

Heating/Cooking Instructions:

Microwave:

Remove product from Freezer. Cut small slit in pouch, place on plate, microwave High 4-6 minutes depending on product. Remove from microwave and pour into bowl. Remove excess liquid when necessary. ENJOY!

Stovetop:

Remove product from Freezer. Boil water. Insert bag into boiling water for 4 minutes. Remove bag slit top and pour into bowl. Remove excess liquid when necessary. ENJOY!