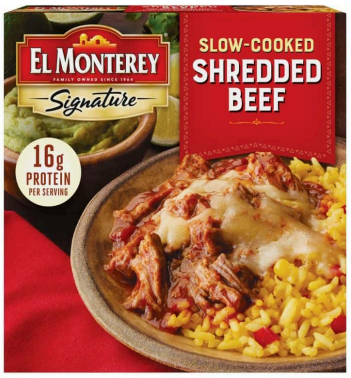
El Monterey® Signature Slow-Cooked Shredded Beef Bowl

Product # 37392

Looking for a convenient and delicious frozen dinner entree in a single package? El Monterey Signature Slow Cooked Shredded Beef combines beef with a zesty red sauce topped with Monterey jack cheese and served over Spanish style rice. With no artificial flavors or colors and 16 grams of wholesome protein, you can feel good about your meal. El Monterey Slow Cooked Shredded Beef is made from a traditional family recipe and then quickly frozen to lock in savory flavor. You can now enjoy authentic Mexican meals without leaving the comfort of home! Single-serve frozen dinners from El Monterey are a delicious and convenient meal that makes lunch or dinner easy and is ready in minutes in your microwave! You can find El Monterey Signature Slow Cooked Shredded Beef in the frozen meals section!





Ingredients

COOKED RICE COOKED SEASONED BEEF AND STARCH PRODUCT (Beef, Water, Less Than 2% Cornstarch, Salt, Lemon Juice Concentrate, Vinegar), WATER TOMATOES (Tomatoes, Tomato Juice, Citric Acid), MONTEREY JACK CHEESE (Pasteurized Milk, Cheese Cultures, Salt, Enzymes), CORN RED BELL PEPPER CANOLA OIL CHICKEN BASE (Cooked Chicken With Natural Juices, Salt, Maltodextrin, Chicken Fat, Sugar, Dried Whey, Natural Flavoring [Dehydrated Onion And Spice Extractives], Turmeric), CONTAINS 2% OR LESS Tomato Paste, Guajillo Chili Pepper Base (Water, Guajillo Chili, Onion Puree, Sea Salt, Granulated Cane Juice, Spices, Cilantro, Garlic Puree, Sesame Seed, Paprika, Cornstarch, Citric Acid), Tomatillos, Onion, Food Starch-Modified, Chipotle Puree (Chipotle Pepper, Water, Salt, Vinegar), Chili Powder (Chili Pepper And Other Spices, Salt, Garlic Powder), Salt, Spices, Wheat Flour, Dehydrated Garlic, Annatto Extract Color. CONTAINS: MILK, WHEAT, SESAME

Shelf Life

Frozen: 455 days AT OR BELOW 10º F; Refrigerated: NA

Case Pack	8/1/9 oz
Net Case WT (lbs)	4.5
Gross Case WT (lbs)	6.1
Case Cube	0.397
Case Dimensions	7.75 x 6.69 x 13.25
Tier and High	21 x 5
Cases per Pallet	105
Sell Unit UPC	0 71007 37392 3
Master Case UPC	1 00 71007 37392 0

Nutrition Facts

Serving Size 1 BOWL (255g)
Serving Per Container 1

Amount Per Serving	
Calories 390	Calories from Fat 130
	% Daily Value*
Total Fat 15g	**23%**
Saturated Fat 4.5g	**23%**
Trans Fat g	
Cholesterol 35mg	**12%**
Sodium 1320mg	**55%**
Total Carbohydrate 47g	**16%**
Dietary Fiber 2g	**8%**
Sugars 3g	
Protein 16g	
Vitamin A	**20%**
Vitamin C	**20%**
Calcium	**15%**

* Percent Daily Values based on a 2,000 Calorie Diet

Cooking Instructions

Microwave From Frozen
SETTING: (1,100 WATTS)
VENT FILM BEFORE COOKING.
FROZEN: 4 MINUTES, 35 SECONDS.
LET STAND FOR 1 MINUTE BEFORE EATING.
FOR FOOD SAFETY AND QUALITY, INTERNAL PRODUCT TEMPERATURE MUST REACH 165°F.
SINCE OVENS VARY, COOKING TIMES MAY REQUIRE ADJUSTING.
CAUTION: PRODUCT MAY BE HOT.