



January 2025

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Soup

BC#012352093135

Ingredients:

- 8 oz thick-sliced hickory smoked bacon
- 1.5 cups chopped raw onions
- 8 oz fresh green bell pepper
- 4 raw jalapeno peppers
- 4 cloves garlic, minced
- 1 tsp kosher salt
- ¼ cup all-purpose wheat flour
- 4 cups home-prepared chicken stock
- 2 cups whole milk (3.25% milkfat)
- 4 oz cream cheese
- 12 oz cooked, rotisserie chicken breast (shredded)
- 1 cup shredded cheddar cheese

Preparation Instructions:

1. Prepare ingredients:

- Cut the bacon into ½-inch pieces.
- Peel and dice the onion.
- Wash, seed, and chop the green bell pepper.
- Wash, seed, and mince the 4 jalapenos.
- Wash and thinly slice 1 jalapeno.
- Mince the garlic.
- Cut the cream cheese into 1-inch pieces and let it come to room temperature.
- Shred the cooked chicken breast.

2. Step 1:

- In a large pot over medium heat, cook the bacon, stirring occasionally, until it becomes crisp, about 8 to 10 minutes.
- Transfer the bacon to a plate, leaving about ¼ cup of bacon fat in the pot.

3. Step 2:

- Add the onion, bell pepper, chopped jalapenos, garlic, and ½ teaspoon salt to the pot.
- Cook, stirring occasionally, until softened, about 5 to 6 minutes.

4. Step 3:

- Stir in the flour until it coats the vegetables and forms a paste that begins to stick to the bottom of the pot.
- Whisk in the chicken stock and milk, mixing until combined.
- Bring the mixture to a boil, then reduce the heat to medium-low and simmer for about 10 minutes, stirring occasionally, until the liquid is reduced by about one-quarter and slightly thickened.

5. Step 4:

- Stir in the cream cheese until fully melted.
- Add the shredded chicken and three-quarters of the bacon, cooking until heated through, about 1 minute.
- Taste the soup and add the remaining ½ teaspoon salt, if needed.

6. Step 5:

- Divide the soup into bowls, serving 14 oz per portion.
- Top each bowl with shredded cheddar, the remaining bacon, and sliced jalapenos, as desired.



6 Servings, 395 Grams Each

Ingredients:

BC#012352093142

- 4 tablespoons salted butter
- 2.75 lb raw onions
- 2 cloves garlic, minced
- 2 tablespoons wheat flour (all-purpose, enriched, bleached)
- 2 teaspoons fresh thyme
- 1 teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 1 cup white table wine
- 6 cups beef stock (home-prepared)
- 16 oz potato and cheese gnocchi
- 2 cups shredded gruyere cheese

**Preparation Instructions:****1.Prepare the onions:**

- Peel the onions and slice them in half, then cut them into thin half-moon slices.

2.Step 1:

- In a large pot over medium heat, melt the butter.
- Add the sliced onions and cook, stirring occasionally, until they are deeply golden brown and caramelized, about 25 minutes.
- Add the minced garlic, flour, and thyme. Stir and cook until the garlic becomes fragrant, about 1 minute.
- Season with salt and black pepper.

3.Step 2:

- Add the white wine and bring it to a simmer.
- Cook, stirring occasionally, until the liquid has almost evaporated, about 5 minutes.
- Add the beef stock and bring it to a boil.
- Add the gnocchi and return to a boil.
- Cook, stirring occasionally, until the gnocchi is al dente and floats, about 3 minutes.
- Remove from heat.

4.Step 3:

- Carefully ladle 14 oz of soup into serving bowls.
- Top each bowl with shredded gruyere cheese.

5.Step 4:

- Garnish with fresh thyme and serve carefully.

7 Servings, 368 Grams Each

Soup

BC#102352093159

Ingredients:

- 3 Ciabatta sandwich rolls
- 2 tablespoons olive oil (salad or cooking)
- ¼ teaspoon dried oregano (leaves)
- ¼ teaspoon garlic powder
- ¼ teaspoon kosher salt
- 30 oz cannellini beans (Bob's Red Mill)
- 3 teaspoons vegetable base (no MSG)
- 2 cups water
- 1 tablespoon extra virgin olive oil
- 1 medium onion (2½" dia), peeled and diced
- 3 cloves garlic, minced
- 2 oz canned tomato paste (with salt added)
- 28 oz canned red ripe tomatoes, packed in tomato juice
- 1 teaspoon dried oregano (leaves)
- ½ teaspoon crushed red pepper flakes
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 5 cups fresh organic baby spinach
- ¾ cup grated Parmesan cheese
- ½ cup heavy whipping cream (fluid)

