



SWEDISH MEATBALL MEAL HEATING INSTRUCTIONS*



SWEDISH MEATBALL MEAL INGREDIENTS



OVEN

Preferred method. Refrigerate items until ready to heat.

MEATBALLS

- Preheat oven to 350°F
- Remove plastic lid from container. Heat meatballs and sauce covered in foil for 30 minutes.
- Remove foil, add pasta and stir.
- Return to the oven an additional 5 minutes or until an internal temperature of 165°F is reached.

GREEN BEANS

- Preheat oven to 350°F
- Remove the lid from the pan.
- Reheat uncovered for 10-15 minutes or until an internal temperature of 165°F is reached.



MICROWAVE

Refrigerate items until ready to heat.

MEATBALLS

- Remove from package and place in microwave-safe container
- Microwave on high heat for 2 minutes

GREEN BEANS

- Remove from package and place in microwave-safe container
- Microwave on high heat for 1 minute 30 seconds

Meatballs

INGREDIENTS: BEEF, STUFFING (ENRICHED WHEAT FLOUR [WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID], PARTIALLY HYDROGENATED SOYBEAN AND/OR COTTONSEED OIL, HIGH FRUCTOSE CORN SYRUP, SALT; CONTAINS LESS THAN 2% OF: SPICE, YEAST, PARSLEY [DRIED], COOKED CHICKEN AND CHICKEN BROTH, HYDROLYZED SOY AND CORN PROTEIN, CELERY [DRIED], MONOSODIUM GLUTAMATE, SOY FLOUR, ONIONS [DRIED], SUGAR, WHEY [FROM MILK], CORN SYRUP [DRIED], GARLIC [DRIED], CARAMEL COLOR, TURMERIC DISODIUM GUANYLATE, DISODIUM INOSINATE, SULFITES [PRESERVATIVE], CORN OIL, BHA AND BHT AS PRESERVATIVES, NATURAL FLAVOR), MILK, EGG, ONION, SALT, NUTMEG.

Sauce

INGREDIENTS: WATER, SOUR CREAM (GRADE A CULTURED CREAM), BUTTER (CREAM, SALT), BEEF CONSOMME (HYDROLYZED SOY PROTEIN, CONCENTRATED BEEF STOCK, SALT, NATURAL FLAVOR, VEGETABLE EXTRACTS, SPICES, DISODIUM INOSINATE, DISODIUM GUANYLATE, CARAMEL COLOR), FLOUR, NUTMEG.

Green Beans

INGREDIENTS: GREEN BEAN, OLIVE OIL, SALT, PEPPER.

CONTAINS: SOY, MILK, WHEAT, EGG

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

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