



Bean & Cheese Tamales

Note that heating times may vary based on the oven load and/or the quantity being heated at one time

At Home Heating From Frozen:

Conventional Oven:

1. Preheat the conventional oven to 200° F.
2. Place unopened bag on a sheet pan on either of the top 2 racks of your oven.
3. Heat for 25 minutes or until the product reaches the desired serving temperature.

At Home Heating From Refrigerated:

Conventional Oven:

1. Preheat the conventional oven to 200° F.
2. Place unopened bag on a sheet pan on either of the top 2 racks of your oven.
3. Heat for 20 minutes or until the product reaches the desired serving temperature.

Microwave: (Best if thawed prior to heating in microwave)

1. Poke a couple holes in the bag or make a slit.
2. Microwave 3-4 minutes, depending on your microwave.
3. The bag will inflate, wait for the bag to deflate, then proceed to open carefully. Caution: Hot steam may come out.