



SOUP/STEW

HEATING INSTRUCTIONS:

If frozen, defrost in the refrigerator overnight.

1. Pour contents of soup/stew into a wide saucepan or pot.
2. Add approx. 125mL of water to thin out slightly before heating.
3. Heat over medium heat, stirring frequently to prevent scorching, until soup/stew is simmering.
4. Reduce heat to low, and simmer another 5 minutes or so.

BON APPETIT!

For food safety, all hot items should be heated to a minimum of 165 ° F