Preparation Instructions:

1.Prepare Croutons:

1. Cut ciabatta rolls into 1" squares.
2. Preheat oven to 350°F.
3. On a baking sheet, toss the ciabatta pieces with 2 tablespoons of olive oil, ¼ teaspoon oregano, garlic powder, and a large pinch of salt.
4. Spread the bread cubes in an even layer on the sheet.
5. Bake for 15 to 18 minutes, shaking the pan halfway through, until the croutons are golden and crispy.

2.Soup:

1. Peel and dice the onion.
2. Mince the garlic.
3. Completely dissolve the vegetable base in warm water to make the broth.
4. Drain and rinse the cannellini beans.

3.Step 1:

1. In a large pot over medium heat, heat 1 tablespoon of olive oil.
2. Add the diced onion and cook, stirring occasionally, until softened, about 8 minutes.
3. Add the minced garlic and cook for 1 more minute until fragrant.
4. Add the tomato paste and cook, stirring, for 2 minutes, allowing the onions to coat in the paste and the paste to slightly darken.

4.Step 2:

1. Stir in the canned tomatoes, broth, and 1 cup of cannellini beans.
2. Add oregano, crushed red pepper flakes, salt, and black pepper.
3. Bring to a boil, then reduce heat to medium-low and simmer, stirring occasionally, for about 20 minutes, until slightly reduced and flavors have melded.

5.Step 3:

1. Remove the pot from heat.
2. Carefully puree the soup using an immersion blender until smooth. Alternatively, transfer the soup to a standard blender in batches, allowing steam to escape carefully every 10 seconds, until smooth.

6.Step 4:

1. Return the soup to medium-low heat.
2. Stir in the spinach, ½ cup grated Parmesan, heavy cream, and the remaining beans.
3. Bring to a simmer and cook, stirring occasionally, until the spinach is wilted and the cheese is melted, about 10 minutes.

7.Step 5:

1. Portion 14 oz of soup into serving bowls.
2. Top with additional grated Parmesan cheese.
3. Serve with the croutons on the side, packaged separately.



6 Servings, 440 Grams Each

Ingredients:

BC#012352093166

- 6 oz vermicelli pasta (broken into 1" pieces)
- ¼ cup olive oil (salad or cooking)
- 1 teaspoon kosher salt
- 1 medium onion (about 2½" diameter), peeled and finely chopped
- 3 cloves garlic, minced
- 14 oz canned red ripe tomatoes, packed in tomato juice
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 8 teaspoons vegetable base (no MSG)
- 6 cups water
- 3 oz fresh queso fresco, crumbled
- ¼ cup fresh coriander (cilantro) leaves
- 1 lime, washed and cut into wedges

Preparation Instructions:

1. Break the vermicelli pasta into 1" pieces.
2. Peel and finely chop the onion.
3. Mince the garlic.
4. Dissolve the vegetable base in warm water to make broth.
5. Wash, dry, and wedge the lime.

Cooking Instructions:

1. In a large heavy pot over medium heat, add the olive oil. Add the broken vermicelli pasta and season with ½ teaspoon of salt. Cook, mostly undisturbed, for 2 to 3 minutes until the pasta turns golden brown and toasted. Using a slotted spoon, transfer the toasted vermicelli to a medium bowl and set aside.
2. In a blender, blend the chopped onion, minced garlic, and canned tomatoes until the mixture is nearly smooth, light pink, and aerated. Transfer the mixture to the pot carefully to avoid splattering. Cook over medium heat, stirring occasionally, for about 10 minutes, until the rawness of the onion and garlic has cooked off. Stir in the ground coriander and cumin, and season with the remaining ½ teaspoon of salt.
3. Add the toasted vermicelli and the prepared vegetable broth to the pot. Bring to a simmer over medium heat and cook, stirring occasionally, for 15 to 18 minutes until the noodles are tender.
4. Portion 14 oz of soup into bowls. Top each bowl with ½ oz of crumbled queso fresco and fresh cilantro leaves. Serve with lime wedges on the side.

