegar, cane sugar, mustard flour, salt) green onion, sour cream, water, lemon juice, salt, tarragon, dijon mustard (mustard seed, vinegar, salt) dill, parsley, black pepper.

**Allergens: Milk, Egg**

# MEAL KITS



## BBQ CHICKEN DINNER

### REHEATING INSTRUCTIONS

#### BBQ Chicken

1. Preheat oven to 300°F.
2. Coat your chicken in barbecue sauce and wrap in 2 layers of foil.
3. Place wrapped chicken on baking sheet and heat for about 20-30 minutes.
4. For additional caramelization, remove top layers of foil and turn oven to broil.
5. Broil 3-5 minutes until sauce begins to bubble.

#### Baked Beans

1. Preheat oven to 300°F.
2. Remove plastic container and cover beans with foil.
3. Bake for about 20 minutes until heated through.

#### Macaroni & Cheese (add-On)

1. Preheat oven to 300°F.
2. Cover with foil and place in oven for 20 minutes or until heated through.

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### INGREDIENTS

#### BBQ Chicken

Chicken, Rufus Teague BBQ (Tomato puree (tomato paste, water), brown sugar, sugar, honey, molasses, distilled vinegar, water, salt, raisin paste, tamari soy sauce (water, soybeans, salt, sugar), natural flavor, orange juice (from concentrate), dried onion, garlic powder, spices (including mustard flour), smoke flavor, celery seed.)

**Allergens: Soy**

#### Rufus Teague Sauce

GLUTEN FREE

Tomato puree (tomato paste, water), brown sugar, sugar, honey, molasses, distilled vinegar, water, salt, raisin paste, tamari soy sauce (water, soybeans, salt, sugar), natural flavor, orange juice (from concentrate), dried onion, garlic powder, spices (including mustard flour), smoke flavor, celery seed.

**Allergens: Soy**

#### Watermelon Jicama Salad

GLUTEN-FREE

Watermelon, mango, jicama, cotija cheese, lime, mint, chili flakes.

**Allergens: Milk**

#### Cilantro Lime Slaw

GLUTEN-FREE, VEGAN

Poblano pepper, avocado, garlic, cilantro, Mexican seasoning, lime juice, rice vinegar, sugar, salt, black pepper, oregano, olive oil blend.

#### Smokehouse Baked Beans

GLUTEN-FREE

Nueske's Bacon, Navy beans, yellow mustard, brown sugar, ketchup (tomato concentrate, distilled vinegar, high fructose corn syrup, corn syrup, salt, spice, onion powder, natural flavoring), smoked paprika, Lillie's Q Smokey BBQ Sauce (tomato concentrate, sugar, distilled vinegar, salt, onion powder, spice, natural flavors), filtered water, apple cider vinegar, mustard (distilled vinegar, water, mustard seed, salt, turmeric, paprika, spices, garlic powder), tomato paste, natural smoke flavor, contains less than 2% of salt, apple juice concentrate, lime juice concentrate, sugar, Worcestershire sauce (distilled vinegar, molasses, sea salt, sugar, spices (celery), tamarind), garlic powder, onion powder, allspice, paprika, black pepper, distilled vinegar, cayenne pepper.

# MEAL KITS



## GAME TIME DINNER

### REHEATING INSTRUCTIONS

#### Buffalo Chicken Wings

1. Preheat oven to 350°F.
2. Remove lid and cover with foil and place in oven for 15-20 minutes or until heated through.
3. Heat wings for about 15 or 20 minutes, or until heated all the way through.

#### Macaroni & Cheese

1. Preheat oven to 350°F.
2. Cover with foil and place in oven for 20 minutes or until heated through.

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### INGREDIENTS

#### Buffalo Chicken Wings

Chicken wings, flour, oil, yellow onion, butter, Frank's Red Hot Sauce (distilled vinegar, aged cayenne red peppers, salt, water, canola oil, paprika, xanthan gum, natural butter type flavor, garlic powder).

