

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