



HEATING

INSTRUCTIONS

STOVE



Place unopened frozen bag in boiling water, turn down to simmer for 17 to 20 minutes. If thawed, place in water for 15 minutes.

MICROWAVE



4 to 6 minutes, flipping 2 to 3 times to ensure even heating. Cook to internal temperature of 165 F.

ENJOY!

CAUTION: BAG AND CONTENTS WILL BE HOT.
ALLOW TO COOL BEFORE HANDLING

All Tommy Tamales are lard free, gluten free, and 0g trans fats. Tommy Tamales are a healthier better tasting Tamale.

