



# Eat, Drink & *Save!*

## RIB ROAST COMPLETE MEAL

A fully cooked rib roast, mashed sweet potatoes, green bean casserole, and spiced apples.  
Product sold frozen, allow approximately 2 days to thaw and 2-3 hours to cook.



### HEATING INSTRUCTIONS:

Fully cooked rib roast: Preheat oven to 300-325°F. Remove roast from packaging. Place roast and juices in covered baking pan add 1 cup water. Remove lid for last 5-10 minutes to caramelize. Cook time approximately 45-90 minutes depending on desired degree of doneness. Check in center of roast with meat thermometer. Heat to an internal temperature as follows: Rare: 130-140°F, Med 145-149°F, Well Done 150-155°F

### MASHED SWEET POTATOES:

#### Microwave:

Puncture film and microwave on high for 3 minutes. Carefully remove film and stir well. Microwave uncovered on high for 1 minute until hot. Let stand 1 minute before serving. CAUTION: Product and package will be hot.

#### Stove Top:

Small amounts can be heated on the stove top by placing mashed potatoes in a saucepan over medium heat until hot. You may add a small amount of milk or water to the mashed potatoes to aid in heating. Stir frequently.

### GREEN BEAN CASSEROLE:

#### Microwave:

On microwave safe plate on high, if frozen 13 minutes; if thawed 11 minutes. After heating let stand in the microwave 1-2 minutes. Use potholders and both hands to carefully remove plate and tray. Product will be hot. tray.

#### Conventional Oven:

Empty contents into an oven safe dish, heat oven to 375°F, if frozen bake covered 50-55 minutes; if thawed bake covered 30-40 minutes. Using potholders and both hands carefully remove the dish from the oven. Product will be hot.

### SPICED APPLES:

#### Microwave:

Puncture film and microwave on high for 2 minutes. Carefully remove film and stir well. Microwave uncovered on high for 1 minute until hot. Let stand 1 minute before serving. CAUTION: Product and package will be hot.

#### Conventional Oven:

Small amounts can be heated on the stove top by placing spiced apples in a saucepan over medium heat until hot. Stir frequently.