



Hot Food Program

Standardized Recipe Book



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FOOD-ALLERGIC INDIVIDUALS

Be aware that we handle and prepare egg, milk, wheat, shellfish, fish, soy, peanut and tree nut products, sesame products and other potential allergens in the food production areas of our facility.

Contact _____ with questions.



According to the FDA (Food and Drug Administration), for sensitive individuals, the presence of allergens in food is potentially life-threatening. Currently, there is no cure for food allergy. The only successful method for individuals to manage food allergies is for them to avoid foods containing a particular allergen. Most consumers are aware of their specific sensitivities and can avoid foods that might result in a life-threatening situation. The FDA, food manufacturers, and special interest groups are working to increase public awareness of the seriousness of allergic reactions and to ensure that allergens are appropriately labeled in food products.

Allergic reactions are reported to be caused by a large variety of foods, and in theory, any food protein is capable of causing an anaphylactic reaction. The FDA allergen awareness efforts currently focus on the nine foods that are most frequently implicated in serious allergic responses:

- Milk
- Eggs
- Fish
- Wheat
- Tree nuts (almonds, Brazil nuts, cashews, chestnuts, filberts/hazelnuts, macadamia nuts, pecans, pine nuts, pistachios, coconut and walnuts)
- Peanuts
- Soy
- Crustaceans (e.g. crab, crayfish, lobster, shrimp)
- Sesame

Allergenic proteins in these eight foods are estimated to cause 90% of the allergic reactions in the U. S. Some of these foods, such as milk and eggs, are often used as added ingredients in formulated products. Low amounts of these proteins may elicit a response and reactions may vary from mild to life threatening, depending on a person's particular sensitivity

Estimates suggest that approximately, in the U. S., 1.5-2% of the adult population and 5-8% of children younger than three years old have some form of food allergy. One estimate of the number of fatalities due to food allergic reactions in the U. S. is about 125 per year.

Definitions:

Food sensitivity results when a food in the diet causes an increase in the level of a body chemical. Food sensitivity can be classified as food allergy or food intolerance.

Food allergy – immune response to a food or a substance, normally a protein or glycoprotein found in a food naturally or by contamination, or produced by processing, cooking or digestion. The body immune system reacts with the allergens and produces defensive agents such as antibodies creating a physiological response.

Food intolerance – adverse reaction to foods or food substances that does not involve the immune system. Maybe caused by reactions to chemicals, enzyme deficiencies, diseases of the digestive system or even psychological reaction to foods.

Common Symptoms of an Allergic Reaction to Food

Symptoms typically appear within minutes to two hours after a person has eaten the food to which he or she is allergic. They include but are not limited to:

- Tingling sensation in the mouth
- Swelling of the tongue and throat
- Difficulty breathing
- Hives
- Vomiting
- Abdominal cramps
- Diarrhea
- Drop in blood pressure
- Loss of consciousness, and death.

SUMMARY

In view of the fact that food allergies are now recognized as an important food safety issue and a serious hazard to certain individuals, we are taking the greatest care in producing and marketing our food. Canteen Amazon Vendors have the responsibility to:

- Develop foods so as to avoid, wherever possible, inclusion of unnecessary major allergens as ingredients;
- Certify suppliers or vendors have implemented a HACCP program addressing the issue of allergens including complete and accurate ingredient labeling;
- Maintain a list and receive ingredients from nominated suppliers only
- Organize ingredients supplies, production, production schedules and cleaning procedures to prevent cross-contamination of products by undeclared allergens;
- Train and educate all associates in an understanding of the necessity to control allergens and its reasons;
- Provide an accurate and comprehensive ingredient statement and if applicable, an appropriate warning, to customers, of the presence or possible presence of a major allergen in a product;
- Have in place an appropriate system for recall of any product found to be non-conforming but carrying no warning.










Dealing with the major 8 serious food allergens is an essential part of Good Manufacturing Practices and especially HACCP.

In lieu of the passage by U. S. Congress and signed into law by the President of the Food Allergen Labeling and Consumer Protection Act of 2004, this Allergen Program fulfills all of its requirements and is mandatory.