**Allergens: Wheat**

#### Blue Cheese Dip

Mayonnaise (canola oil, whole eggs, water, vinegar, egg yolks, sugar, salt, mustard flour), Sour Cream (cultured cream), cream cheese (pasteurized milk, Cream, Cheese culture, Salt, Stabilizers (xanthan and/or cabob bean and/or guar gums), blue cheese (pasteurized milk, cheese cultures, salt, enzymes, powdered cellulose, white wine vinegar, salt, pepper).

**Allergens: Egg, Milk**

#### Macaroni & Cheese

Elbow macaroni pasta (durum wheat semolina & egg white), whole milk, water, American cheese, Tillamook cheddar, butter, flour, modified cornstarch, natural sharp cheddar cheese flavor, sea salt, cultured dextrose, white pepper, citric acid, annatto, turmeric.

**Allergens: Milk, Wheat**

#### 7 Layer Dip

Refried beans (pinto beans, canola oil, paprika, salt, dried garlic), guacamole (avocado, onion, tomatoes, jalapeno, cilantro, lime juice, spices), pico de gallo (tomatoes, cilantro, onion, jalapenos, spices, salt), sour cream, shredded Tillamook cheddar cheese, green onions.

**Allergens: Milk**

#### Cilantro Lime Slaw

**VEGAN, GLUTEN-FREE**

Shredded cabbage, pepitas, cilantro, radish, yellow hominy, onion, pico de gallo (roma tomato, red onion, cilantro, peeled garlic, jalapenos, lime, kosher salt), poblano vinaigrette (poblano pepper, avocado, garlic, cilantro, seasoning, lime juice, rice vinegar, sugar, salt, black pepper, oregano, olive oil blend).

# MEAL KITS



## GRILLED CHICKEN DINNER

### REHEATING INSTRUCTIONS

#### Grilled Chicken

Delicious served at room temperature.

**OR**

1. Preheat oven to 250°F.
2. Add 1-2 tablespoons of water or stock to foil pan and cover with foil to keep chicken moist.
3. Heat for 10 minutes or until heated through.  
Chicken can also be placed in a stovetop pan and reheated in a similar way.

#### Hasselback Potatoes

1. Preheat oven to 350°F
2. Bake uncovered until warm & crispy, about 15-20 minutes.

#### Roasted Vegetables

Delicious served at room temperature.

**OR**

1. Preheat oven to 350°F.
2. Place in oven uncovered for 20 minutes, or until vegetables are warmed through.

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### INGREDIENTS

#### Grilled Chicken Breast

Canola/Olive oil blend, salt & pepper.

#### Spinach & Walnut Farfalle Salad

Pasta, (Durum wheat semolina, Niacin, Ferrous sulfate, Thiamine mononitrate, Riboflavin, Folic acid) Parmesan cheese (Skin milk, Cheese cultures, salt, enzymes, cellulose powder, natamycin) Spinach, Walnuts. Dressing: Lemon juice, White wine vinegar, Rice vinegar, Canola oil, Garlic, Salt, Black pepper.

**Allergens: Wheat, Tree Nuts, Milk**

#### Hasselback Potatoes

GLUTEN-FREE

Yukon Gold Potatoes, salt, pepper, Parmigiano Reggiano, canola/olive oil blend, fresh rosemary, fresh parsley.

**Allergens: Milk**

#### Roasted Vegetables

VEGAN, GLUTEN-FREE

Seasonal Vegetables- May include a variety of the following vegetables: broccoli, rapini, zucchini, yellow squash, red peppers, peppers, eggplant, carrots, asparagus, green beans, peas, mushrooms, onions, butternut squash, canola/olive oil blend, salt, pepper.

#### Chimichurri Sauce

VEGAN, GLUTEN-FREE

Safflower oil, parsley, basil, red wine vinegar, garlic, oregano, sea salt, crushed red chilies, black pepper.

#### Romesco Sauce

VEGAN, GLUTEN-FREE

Roasted red peppers, almonds, peeled garlic, sherry vinegar, salt, pepper, paprika.

**Allergens: Tree Nuts**

# MEAL KITS



## MEDITERRANEAN DINNER

### REHEATING INSTRUCTIONS

#### Falafel

Can be enjoyed at room temperature

#### OR

1. Preheat oven to 350°F
2. Cover with foil and cook for 20 minutes or until through.

#### Pita Bread

1. Preheat oven to 350°F.
2. Wrap pita in foil and place in oven. Heat for 10-12 minutes or until warmed through.

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### INGREDIENTS

#### Green Garbanzo Falafel Cakes

GLUTEN-FREE, VEGAN

Fava bean, garbanzo bean, cilantro, parsley, onion, potato, garlic, salt, spices, baking powder, rice oil.