**5 Servings, 395 Grams Each**

Chicken Spinach Artichoke Soup

BC#012352093173

Ingredients:

- 1 tablespoon olive oil (salad or cooking)
- ½ sweet onion, peeled and chopped
- 3 medium stalks celery (7½" - 8" long), washed and chopped
- 3 cloves garlic, minced
- ½ teaspoon crushed red pepper flakes
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 6 cups homemade chicken stock
- ½ lemon, juiced
- 1.25 lb skinless, boneless chicken breast (raw)
- 14 oz canned artichoke hearts, drained and quartered
- 1 cup shredded whole milk mozzarella cheese
- 1.25 cups grated parmesan cheese
- 2 tablespoons heavy whipping cream
- 4.5 cups fresh spinach, washed and chopped
- 2 tablespoons fresh parsley, chopped

Preparation Instructions:

1. Peel and chop the onion.
2. Wash, trim ends, and chop the celery.
3. Mince the garlic.
4. Juice half of the lemon and set aside.
5. Drain and quarter the artichoke hearts.
6. Wash, dry, and chop fresh parsley.

Cooking Instructions:

1. In a large pot over medium heat, add the olive oil. Once heated, add the chopped onion and celery, cooking until softened, about 6 minutes. Add the minced garlic and crushed red pepper flakes, cooking for another minute until fragrant.
2. Pour in the chicken stock and lemon juice, bringing the mixture to a boil.
3. Add the raw chicken breasts to the pot, reduce the heat, and let simmer until the chicken is fully cooked through, about 10-12 minutes.
4. Remove the chicken from the pot and shred it using two forks. Return the shredded chicken to the pot.
5. Add the quartered artichoke hearts, mozzarella cheese, 1 cup of parmesan cheese, and the heavy cream. Stir occasionally until the cheeses are melted and the soup is smooth. Stir in the chopped spinach until wilted.

Serving Instructions:

1. Portion the soup (14 oz) into serving bowls.
2. Garnish with freshly grated parmesan cheese and chopped fresh parsley before serving.

**6 Servings, 369 Grams Each**

Ingredients:

- 1 tablespoon canola oil
- 1 large onion, peeled and diced
- 2 tablespoons taco seasoning mix, original
- 1 teaspoon kosher salt
- 2 cups homemade beef stock
- 15 oz fire roasted diced tomatoes
- 15 oz canned pinto beans, drained and rinsed
- 15 oz roasted corn
- 1 cup sour cream, cultured
- 3 tablespoons low sodium Tajín seasoning
- 5 oz Kraft Mexican Style Cheddar Jack shredded cheese
- 7.5 oz yellow tortilla chips, plain, salted
- 2 tablespoons fresh cilantro leaves, chopped
- 1 lb ground beef (85% lean meat / 15% fat)

BC#012352093180

**Preparation Instructions:**

1. Peel and dice the onion.
2. Drain and rinse the pinto beans.

Cooking Instructions:

1. In a large Dutch oven over medium-low heat, heat the canola oil. Add the diced onion and cook, stirring occasionally, until softened, about 10 minutes. Increase the heat to medium-high, then add the taco seasoning mix and cook, stirring, until fragrant, about 1 minute. Add the ground beef, breaking it up with a spoon, and cook until no longer pink, about 5 minutes. Season with salt.
2. Add the beef stock, fire roasted tomatoes, pinto beans, and roasted corn to the pot. Bring the mixture to a boil, then reduce the heat to medium and simmer, stirring occasionally, until the soup slightly thickens, about 10 minutes.
3. Meanwhile, in a small bowl, combine the sour cream and Tajín until well mixed.

Serving:

1. Portion 14 oz of the soup into bowls.
2. Top each bowl with a generous sprinkle of fresh chopped cilantro, a 1.5 oz dollop of the sour cream-Tajín mixture, and 1 oz of shredded cheddar cheese.
3. Serve with 1.5 oz of tortilla chips on the side.

5 Servings, 435 Grams Each

Ingredients:

BC#012352093197

- 4 slices thick-sliced hickory smoked bacon
- 2 large carrots (7-1/4" to 8-1/2" long), peeled and chopped
- 1 tablespoon fresh thyme, washed and leaves removed
- 1 large onion, peeled and chopped
- 3 medium stalks celery (7-1/2" to 8" long), washed and chopped
- 6 cloves garlic, minced
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 teaspoon ground coriander
- ¼ teaspoon ground nutmeg
- 1.15 grams smoked paprika
- 1/4 cup dry green split peas
- 7 cups homemade chicken stock
- 12 oz Black Forest ham, diced
- 1 large ham bone

Preparation Instructions:

- 1.Cut the bacon into 1-inch pieces.
- 2.Wash, peel, and chop the carrots.
- 3.Wash, dry, and remove leaves from the thyme.
- 4.Peel and chop the onion.
- 5.Mince the garlic.
- 6.Wash, remove the root end, and chop the celery.
- 7.Dice the ham.

