



COOKING INSTRUCTIONS

PLANT BASED PROTEINS:

TENDER TIGERS

CONVENTIONAL OVEN:

Place thawed tender tigers on an oiled baking sheet. Bake @400F for 4-6 minutes. Toss or dunk in desired sauce.

FRYER:

Place thawed tender tigers in frying basket @350F for 2-2 1/2 minutes. Toss or dunk in desired sauce.

SEITAN

FRYING PAN:

Place thawed shredded seitan in a well oiled frying pan at medium heat. Stir and flip occasionally. Oil helps create crisp and browning of the seitan. Add desired seasoning blend for extra flavor.

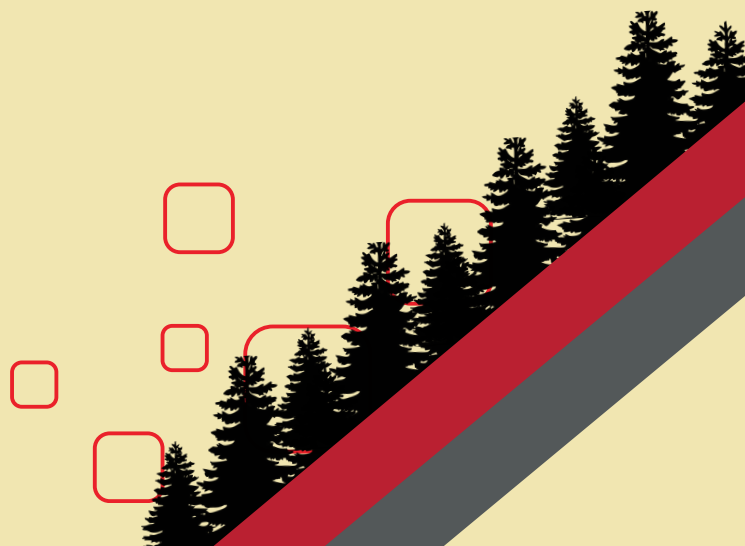
OTHER:

You can also throw thawed shredded seitan into soups and curries at any desired time.

SOYRIZO

FRYING PAN:

Place thawed soyrizo in a well oiled frying pan at medium heat. Stir and flip occasionally. Oil helps create crisp and browning of the soyrizo. Place in your desired dish or eat straight.



CALI PATTIES

FRYING PAN:

Place frozen or thawed cali patty in a well oiled frying pan at medium heat. Stir and flip occasionally. Oil helps create crisp and browning of the patty. Place in your desired dish or eat straight.

BARBEQUE:

You can also throw thawed or frozen cali patty on your outdoor barbecue at home or bring to your neighbors barbecue to give yourself a delicious plant-based option.

SAUZAGE PATTIES

FRYING PAN:

Thaw sauzage mixture and form into 4 inch diameter patties with 1/2" thickness . Place sauzage patty on a well oiled frying pan at medium heat. Flip occasionally. Oil helps create crisp and browning of the patty. Place in your desired dish or eat straight.

CONVENTIONAL OVEN:

Place thawed and formed sauzage patty on an oiled baking sheet. Bake @400F for 4-6 minutes. Then flip and cook for additional 4-6 minutes,

GRAB N GO DELIGHTS:

MAC AND CHEEZE/CHUNKY CHILI

MICROWAVE:

Remove lid and microwave for 2 1/2 minutes. Pull out and stir. Place back in microwave and cook for additional 1 1/2 minutes. Enjoy.

FRYING PAN:

Let item thaw. Empty contents into a frying pan and stir until heated throughout. Enjoy.

PANCAKE MIX

add 2 cup of milk choice (we suggest soy) to 2 cup of pancake mix. Stir until batter is created and place in an oiled frying pan.

GF PANCAKE MIX

add 1 1/2 cup of milk choice (we suggest soy) and 2 tsp of white vinegar to 2 cup of gf pancake mix. Stir until batter is created and place in an oiled frying pan.



HOLIDAY ITEMS:

HOLIDAY ROAST

CONVENTIONAL OVEN:

Place thawed roast in an oiled casserole dish. Bake @400F for 15-20 minutes.

If you would like to go above and beyond we recommend purchasing as well:

- Vertical Bacon Sauce
- Vertical 32oz Vegetable Stuffing
- 1 Sweet Potatoes
- 1 Russet Potatoes
- 1 Sweet Onion
- 1 Medium Carrot
- 1 Lemon
- Ground Sage
- Thyme
- Black Pepper
- Salt

Start by oiling a 12x9 Casserole dish. Place the Vegetable Stuffing on the bottom centered. Lather the Roast in 3oz of Bacon Sauce and place on top of the Stuffing. Next roughly chop the Potatoes, Onions, and Carrots into 1 inch pieces and toss in 2 tsp Sage, 2 tsp Thyme, 1 tsp Salt, and 1/2 Black Pepper. Spread chopped vegetables around the roast and squeeze juice of lemon over all the contents of the casserole dish. You can either use half or a full lemon. Lastly,, cover with aluminum foil and place in oven @400F for 45 minutes then remove aluminum foil and cook for an additional 15 minutes.

This will create an amazing center piece to your thanksgiving gathering. Enjoy.

MASHED POTATOES/ STUFFING/ SEITAN

CONVENTIONAL OVEN:

Place item in a oven safe container covered with aluminum foil. Bake @400F for 10-15 minutes. Stir and temp. Cook for additional 5 minutes uncovered if needed.

GRAVY

MICROWAVE:

Remove lid and microwave for 1 1/2 minutes. Pull out and stir. Place back in microwave and cook for additional 1 minute. Enjoy.