#### Hummus

GLUTEN-FREE, VEGAN

Garbanzo beans, tahini, garlic, citric acid.

#### Baba Ghanoush

GLUTEN-FREE, VEGAN

Eggplant, tahini (sesame seeds), garlic, citric acid, salt.

#### Dolmas

VEGAN, GLUTEN-FREE

Sultana grape leaves, arborio rice, onion, mint, dill.

#### Greek Mix Olives

VEGAN, GLUTEN-FREE

Assorted Greek olives.

#### Greek Green Salad

GLUTEN-FREE

Tomatoes, English Cucumbers, kalamata olives, red onions, green peppers, red peppers, feta cheese, Greek dressing (soybean oil or canola oil, water, red wine vinegar, lemon juice concentrate, dehydrated garlic, dijon mustard (water, mustard seeds, vinegar, salt, citric acid, potassium metabisulfite), extra virgin olive oil, spices, salt, sugar, xanthan gum).

Allergens: Milk

#### Pita Bread

Wheat flour, water, sugar, salt, rice oil, yeast.

Allergens: Wheat

#### Tabbouleh

VEGAN

Bulgar, parsley, tomato, fresh mint, lemon, olive oil, salt, spice.

Allergens: Wheat

#### Grilled Chicken Breast

Chicken, salt, pepper.

# MEAL KITS



## CHILI DINNER

### REHEATING INSTRUCTIONS

#### Chili

Remove from container.

**Stovetop Method:** Using a saucepan, stir over medium heat for 10-15 minutes.

**Microwave method:** Place in a microwavable container and re-heat 1 minute at a time, stirring between heating, until desired temperature.

#### Cornbread

Can be served at room temperature or warmed.

To warm, wrap in tin foil and bake in the oven at 300 °F for 10 minutes, or until warm through.

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### INGREDIENTS

#### Beef Chili

Beef Stock (water, beef base [roasted beef with beef broth, yeast extract, salt, organic cane juice solids, maltodextrin(from corn), barley malt extract {gluten}, dried onions, spice extractive, potato flour, dried garlic), Cooked Diced Beef Steak with Juices(beef, water, salt), Beer (water, hops, malt, yeast), Cooked Ground Beef (beef, salt), Pinto Beans, Onions, Diced Tomatoes (tomatoes, tomato juice, salt, calcium chloride, citric acid), Tomato Sauce (fresh vine-ripened tomatoes, sea salt, onion powder, garlic powder, natural flavors, spices, citric acid), Kidney Beans (dark red kidney beans[water, kidney beans], salt), Brown Sugar(sugar, invert sugar and cane molasses), Green Bell Pepper, Green Chilies (green chile peppers, salt, citric acid), Butter (cream[milk], salt), Unbleached Flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), Modified Cornstarch, Cultured Dextrose, Canola Oil, Primo Blend Chili Powder(chili peppers, salt, spices, garlic), Pasilla Powder, Garlic, Worcestershire Sauce (distilled white vinegar, molasses, sugar, water, salt, onions, anchovies, garlic, cloves, tamarind extract, natural flavorings, chili pepper extract), Hot Sauce (aged cayenne red peppers, vinegar, salt, garlic), Sea Salt, Cumin, Paprika, Black Pepper, Citric Acid

**Allergens: Fish, Milk, Wheat**

#### Tillamook Shredded Cheddar Cheese

cultured milk, enzymes (rennet), salt, and annatto.

**Allergens: Milk**

#### Sarah's Cornbread

Enriched wheat flour bleached [flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], sugar, corn meal, partially hydrogenated vegetable oil (soybean and/or cottonseed oil), dry whey, dextrose, leavening [sodium acid pyrophosphate, baking soda, corn starch, sodium aluminum phosphate, monocalcium phosphate], corn flour, wheat starch, dry whole egg, salt, dry egg whites, water.