Cooking Instructions:

- 1.In a large pot over medium heat, cook the bacon until golden, about 6 to 8 minutes. Transfer the bacon to a plate, leaving the fat in the pot. Add the chopped carrots and thyme, and cook until golden and tender, about 7 minutes. Transfer to a plate.
- 2.Add the chopped onion, celery, minced garlic, salt, pepper, coriander, nutmeg, and smoked paprika to the pot. Cook until softened, about 8 minutes. Add the split peas, 5 cups of broth, and the ham bone. Bring to a boil, then reduce the heat to a simmer. Cook, stirring occasionally, until the peas fall apart, about 45 minutes.
- 3.Once the peas are tender, remove the pot from heat and discard the ham bone. Stir in the remaining broth and, if desired, use an immersion blender to purée the soup.
- 4.Return the pot to medium heat. Stir in the cooked carrots and diced ham, and simmer until warmed through.

Serving:

- 1.Portion the soup into 14 oz bowls.
- 2.Top each bowl with the cooked bacon before serving.



6 Servings, 395 Grams Each

Ingredients:

BC#012352093203

- 4 tablespoons unsalted butter
- 1 medium onion (about 2-1/2" in diameter), peeled and finely chopped
- 3 stalks celery (7-1/2" to 8" long), washed, root end removed, and thinly sliced
- 1/4 cup white all-purpose wheat flour
- 3 cups homemade chicken stock
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper
- 4 cups chopped raw broccoli
- 1 large carrot (7-1/4" to 8-1/2" long), peeled and finely grated
- 2 cups whole milk (3.25% milkfat)
- 4 cups shredded cheddar cheese

Preparation Instructions:

1. Peel and finely chop the onion.
2. Wash, remove the root end, and thinly slice the celery.
3. Wash and finely chop the broccoli.
4. Wash, peel, and finely grate the carrot.

Cooking Instructions:

1. In a large pot over medium heat, melt the butter. Add the chopped onion and sliced celery. Cook, stirring occasionally, until softened, about 7 to 9 minutes.
2. Whisk in the flour and cook, stirring, for about 1 minute, until the vegetables are coated. Slowly pour in the chicken stock, then season with salt and pepper.
3. Stir in the chopped broccoli and grated carrots. Bring the mixture to a boil, then reduce the heat to low. Simmer, stirring occasionally, until the vegetables are tender, about 8 to 12 minutes.
4. Slowly add the milk and bring it to a simmer. Stir in 3 cups of shredded cheddar cheese until melted and smooth. Taste and adjust seasoning with salt and pepper as needed.

Serving:

1. Portion 14 oz of soup into bowls.
2. Top each bowl with 1/4 cup of shredded cheddar cheese.

**4 Servings, 395 Grams Each**

Peanut Curry Pasta with Chicken

BC#012352093210

Ingredients:

- 8 oz fettuccini pasta
- ¼ cup coconut oil
- ½ cup chopped raw onion
- ½ cup chopped sweet red bell pepper
- ¼ cup grated raw carrot
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger root, minced
- 15 oz canned coconut milk
- ½ oz smooth salted peanut butter
- ½ cup fresh basil, chopped
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 1 tablespoon curry powder
- 1 tablespoon onion powder
- 1 teaspoon paprika
- 1 tablespoon Bragg Nutritional Yeast
- 1 teaspoon dried coriander leaf
- 10 oz skinless, boneless chicken breast, cut into bite-sized pieces
- 1 oz dry-roasted salted peanuts, chopped
- ½ lime, cut into wedges
- ¼ teaspoon crushed red pepper flakes



Preparation Instructions:

1. Cook the fettuccini according to the package directions. Drain and rinse the pasta.
2. Rinse, trim excess fat from the chicken, and cut it into bite-sized pieces.
3. Peel and chop the onion.
4. Wash, de-seed, and chop the red bell pepper.
5. Wash, peel, and shred the carrot.
6. Wash, dry, and thinly slice the basil.
7. Wash and wedge the lime.
8. Prepare the Curry Blend Spice Mix by combining the salt, pepper, curry powder, onion powder, paprika, nutritional yeast, and coriander.

