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**Reheating Instructions**

1. **Chicken Orzo Soup**

Thaw in fridge for about 24 hours (can also be thawed in microwave). Cook in pot on stovetop, stirring frequently until it reaches temp of 165. (Can also be heated in microwave). Add a little water if soup is too thick (and salt, if needed). Don’t forget to heat your side!

1. **Irish Beef Stew**

Thaw in fridge for about 24 hours (can also be thawed in microwave). Cook in pot on stovetop, stirring frequently until it reaches temp of 165. (Can also be heated in microwave). Add a little water if soup is too thick (and salt, if needed). Don’t forget to heat your side!

1. **Curried Zucchini Soup**

Thaw in fridge for about 24 hours (can also be thawed in microwave). Cook in pot on stovetop, stirring frequently until it reaches temp of 165. (Can also be heated in microwave). Add a little water if soup is too thick (and salt, if needed). Don’t forget to heat your side!

1. **Individual Meatloaves – grab a bag of broccoli or a bag salad for an added green veggie.**

Thaw in fridge for about 24 hours (can also be thawed in microwave). Preheat oven to 350. Cook meatloaves, covered for about 20-25 minutes until it reaches an internal temp of 165. Can also be heated in microwave. In the meantime, heat your side of choice.

1. **Chicken Enchiladas**

Thaw in fridge for about 24 hours. Preheat oven to 385. Remove lid and loosely cover with foil. Cook, covered for 35 minutes. Remove cover and cook for an additional 10 minutes or until it reaches an internal temp of 165. In the meantime, cook your side of choice.

**Can also be cooked from frozen…add 35-40 minutes to the covered cook-time**.

1. **Beef Lasagna –** Thaw in fridge for about 24 hours. Preheat oven to 385. Remove lid and loosely cover with foil. Cook, covered for 35 minutes. Remove cover and cook for an additional 10 minutes or until it reaches an internal temp of 165. Let stand for 10 minutes before cutting to let it set. In the meantime, heat the bread**. Can also be cooked from frozen…add 40-45 minutes to the covered cook-time.**
2. **Chicken and Andouille Sausage Jambalaya**

Thaw in fridge for about 24 - 36 hours. Preheat oven to 350. Remove lid and loosely cover with foil. Cook, covered for 30-40 minutes. The jambalaya cooks more quickly without a lid, but will not be quite as moist. The jambalaya can also be cooked in a pot on the stovetop (add 1-2 T of water before cooking), just cook it on medium heat until pipping hot. In the meantime, heat your side of choice.

1. **Corned Beef and Cabbage**

Thaw in fridge for about 24-36 hours. Preheat oven to 350. Place the beef in a baking dish in a single layer and loosely cover with foil. Cook, covered for 25 minutes. Remove lid, add the cabbage and carrots (keep lid off) and cook for another 15-20 minutes, or until it reaches an internal temp of 165. In the meantime prepare your side of choice.

1. **Buffalo Chicken Pita Kit – grab a bag of slaw as a side or to top your sandwich!**

Thaw in fridge for about 24-36 hours. Place the chicken in a pan, stovetop, with about 2T water. Heat the chicken, on medium heat, until it has reached an internal temp of 165 degrees). Chicken can also be heated in the microwave (though microwaved chicken can be a little rubbery – but it is an option if you are in a pinch for time). The pita bread can be eaten cold/room temp…but is wonderful when heated – just wrap in a foil and pop into a 350 oven for aobut 10 minutes. In the meantime, heat your side of choice. When everything is ready, pile the chicken into the pita and top with blue cheese crumbles.

1. **Green Eggs and Ham**

Thaw in fridge for about 24-36 hours. Preheat oven to 350. Remove lid and loosely cover with foil. Cook, covered for 35-40 minutes. Remove cover and cook for an additional 10 minutes or until it reaches an internal temp of 165. In the meantime, cook your side of choice.

**Can also be cooked from frozen…add 30-35 minutes to the covered cook-time**.

**Sides**

1. **All Rice**

**Heat at one-minute increments in the microwave – stirring in-between.**

1. **Colcannon**

**Thaw in fridge for about 24 hours. Place colcannon in a medium pot and heat on medium-low heat, stirring often, until heated through (165 degrees). Can also be heated in the microwave, at one-minute increments.**

1. **Roasted Potatoes/Potato Wedges**

**Preheat oven to 350. Place frozen potatoes on sheet pan and cook for about 15-20 minutes or until hot and crispy.**

1. **Mashed Sweet Potatoes**

**Thaw in fridge for about 24 hours. Place sweet potatoes in a medium pot and heat on medium-low heat, stirring often, until heated through (165 degrees). Can also be heated in the microwave at one-minute increments.**

1. **Cauliflower Rice –**

**Place cauliflower rice in a medium frying pan with a “glug” of olive oil and heat on medium-high heat until hot.**

1. **Garlic Bread –**

**Cover garlic bread in foil in foil and heat in a 350 oven for 10-15 minutes. Slather with garlic butter!**

1. **Roasted Broccoli**

**Place thawed broccoli on a baking sheet and heat in a 350 for about 10 minutes.**

1. **Garlic Green Beans**

**Heat a frying pan on the stovetop – until just hot (don’t get it too hot). Add the FROZEN green beans to the hot pan and saute for 2-3 minutes (or until hot all the way through this will not take much time)– stirring frequently.**

1. **Gluten Free Rolls**

**Follow package instructions.**

1. **Stuffed Sweet Potatoes**

**Place thawed sweet potatoes – uncovered - in a 350 for 15-20 minutes.**

1. **Fiesta Black Beans**

**Place thawed black beans into a pot. Heat on the stovetop, at medium heat, stirring frequently, until hot!**