**Allergens: Egg, soy, wheat**

#### Garden Salad

Romaine & spring mix greens, corn, carrots, cherry tomatoes, cucumbers, croutons, balsamic dressing.

**Allergens: Wheat**

# MEAL KITS



## TAMALE DINNER

### REHEATING INSTRUCTIONS

#### Tamales

1. Keep tamales in husks. Add water to stove pot and insert steamer basket. Place tamales in steamer basket and turn the heat to medium. Allow to steam for 15-20 minutes. Can also be steamed in Instant Pot.

#### Refried Pinto Beans

1. Place in stove pot. Add a small amount of water or chicken broth. Heat over medium, stirring frequently to ensure beans don't stick.
2. Heat until beans are heated throughout, approximately 5 minutes.

#### Mexican-style Rice

1. Preheat oven to 300°F.
2. Add a small splash of water to rice and cover with foil. Bake for about 20 minutes, or until the rice is heated through.

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### INGREDIENTS

#### Blue Corn & Vegetable Tamales

VEGAN, GLUTEN-FREE

Summer squash, tomatoes, corn, hatch green chiles, blue corn masa (trace of lime), canola oil, cornstarch, baking powder, vegetable base (carrot, tomato, onion, potato, garlic, dextrose, cane sugar, canola oil, spices, turmeric), sea salt.

#### Green Chile Chicken Tamales

GLUTEN-FREE

Masa (water, organic ground corn flour, expeller-pressed canola oil, sea salt, baking powder (monocalcium phosphate, sodium bicarbonate, cornstarch), organic vegetable base (organic carrot, organic tomato, organic onion, organic potato, organic garlic, organic dextrose, organic raw cane sugar, organic canola oil, organic spices, organic turmeric), filling (chicken, vine-ripened tomato (salt, citric acid, calcium chloride), green chile, onion, sea salt, spice).

#### Red Chile Pork Tamales

GLUTEN-FREE

Red Masa: Water, Organic Ground Corn Flour (trace Of Lime), Expeller Pressed Canola Oil, Red Chile, Sea Salt, Baking Powder (monocalcium Phosphate, Sodium Bicarbonate, Cornstarch), Organic Vegetable Base (organic Carrot, Organic Tomato, Organic Onion, Organic Potato, Organic Garlic, Organic Dextrose, Organic Raw Cane Sugar, Organic Canola Oil, Organic Spices, Organic Turmeric). Filling: Pork Meat, Red Chile, Onion, Sea Salt, Garlic.

#### Mexican-style Rice

VEGAN, GLUTEN-FREE

Vegetable stock, long grain parboiled brown rice, tomato paste, onion, canola oil, celery, tomato, green bell pepper, granulated garlic, cumin.

#### Refried Pinto Beans

VEGAN, GLUTEN-FREE

Pinto beans, canola oil, paprika, salt, granulated garlic.

#### Guacamole

VEGAN, GLUTEN-FREE

Avocado, Roma tomato, red onion, cilantro, peeled garlic, jalapeños, limes, kosher salt.

#### Pico de Gallo

VEGAN, GLUTEN-FREE

Roma tomato, red onion, cilantro, peeled garlic, jalapeños, lime, kosher salt.



# MEAL KITS



## INDIAN DINNER

### REHEATING INSTRUCTIONS

#### Samosas, Butter Chicken (add on)

1. Preheat oven to 350°F
2. Cover with foil and cook for 20 minutes or until warm, stirring once

#### Biryani Rice

1. Preheat oven to 350°F.
2. Add a small splash of water to rice and cover with foil. Bake for about 20 minutes, or until the rice is heated through.

#### Roasted Vegetables

Delicious served at room temperature

**OR**

1. Preheat oven to 350°F.
2. Place in oven uncovered for 20 minutes, or until vegetables are warmed through.

#### Chana Masala

1. Place in stove pot. Heat over medium, stirring frequently to ensure food doesn't stick.
2. Heat until food is heated throughout, approximately 10 minutes.

#### Garlic Naan

1. Preheat oven to 350°F.
2. Wrap naan in foil and place in oven. Heat for 10-12 minutes or until warmed through.

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### INGREDIENTS

#### Samosa

VEGAN

Potato, basmati rice, onion, cabbage, chana dal (chickpeas), spinach, masoor dal (lentils), tomato, flour, ginger, garlic, jalapeno, carrot, canola oil, salt, sugar, water, curry powder, popping seeds (spices), red crushed pepper.