Cooking Instructions:

1. In a large skillet over medium-high heat, heat 1 tablespoon of coconut oil. Add the chopped onion and red bell pepper. Cook for 3 to 5 minutes, or until they start to brown.
2. Add the chicken to the skillet and cook until browned. Add the minced garlic and ginger, and cook for an additional minute.
3. Make a well in the middle of the skillet, then add the remaining coconut oil and the Curry Blend Spice Mix, stirring to form a paste.
4. Add the coconut milk and peanut butter, stirring to combine. Let it simmer for 3 to 5 minutes.
5. Stir in the cooked pasta and sliced basil, tossing to combine well.

Serving:

1. Portion into serving dishes.
2. Top with chopped peanuts and a sprinkle of crushed red pepper flakes.
3. Serve with a lime wedge on the side.

2 Servings 555 Grams Each

Sliders W/Fries

BC#012352093227

Ingredients:

- 8 slices thick-sliced hickory smoked bacon
- 8 split-top slider buns
- 1 lb 85% lean ground beef
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 4 oz smooth salted peanut butter
- 4 servings (5 oz each) colossal crisp fries



Preparation Instructions:

1. Cook the bacon according to package directions. Drain and set aside.
2. Gently combine the ground beef, salt, and pepper. Shape into 8 patties, each weighing 2 oz.
3. Preheat the griddle to medium heat. Cook the patties for 8 to 10 minutes, or until the internal temperature reaches 155°F.
4. Assemble the sliders: Spread ½ oz of peanut butter on the bottom half of each bun. Top with a beef patty and one slice of bacon.

Serving:

1. Serve 2 sliders per order, alongside the colossal crisp fries.

4 Servings. 425 Grams Each

Colossal Crispy Fries

Sub Recipe

Ingredients:

- 5oz Potato Fry 3/8 Colossal Crisp
- 0.5 Tbsp Shortening ZTF for frying
- 1 tsp Kosher Salt
- 0.5 tsp Ground Black Pepper

Instructions:

1. Preheat the Oven:

1. Preheat your oven to 425°F (220°C).

2. Prepare the Potatoes:

1. Wash and cut the potatoes into thick, even strips to achieve the colossal crisp texture.

3. Coat with Oil and Seasonings:

1. In a large bowl, toss the potato strips with vegetable oil until they are evenly coated. Sprinkle kosher salt and ground black pepper over the potatoes and toss again to distribute the seasonings.

4. Arrange on Baking Sheet:

1. Place the seasoned potato strips on a baking sheet, ensuring they are spread out in a single layer. This helps them crisp up in the oven.

5. Bake in the Oven:

1. Bake in the preheated oven for about 25-30 minutes or until the fries are golden brown and crispy. Flip the fries halfway through the baking time to ensure even cooking.

6. Remove and Serve:

1. Once the fries are done, remove them from the oven and add 5 oz to each meal tray



1 Serving = 5 oz

Ingredients:

- 2 tablespoons olive oil
- 1 cup chopped raw onion
- 1 tablespoon fresh ginger root, minced
- 1 jalapeno pepper, seeds and ribs removed, finely chopped
- 4 cloves raw garlic, minced
- ½ teaspoon ground black pepper
- 2 teaspoons ground cumin
- 2 tablespoons canned tomato paste (no salt added)
- 14 oz canned crushed tomatoes
- 5 teaspoons vegetable base (no MSG)
- 4 cups tap water
- 2 medium sweet potatoes (5" long), peeled and diced
- 15 oz canned chickpeas (garbanzo beans), drained and rinsed
- 1 cup chunk-style salted peanut butter
- 4 cups chopped raw kale
- 1 teaspoon kosher salt
- 3 oz dry-roasted salted peanuts, chopped
- ¼ cup fresh coriander (cilantro) leaves, washed, dried, and stems removed

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**Preparation Instructions:**

1. Peel and chop the onion.
2. Wash, peel, and mince the ginger.
3. Wash, remove the seeds and ribs, and finely chop the jalapeno.
4. Mince the garlic.
5. Combine the vegetable base with warm water to make the stock.
6. Wash, peel, and dice the sweet potatoes.
7. Drain and rinse the chickpeas.
8. Wash, remove the tough center rib, and chop the kale.
9. Chop the dry-roasted salted peanuts.
10. Wash, dry, and remove leaves from the cilantro stems for garnish.

