



Chipotle Bowl

~smoked chipotle chicken, cilantro rice, black beans & cheddar

Heating Instructions & Meal Ingredient Listing

Kickin' Kater LLC

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Licensed by PA Dept of Ag.



Directions: Product is fully cooked; thaw completely and cover with foil before placing in oven. Slowly heat in oven at 275° until minimum internal temperature of 165° is reached. Rotate half way through heating.

Approximate Heating Times for:

Family Pan – 60 minutes to 1.5 hours

28 oz Pan – 45 to 60 minutes

13 oz Pan – 30 to 45 minutes



Microwave Container: for best results, thaw completely. Product is fully cooked, treat as if reheating leftovers.

Microwave for 1 minute 30 seconds. Stir or rotate. Microwave for another 1 minute, or until desired temperature reached

Once product is thawed, use within 7 days or discard

Suggested use within 6 months of Freeze By Date

Contains: Milk, Soy, Celery

Serve with: Tortilla Chips, Lettuce, Salsa & Sour Cream (not included)

Ingredients: rice (parboiled long grain rice, iron phosphate, niacin, thiamine mononitrate, folic acid), **black beans** (black beans, water, salt), **chicken, cheddar cheese** (pasteurized milk, cheese culture, salt, enzymes, color added), potato starch and powdered cellulose added to prevent caking, niomycin (a natural mold inhibitor), **teriyaki sauce** (sugar, water, soy sauce (water, salt, hydrolyzed soy protein, corn syrup, caramel color), molasses, salt, less than 2% of: corn syrup solids, caramel color, distilled vinegar, citric acid, sodium benzoate (preservative), hydrolyzed corn), **chipotle seasoning** (salt, chili powder [chili pepper, spices, salt, garlic powder] and spices, cayenne pepper) **chicken broth, cilantro, cumin, lemon pepper** (salt, black pepper, citric acid, onion, sugar, garlic, calcium stearate, silicon dioxide (anti-caking agent), turmeric, celery seed, lemon oil, natural flavor, extractives of carrot (for color)), **chili powder** (ground chili peppers, salt, ground spice, dehydrated garlic, not more than 2% silicon dioxide added as an anti-caking agent), **butter** (pasteurized cream, salt), **salt, PAM cooking spray** (to prevent sticking) [canola oil*, coconut oil*, palm oil*, soy lecithin (prevents sticking), dimethyl silicone (anti foaming agent)]

Processed in facilities that process wheat, egg, milk, soy, tree nuts & peanuts