**Allergens: Wheat**

#### Chana Masala

VEGAN, GLUTEN-FREE

Garbanzo beans, potato, ginger, garlic, onion, salt, curry powder, coriander seeds, popping seeds, paprika and canola oil.

#### Roasted Vegetables

VEGAN, GLUTEN-FREE

Seasonal Vegetables- May include a variety of the following vegetables: broccoli, rapini, zucchini, yellow squash, red peppers, green beans, eggplant, carrots, asparagus, green beans, peas, mushrooms, onions, butternut squash, canola/olive oil blend, salt, pepper.

#### Biryani Rice

VEGAN, GLUTEN-FREE

Basmati rice, ginger, garlic, onion, masoor dal, peas, canola oil, salt, popping seeds, turmeric, red crushed pepper and cumin seeds.

#### Garlic Naan

Enriched wheat flour, water, canola oil, yogurt (milk, active bacterial culture), milk salt, sugar, yeast, garlic, cellulose gum, calcium plumbate, potassium sorbate, sodium aluminum phosphate, sodium bicarbonate.

**Allergens: Milk, Wheat**

#### Mango Chutney

VEGAN, GLUTEN-FREE

Mango, corn syrup, red wine vinegar, salt, ginger, xanthan gum.

#### Butter Chicken (add on)

GLUTEN-FREE

Chicken, onion, ginger, garlic, tomato, yogurt, heavy cream, clarified butter, curry powder, paprika, turmeric, kasoori methi, sweet spice, salt, red crushed pepper, popping seeds, sugar, canola oil.

**Allergens: Milk**

# MEAL KITS



## BBQ RIBS DINNER

### REHEATING INSTRUCTIONS

Remove items being heated from fridge 30 minutes before heating to come to room temperature.

#### RIBS

##### In the oven

1. Preheat oven to 300°F.
2. Coat your ribs in barbecue sauce and wrap in 2 layers of foil.
3. Place wrapped ribs on baking sheet and heat for about 20-30 minutes.
4. For additional caramelization, remove top layers of foil and turn oven to broil.
5. Broil 3-5 minutes until sauce begins to bubble.

##### On the grill

1. Heat grill on high.
2. Coat both sides of ribs with barbecue sauce and wrap loosely in two layers of aluminum foil, allowing for air to escape.
3. Lower grill to medium and place the ribs on the indirect heat zone, until ribs come to about 155°F. A meat thermometer will come in handy when determining the internal meat temperature.
4. Take the ribs out of the foil and grill directly over direct heat for 5-10 minutes on both sides until the sauce is bubbly.

#### BAKED BEANS

##### In the oven

1. Preheat oven to 300°F.
2. Remove plastic container and cover beans with foil.
3. Bake for about 20 minutes until heated through.

##### On the grill

1. Remove beans from container and place in cast iron or aluminum foil tray.
2. Place beans on grill away from direct heat, and warm. Stir occasionally to make sure they aren't burning.
3. Remove from heat when sauce begins to bubble.

#### Macaroni & Cheese (add-on)

1. Preheat oven to 300°F.
2. Cover with foil and place in oven for 20 minutes or until heated through.

### INGREDIENTS

#### Baby Back Ribs

GLUTEN-FREE

Baby back ribs, barbecue spice rub.

#### Rufus Teague Barbecue Sauce

GLUTEN-FREE

Tomato puree (tomato paste, water), brown sugar, sugar, honey, molasses, distilled vinegar, water, salt, raisin paste, tamari soy sauce (water, soybeans, salt, sugar), natural flavor, orange juice (from concentrate), dried onion, garlic powder, spices (including mustard flour), smoke flavor, celery seed.

Allergens: Soy

#### Baked Beans

GLUTEN-FREE

Pinto beans, onions, garlic, bacon (pork, salt, sugar, pepper, sodium nitrate), brown sugar, mustard, worcestershire sauce, cider vinegar, ketchup, barbecue sauce (high fructose corn syrup, distilled vinegar, tomato paste, modified food starch, pineapple juice, natural smoke

flavor, spices, caramel color, sodium benzoate, tamarind), molasses, pepper.