Cooking Instructions:

1. In a large saucepan, heat the olive oil over medium heat. Add the chopped onions and sauté for 3 to 4 minutes, or until softened.
2. Add the minced ginger, chopped jalapeno, and garlic. Cook for 1 minute, or until fragrant.
3. Stir in the black pepper, cumin, and tomato paste. Cook for 1 to 2 minutes, or until well combined.
4. Add the crushed tomatoes, vegetable stock, sweet potatoes, chickpeas, and peanut butter. Bring the mixture to a boil.
5. Lower the heat and simmer for 15 to 20 minutes, or until the sweet potatoes are tender.
6. Stir in the chopped kale and kosher salt.

Serving:

1. Serve 14 oz per portion, garnished with chopped peanuts and fresh cilantro.

6 Servings 395 Grams Each

Ingredients:

- ¼ cup canned coconut milk (liquid expressed from grated meat and water)
- 2 tablespoons tamari soy sauce
- 2 ½ teaspoons curry powder
- 1 ½ teaspoons ground turmeric
- 3 cloves raw garlic
- 1 tablespoon fresh ginger root
- 1 tablespoon packed brown sugar
- 1 tablespoon Thai fish sauce
- 32 oz boneless, skinless chicken thighs, raw
- 2 cups raw pineapple chunks
- 1 tablespoon canola oil
- 2 teaspoons kosher salt
- 2 teaspoons ground black pepper
- 2 ½ oz young green onions, tops only
- 2 ½ oz dry-roasted salted peanuts
- ¼ teaspoon crushed red pepper flakes
- ½ cup smooth salted peanut butter
- 2 tablespoons water
- 1 tablespoon tamari soy sauce
- 1 tablespoon lime juice
- 1 teaspoon unpacked brown sugar
- 2 teaspoons chile garlic sauce
- 1 teaspoon fresh ginger root

Preparation Instructions:

1. Wash, peel, and grate both portions of fresh ginger.
2. Peel, core, and cut the fresh pineapple into chunks.
3. Rinse and trim excess fat from the chicken thighs, then cut into 1-inch cubes.
4. Wash and thinly slice the green onion tops.
5. Chop the dry-roasted salted peanuts.

Grilled Chicken Satay with Peanut Sauce:

1. In a medium bowl, combine coconut milk, tamari soy sauce, curry powder, turmeric, garlic, ginger, brown sugar, and fish sauce. Transfer the mixture to a large resealable plastic bag and add the chicken. Marinate in the refrigerator for 2 hours or overnight.
2. Preheat the grill to medium-high heat. Remove the chicken from the marinade and discard the marinade. Thread the chicken and pineapple onto 6-inch skewers (about 15 skewers). Brush with canola oil and season with salt and pepper to taste.
3. Grill the skewers, turning occasionally, for 12-15 minutes until the chicken reaches an internal temperature of 165°F and is fully cooked.
4. Serve 4 skewers per portion, sprinkled with sliced green onions, chopped peanuts, and crushed red pepper flakes. Serve alongside a portion of the prepared peanut sauce.

Peanut Sauce:

1. In a small bowl, whisk together peanut butter, water, soy sauce, lime juice, brown sugar, minced ginger, and chile garlic sauce.
2. Portion the peanut sauce into 5 souffle cups with lids, a little over an ounce per cup.



Ingredients:

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- 24 oz 93% lean ground turkey
- ½ teaspoon ground ginger
- ⅛ teaspoon ground black pepper
- 3 tablespoons chunk-style salted peanut butter
- 1 teaspoon fresh ginger root, minced
- 3 tablespoons tamari soy sauce
- 1 ½ tablespoons olive oil
- 18 oz broccoli slaw (cabbage, broccoli, carrots)
- ½ oz sesame seeds, whole, dried
- 6 butter brioche buns (4.25" rolls)
- 2 oz young green onions, tops only
- 1 clove raw garlic, minced

**Preparation Instructions:**

1. Wash and trim the white ends of the green onions, then thinly slice them.
2. Peel and mince the fresh ginger.
3. Mince the garlic.
4. Toast the sesame seeds in a dry pan until golden brown.

Burger Patties:

1. In a bowl, combine the ground turkey, green onions, ground black pepper, and ground ginger. Mix well and portion the mixture into 4 oz patties.

