



TAMALES

STEAMING INSTRUCTIONS

Tamales are fully cooked & just need to be steamed until the tamale reaches an internal temperature of 165°F. Times may vary.

GF GLUTEN-FREE **W** HAND-CRAFTED

MICROWAVE

- ① Leave tamale in the package.
- ② **FROM FROZEN:**
Cook on high for 2 ½ minutes.
- ③ **FROM REFRIGERATED:**
Cook on high for 1 ½ minutes.
*Microwave times may vary.
- ④ Let stand for 1 minute.
- ⑤ Take out of package, remove husks, and enjoy!

WRAPPED IN A
TRADITIONAL
CORN HUSK

MADE WITH
ORGANIC NON-
GMO CORN

MEAT, VEGAN,
OR VEGETARIAN
OPTIONS

CONVENIENT
MICROWAVABLE
PACKAGING