Allergens: Fish

#### Green Goddess Potato Salad

GLUTEN-FREE

Potatoes, mayonnaise (expeller pressed non-gmo canola oil, eggs, water, vinegar, cane sugar, mustard flour, salt) green onion, sour cream, water, lemon juice, salt, tarragon, dijon mustard (mustard seed, vinegar, salt) dill, parsley, black pepper.

Allergens: Milk, Eggs

#### Corn & Tomato Salad

GLUTEN-FREE, VEGAN

Corn, onion, tomatoes, basil, parsley, dressing (lemon juice, canola oil, apple cider vinegar, garlic, parsley, mustard (water, mustard seed, vinegar, salt, potassium metabisulphite, citric acid) salt, pepper.

#### Cornbread

Enriched wheat flour bleached (flour, malted barley, niacin, reduced iron,

thiamine mononitrate, riboflavin, folic acid), sugar, corn meal, partially hydrogenated vegetable oil (soybean &/ or cottonseed oil), dry whey, dextrose, leavening (sodium acid pyrophosphate, baking soda, corn starch, sodium aluminum phosphate), corn flour, wheat starch, dry whole egg, dry egg whites, water.

Allergens: Egg, Soy, Wheat

#### Macaroni and Cheese

Elbow macaroni pasta (durum wheat semolina & egg white), whole milk, water, American cheese, Tillamook cheddar, butter, flour, modified cornstarch, natural sharp cheddar cheese flavor, sea salt, cultured dextrose, white pepper, citric acid, annatto, turmeric.

Allergens: Milk, Wheat

#### Cole Slaw

GLUTEN-FREE

Cabbage, carrots, coleslaw dressing.

Allergens: Egg

# MEAL KITS



## — ROASTED CHICKEN DINNER —

### REHEATING INSTRUCTIONS

#### Roasted Chicken

1. Preheat oven to 350°F.
2. Remove roasted chicken from packaging and place chicken in an oven-safe dish. To keep the chicken moist, pour chicken broth (provided) in the bottom of the dish. Cover the dish with foil and place it in the oven.
3. Let the chicken roast for approximately 25 minutes. Remove the foil and let roast for an additional 5 minutes to crisp up the skin.

#### Hasselback Potatoes

1. Preheat oven to 350°F.
2. Bake uncovered until warm & crispy, about 15-20 minutes.

#### Sautéed Green Beans & Shallots

Delicious served at room temperature

#### OR

1. Preheat oven to 350°F.
2. Place in oven uncovered for 20 minutes, or until beans & shallots are warmed through.

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### INGREDIENTS

#### Whole Roasted Chicken

GLUTEN-FREE

Spices, salt and pepper.

#### Hasselback Potatoes

GLUTEN-FREE, VEGETARIAN

Yukon Gold Potatoes, salt, pepper, Parmigiano Reggiano, canola/olive oil blend, fresh rosemary, fresh parsley.

Allergens: Milk

#### Sautéed Green Beans & Shallots

GLUTEN-FREE, VEGAN

Green beans, shallots, canola/olive oil blend, salt, pepper.

#### Greek Green Salad

GLUTEN-FREE, VEGETARIAN

Tomatoes, english cucumbers, kalamata olives, red onions, green peppers, red peppers, feta cheese, greek dressing (soybean oil or canola oil, water, red wine vinegar, lemon juice concentrate, dehydrated garlic, dijon mustard (water, mustard seeds, vinegar, salt, citric acid, potassium metabisulfate), extra virgin olive oil, spices, salt, sugar, xanthan gum)

Allergens: Soy, Milk

#### Baguette

Wheat flour, yeast, salt.

Allergens: Wheat

# MEAL KITS



## ENCHILADA DINNER

### REHEATING INSTRUCTIONS

#### Enchiladas

1. Preheat oven to 350°F.
2. Remove lid from foil pan and heat in oven for 15-25 minutes or until warmed through or internal temperature reaches 165°F

#### Mexican-style Rice

1. Preheat oven to 300°F.
2. Add a small splash of water to rice and cover with foil. Bake for about 20 minutes, or until the rice is heated through.

