



Serving Instructions

Thank you for your Casserole Queen purchase. Your casserole has been freshly prepared especially for you. To get the most flavor and enjoyment out of your casserole we suggest the following cooking instructions:

- Our casseroles perform best when completely thawed before cooking. Depending on the size, it typically takes a frozen casserole anywhere between 24-48 hours to thaw while in your refrigerator. We do not recommend that you thaw the casserole at room temperature because that has the potential for spoilage. If you are pressed for time you can bake a casserole straight from the freezer at the suggested temperature, but you will need twice as much time in the oven.
- Please allow at least 10 minutes for your oven to fully preheat before baking your casserole.
- In order to cook your casserole thoroughly, do not cook in microwave (the dreaded flavor zapper). Our casseroles and disposables tins are intended for the oven. Although, once your casserole has been fully cooked and removed from the tin, you can use your microwave to reheat portions of the casserole.
- Your oven varies from Mrs. Henderson's oven down the road, so please note that these are basic guidelines. Cooking times may vary ever so slightly, so please pay attention. Check the casseroles several times near the end of baking to look for bubbling at the edges and a hot center.
- To ensure quality, we recommend that you do not store your casserole for longer than 2 months in your freezer.

Enjoy!
The Casserole Queens

Beef and Rice Fiesta Bake:

Keep foil lid on pan. Bake at 375° for about 30 minutes, remove lid and bake for 10 more minutes (or until thoroughly heated in center) Let stand 5 minutes before serving.

Pairing Suggestions: Round out this healthy dish by serving this casserole with either a fruit or green salad and dinner rolls.

Ingredients: ground beef, onion, green bell pepper, water, chili powder, cumin, sugar, oregano, tomatoes, green chiles, rice, fat-free sour cream, green onions, skim milk, reduced-fat sharp cheddar cheese

Nutrition per serving.

CALORIES 442(26% from fat); FAT 13g (sat 6.8g,mono 3.9g,poly 0.8g); PROTEIN 25.1g; CHOLESTEROL 64mg; CALCIUM 290mg; SODIUM 394mg; FIBER 3.9g; IRON 5mg; CARBOHYDRATE 56.7g