

Couch Potatoes

It's Easy. It's Comfort. It's Ready.

Menu & Instructions

- Chicken Picatta
- Tilapia Picatta
- Salmon & BB Tomato Relish
- Cottage Pie
- Chili
- Mac & Cheese
- Pasta Dishes
- White/Brown Rice
- Southern Green Beans
- Steam Roasted Broccoli
- Roasted Potatoes
- Peas & Carrots
- Chickpeas & Greens
- Caesar Salad
- Larillyn's Potato Salad
- Chicken Noodle Soup
- Minestrone Soup

Entrees

Chicken & Fish Dishes

- Microwave. Add 1 tablespoon of water and cover. Heat on high for 2 min intervals to desired temperature. Once heated, let sit two minutes to let the heat distribute
- Oven: Reheat 350F for 20 minutes, or to desired temperature
- Stovetop. Add dish to a covered skillet. Add 1-2 tablespoons of water. Heat on med-high heat to desired temperature.

Cottage & Shepherd's Pie

These dishes have fully cooked components

- Oven: Preheat oven to 350F with a rack in the middle. Reheat 30-45 minutes, or until the top is golden brown and the sauce is bubbling. Check the temperature in the middle of the dish-it should be at least 165F. While 165F is the safe temperature, the middle might seem cold. Baked dishes do well when heated to an internal, center temp of 180F.
- Microwave: Follow GRG. The microwave works well if you're reheating leftovers.

Pasta

This dish is fully cooked in its gravy or sauce

- Reheat on the stovetop or microwave following the GRG.
- Vacuum sealed: Follow the GRG.

For best results, use stovetop or microwave, GRG. Add a tablespoon of water to the dish before reheating

Soups, Stews, Chilies, and Dumplings

Couch Potatoes

It's Easy. It's Comfort. It's Ready.

- For best results, use stovetop or microwave, following GRG.
- FRITO PIE: Reheat chili. While it's reheating, place fritos on plate, bowl, etc. Pour chili on top when warm. Top with cheese.

Sides

Lettuce and Mixed Green Salads and Slaws

These salads have all the ingredients together but haven't been dressed so they don't get soggy.

Tips on dressing a salad:

- Place the greens in a large bowl and add about a tablespoon of dressing per serving. Toss the greens until they are lightly coated. Taste. If you want more dressing, add by tablespoon and toss between additions. The goal is to lightly coat the greens but not use so much that dressing is pooling in the bottom of the bowl. Plate the greens.
- Add the garnish to the same bowl and dress as you did the greens. You'll likely be able to use less dressing. Arrange the garnish on the greens.
- Alternatively, you can dress the greens and garnish together, especially if making a single salad. If making multiple salads this way, pay attention plating to ensure that all the salads have the same amount of garnish.

Pasta, Grain, Vegetable, Legume, and Potato Salads

These salads are already mixed and are ready to eat. They're usually eaten cold, although they can be heated if desired. Sometimes, they still need to be dressed. In this case, place the salad ingredients in a bowl. Add the included dressing a little at a time, gently tossing it in. The goal is to coat the salad with the dressing without leaving a pool in the bottom of the bowl.

Ice Side Dishes

Add a tablespoon or two of water first, regardless of heating method. Also, watch rice carefully to ensure that it doesn't dry out and burn, especially if on the stovetop. Add water by tablespoons as needed. Use microwave or stovetop for best results.

- Stovetop & microwave: Follow GRG.
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.

Vegetable Sides

Stovetop or microwave are the best ways to reheat.

- Stovetop & microwave: Follow GRG
- Oven: Reheat 350F for 20 minutes, or until internal temperature is 165F.