#### Refried Pinto Beans

1. Place in stove pot. Add a small amount of water or chicken broth. Heat over medium, stirring frequently to ensure beans don't stick.
2. Heat until beans are heated throughout, approximately 5 minutes.

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### INGREDIENTS

#### Cheese Enchiladas

VEGETARIAN, GLUTEN-FREE

Corn tortillas, cheddar cheese (sharp cheddar cheese (cultured milk, salt, enzymes, annatto (color), potato starch, natamycin), enchilada sauce (water, red chiles, modified food starch, dehydrated california chile pods, soybean oil, salt, distilled vinegar, dehydrated pasilla pods, garlic and spice), black olives, tomatoes, onions, jalapenos, cilantro, lime juice, green onions.

Allergens: Milk, Soy

#### Chicken Enchiladas

GLUTEN-FREE

Corn tortillas, chicken, cheddar cheese (cultured milk, enzymes, annatto, salt, potato starch, natamycin), black olives, enchilada sauce (water, red chiles, modified food starch, dehydrated chile peppers, soybean oil, salt, distilled vinegar, dehydrated pasilla pods, garlic and spice) sour cream (milk), green onion.

Allergens: Milk

#### Mexican-style Rice

VEGAN, GLUTEN-FREE

Vegetable stock, long grain parboiled brown rice, tomato paste, onion, canola oil, celery, tomato, green bell pepper, granulated garlic, cumin.

#### Refried Pinto Beans

VEGAN, GLUTEN-FREE

Pinto beans, canola oil, paprika, salt, granulated garlic.

#### Guacamole

VEGAN, GLUTEN-FREE

Avocado, Roma tomato, red onion, cilantro, peeled garlic, jalapeños, limes, kosher salt.

#### Pico de Gallo

VEGAN, GLUTEN-FREE

Roma tomato, red onion, cilantro, peeled garlic, jalapeños, lime, kosher salt.

# MEAL KITS



## HAM DINNER

### REHEATING INSTRUCTIONS

#### Fully Cooked Ham

Delicious served at room temperature

**OR**

1. Preheat oven to 325°F.
2. Remove ham from package and place in a roasting pan or rimmed baking sheet.
3. Heat until ham reaches an internal temperature of 140°F.
4. Remove from oven, cover loosely with foil, and let it rest for 15-30 minutes.

#### Mashed Potatoes & Roasted Brussels Sprouts

1. Preheat oven to 350°F.
2. Cover trays in foil and heat for 45-60 minutes, or until food reaches an internal temperature of 165°F.

#### Turkey Gravy

Remove from container.

**Stovetop Method:** Using a saucepan, stir over medium heat for 10-15 minutes.

**Microwave Method:** Place in a microwavable container and reheat 1 minute at a time, stirring between heating, until desired temperature.

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### INGREDIENTS

#### Fully Cooked Ham

GLUTEN-FREE

Water, salt, sodium lactate, sugar, dextrose, sodium phosphates, sodium diacetate, sodium erythorbate, sodium nitrite, red pepper, bay leaves, cloves and cassia.

#### Mashed Potatoes

GLUTEN-FREE, VEGETARIAN

Potatoes, sour cream (grade A pasteurized cultured cream, [milk], whey, modified food starch, sodium phosphate, guar gum, carrageenan and carob bean gum), whole milk, unsalted butter (pasteurized sweet cream), salt, black pepper.

**Allergens:** Milk

#### Roasted Brussels Sprouts with Pancetta

GLUTEN-FREE

Brussels sprouts, pancetta (pork belly, sea salt, sugar, spices, celery powder), thyme, garlic, balsamic glaze (balsamic vinegar [wine vinegar, concentrated grape must, caramel color] glucose syrup, sugar, modified corn starch, xanthan gum), black pepper, salt.

#### Turkey Gravy

Turkey stock, chicken stock, butter (cream [milk], salt), modified cornstarch, unbleached white flour, cultured dextrose, onion, celery, tomato paste, carrots, canola oil, garlic, sea salt, poultry seasoning, sugar, black pepper, citric acid, sage.

**Allergens:** Milk, Wheat