



ENCHILADA MEAL HEATING INSTRUCTIONS*



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OVEN/STOVE TOP

Preferred method. Refrigerate items until ready to heat.

CHICKEN ENCHILADA

- Preheat oven to 350°F
- Remove lids and place containers in oven
- Cook for 18 to 20 minutes

REFRIED BEANS

- Remove refried beans from container and place into a small saucepan
- Heat over medium heat on stovetop until beans come to a boil, stirring frequently



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MICROWAVE

Refrigerate items until ready to heat.

CHICKEN ENCHILADA

Heating the contents of each package separately is recommended

- Remove contents from one package and place in microwave-safe container
- Cook on high heat for 5 to 6 minutes
- Let stand covered for 3 minutes before serving
- Repeat for contents of second package

SPANISH RICE

- Loosen lid and place in microwave
- Cook on high heat for 3 minutes
- Let stand covered for 3 minutes before serving

REFRIED BEANS

- Loosen lid and place in microwave
- Cook on high heat for 2 minutes
- Stir and cook for an additional 2 minutes
- Let stand covered for 3 minutes before serving

*Cooking times and oven temperatures may vary.
Heat all foods to an internal temperature of 165° F



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ENCHILADA MEAL INGREDIENT LIST

Chicken Enchilada

INGREDIENTS: CHICKEN, GREEN ENCHILADA SAUCE (WATER, GREEN CHILI PEPPERS, MODIFIED CORN STARCH, COTTONSEED OIL, SALT, MALTODEXTRIN, AUTOLYZED YEAST EXTRACT, JALAPENO PEPPERS, MUSTARD FLOUR, ONION, VINEGAR, GARLIC, SPICES, NATURAL FLAVORS, MOLASSES, CELERY SEED, CITRIC ACID, SUGAR, TAMARIND), COTIJA CHEESE (PASTEURISED MILK, CHEESE CULTURE, SALT, ENZYMES, POTATO STARCH, AND POWDERED CELLULOSE ADDED TO PREVENT CAKING, NATAMYCIN [A NATURAL MOLD INHIBITOR]), JALAPENO (JALAPENO PEPPERS, WATER, VINEGAR, SALT, ONION, SESAME OIL, TURMERIC COLOR, CALCIUM CHLORIDE), MARINADE (SPICES INCLUDING PAPRIKA, SALT, TOMATO POWDER, 11.54% SODIUM PHOSPHATE, HYDROLYZED CORN AND SOY PROTEIN, SUGAR, GARLIC, LEMON JUICE POWDER [LEMON JUICE SOLIDS AND LEMON OIL], SOY SAUCE POWDER [SOYBEANS, SALT, WHEAT], ORANGE JUICE POWDER, EXTRACTIVE OF SPICE, CITRIC ACID, CILANTRO, ANNATTO, LESS THAN 2% SILICON DIOXIDE [TO PREVENT CAKING]). **CONTAINS: MILK, WHEAT AND SOY.**

Spanish Rice

INGREDIENTS: WHITE RICE (ENRICHED LONG GRAIN PARBOILED RICE [LONG GRAIN RICE, IRON (FERRIC ORTHOPHOSPHATE), THIAMIN (THIAMIN MONONITRATE), FOLIC ACID]), WATER, ONION, TOMATOES, TOMATO JUICE, CORN, OLIVE OIL, CILANTRO, GARLIC, JALAPENO, SEA SALT, BLACK PEPPER.

Refried Beans

INGREDIENTS: REFRIED BEANS (COOKED BEANS, WATER, LARD, SALT, GARLIC), CILANTRO.

ALL ITEMS ARE PREPARED IN A FACILITY THAT PROCESSES MILK, EGGS, FISH, CRUSTACEAN SHELLFISH, TREE NUTS, PEANUTS, WHEAT, AND SOY PRODUCTS.



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