



**HEATING MEAT IN OUR BOIL BAGS:**

**Step 1:** half-fill a large pot with water and put on max heat until water is boiling

**Step 2:** leaving boilable bag unopened; gently place it into the boiling water, bring water to a simmer

**Step 3:** let the unopened boil bag simmer for appropriate amount of time according to chart below

**Step 4:** Using Tongs or water-proof gloves, gently remove the bag from the boiling water and cut open the bag and pour contents, juices included, into a serving tray and product is ready to serve. Enjoy!

**Note:** for gas or propane stoves, watch to make sure the boil bag is floating and not sinking and sticking to the bottom of the pot – this could result in the bag ripping and the juices running out



MEATS	FROZEN	THAWED
<ul style="list-style-type: none"> <li>• Pork</li> <li>• Beef</li> <li>• Turkey</li> </ul>	10lbs = 1 hour. 5lbs = 45-50 min. 2lbs = 40-45 min. 400grm = 30-35 min.	10lbs = 50-55 min. 5lbs = -35-40 min. 2lbs. = 20-30 min. 400grm = 20-25 min.

**HEATING MEAT IN TIN FOIL TRAY or ROASTER**

**Step 1:** Preheat your oven to 300 degrees

**Step 2:** Cut open the bag of meat and put it all, including juices, into an oven-proof roaster or tin-foil tray – cover with tin foil or roaster lid and place in preheated oven

**Step 3:** when half your cooking time has elapsed, open tray and turn meat over with tongs, then place roaster back into the oven for its remaining time (according to per lb chart)

**Step 4:** Take out of the oven, serve and enjoy!



MEAT	FROZEN	THAWED
<ul style="list-style-type: none"> <li>• Pork</li> <li>• Beef</li> <li>• Turkey</li> </ul>	10lbs = 1.5 - 2 hours 5lbs = 55 min 2lbs. = 45 min. 400grm = 30-35 min.	10lbs = 1hour -1.5 hours 5lbs = 40 minutes 2lbs. = 30 min. 400grm = 20 min.



**HEATING UP OUR OTHER FOOD ITEMS**

Chicken pieces: 30 min. at 325°

Baked Potatoes: 1.5 hours at 300°

Mashed Potatoes: 1 hour at 300°

Mac&Cheese: 1 hour at 300°

Baked Beans: 1 hour at 300° (stir at the halfway point)

Perogies: 1 hour at 300°

Cabbage Rolls: 1.5 hours at 300°

Meatballs: 1.5 at 300

Mixed Veggies: steam for 15 min in boiling water