



HEATING INSTRUCTIONS

BEEF TENDERLOIN

Recommended Heating Instructions:

- 1. Set the oven to 350 degrees.*
- 2. Remove the beef and vegetables and place on to a baking sheet.*
- 3. Place the beef and vegetables in the oven and bake for 5 minutes or until hot.*
- 4. Add creamed spinach into a small sauté pan.*
- 5. On the stove, cook the creamed spinach on medium high heat until hot.*
- 6. Microwave beef jus for 30 second.*

Quickest Heating Instructions:

- 1. Remove lemon & dill yogurt from container.*
- 2. Microwave in container for 1 minute and then in 30 second intervals until hot.*