Dressing:

1. In a separate bowl, whisk together the peanut butter, tamari soy sauce, minced fresh ginger, minced garlic, and olive oil.

Slaw:

1. Place the broccoli slaw in a bowl. Drizzle with the prepared dressing and toss to coat lightly.

Cooking:

1. Preheat the grill and cook the turkey patties until they reach an internal temperature of 160°F.
2. While the patties are grilling, toast the buns on the grill.

Assembly:

1. Place a cooked turkey patty on the bottom half of a toasted bun.
2. Top with 3 oz of the prepared slaw.
3. Drizzle with the remaining dressing and sprinkle with toasted sesame seeds.
4. Add the top half of the bun and package.

6 Servings, 305 Grams Each

Ingredients:

- 8 oz cream cheese, softened
- 1 cup powdered sugar
- 1 ½ cups smooth salted peanut butter
- 2 teaspoons vanilla extract
- 2 cups heavy whipping cream, whipped
- 1 teaspoon granulated sugar
- 1 ready-made chocolate cookie pie crust
- 2 oz Ghirardelli milk chocolate chips
- 2 tablespoons smooth salted peanut butter
- 1 oz dry-roasted salted peanuts

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**Preparation Instructions:**

1. Soften the cream cheese at room temperature.
2. Prepare the whipped cream by combining the heavy whipping cream and granulated sugar in a bowl. Use a mixer to whip until semi-stiff peaks form.
3. Melt 2 tablespoons of chocolate chips and set aside.
4. Chop the remaining chocolate chips and set aside.
5. Melt 2 tablespoons of peanut butter and set aside.
6. Chop the roasted peanuts.

Pie Filling:

1. In a large bowl, beat the softened cream cheese and powdered sugar with an electric mixer on medium speed until light and fluffy, about 2 minutes.
2. Add the peanut butter and vanilla extract. Beat until fully combined.
3. Gently fold in the prepared whipped cream.
4. Transfer the filling into the pie crust and spread it evenly.
5. Refrigerate the pie uncovered for at least 4 hours, or up to 1 day if covered with plastic wrap.

Garnish and Serving:

1. Drizzle the melted chocolate and melted peanut butter over the top of the pie to garnish.
2. Sprinkle with chopped peanuts and chocolate.
3. Return the pie to the refrigerator to set.
4. Once fully set, cut the pie into 6 slices, package, and label. Store in the refrigerator for best results.

6 Servings 198 Grams Each

Blondies

BC#012352093272

Ingredients:

- 1 ½ cups packed brown sugar
- ¾ cup salted butter
- ½ cup chunk-style peanut butter with salt
- 2 extra-large whole eggs
- 3 teaspoons vanilla extract
- 1 ½ cups white all-purpose enriched bleached wheat flour
- 1 teaspoon double-acting baking powder
- ½ teaspoon kosher salt
- 4 oz strawberry jam



Preparation Instructions:

1. Preheat the oven to 350°F. Line a 9x13-inch baking pan with foil or parchment paper and lightly coat with non-stick cooking spray.
2. In a mixing bowl, combine the brown sugar, butter, and peanut butter. Beat in the eggs and vanilla extract until smooth.
3. Add the flour, baking powder, and salt to the mixture and stir until fully combined.
4. Spread the batter evenly in the prepared pan.
5. Drop spoonfuls of strawberry jam on top of the batter and use a knife to swirl the jam through the batter for a marbled effect.
6. Bake for 30 to 35 minutes, or until a toothpick inserted into the center comes out clean.
7. Let the bars cool in the pan before slicing and serving.

10 Servings, 99 grams each

BC#012352093289

Ingredients:

- 1 large whole-wheat pita (6 ½" diameter)
- ¼ cup chunk-style salted peanut butter
- ½ large apple (3 ¼" diameter)
- 2 oz cheddar cheese
- 1 ½ large hard-boiled eggs
- 1 ½ oz red or green grapes (such as Thompson seedless)



Preparation Instructions:

1. Cut the pita into wedges.
2. Wash, core, and thickly slice the apple. Dip the slices in citrus water to prevent browning.
3. Wash and cut the grapes into small bunches.
4. Cut the hard-boiled eggs in half.
5. Portion the peanut butter into a 3 oz portion cup with a lid.

Assembly:

1. Arrange the pita wedges, apple slices, cheese, grapes, and egg halves into a serving box.
2. Close the box, label, and refrigerate.

1 Serving, 375 Grams Each