Date: _____

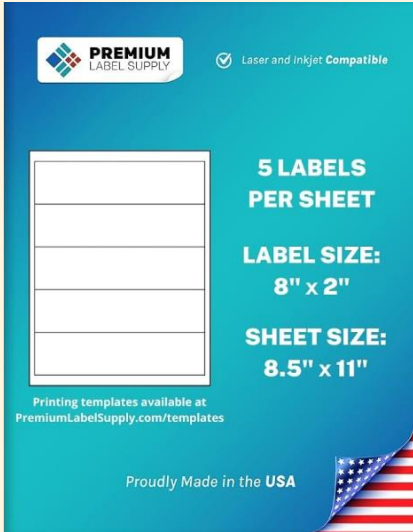
Signature: _____

Amazon Packaging Spec Sheet

Category	Description	Package Photo	Manufacturer	Item #
Entrée	24 oz. Black Rectangular Microwaveable Heavy Weight Container with Lid 8" x 5 1/4" x 2" -		CHOICE or other like container brand	129MCS24B
Entrée Bowl	24 oz. Black Round Microwaveable Heavy Weight Container with Lid 7 1/4" - 150/Case		CHOICE or other like container brand	129MCR24B
Entrée Fried Food or Hot Sandwich	Anchor Crisp Food Technologies 9" x 6", Black/Clear 24oz		Anchor	CF424 Container 126 ct CFL4 Lid 126 ct
Pizza	7" x 7" x 2" White Corrugated Pizza Box - 50/Case		CHOICE	245CBP7WHPRINT
Soup Cup	16 oz. Microwaveable Translucent Plastic Deli Container and Lid Combo Pack -		CHOICE HD	128HD16COMBO
Dessert	Clear Hinged Container 5 3/8" x 5 1/4" x 2 5/8" - 500 Case		Dart	C53PST1
Dessert Cup	8 oz. Tamper-Resistant, Tamper-Evident Snack Cup with Flat Lid -		Dart	SC8F
Tamper Tape	Tape Clear 1" X 330' W/3" Core, 72/roll case or by the roll		Brenmar Co	110004
Tape Dispenser	Tape Dispenser EX-11171 1" Steel White W/3" Core		Brenmar Co	110015

Or Use a Similar Item Depending on Availability

Label Ordering Option 1



Premium Label Supply Matte White Water Bottle Stickers- NOT Waterproof – 8” x 2” – Laser/Inkjet Compatible – (5 Labels/Sheet), 25 Sheets – 125 Total Adhesive Labels
PLS266

Size: 5000 Labels

125 Labels \$12.99 (\$0.10 / Count)	500 Labels \$21.99 (\$0.04 / Count)	2500 Labels \$59.99 (\$0.02 / Count)	5000 Labels \$104.99 (\$0.02 / Count)
10000 Labels \$189.99 (\$0.02 / Count)			

Size	5000 Labels
Brand	Premium Label Supply
Finish Type	Adhesive
Shape	Rectangular
Number of Labels	5000

https://www.amazon.com/Premium-Label-Supply-Stickers-Waterproof/dp/B0BRQT7F2H/ref=sr_1_5?crid=26Y4DD1BOL0TR&keywords=premium%2Blabel%2Bsupply%2Btemplate%2B8%22x2%22&qid=1704925257&srefix=premium%2Blabel%2Bsupply%2Btemplate%2B8%2Bx2%2B%2Caps%2C194&sr=8-5&th=1

If you have alignment issues, use these tips




<https://www.onlinelabels.com/articles/printer-alignment-guide>

You can also purchase directly from Premium Label Supply

Label Ordering Option 2



8 x 2 - Pack of 500 Labels,
100 Sheets - Inkjet/Laser
Printer - Online Labels

 \$28.73 (\$0.06 / Count)	 \$80.01 (\$0.16 / Count)	 \$66.87 (\$33.44 / Count)
Color	Non-waterproof	
Size	8 x 2 inch	
Material	Paper	
Brand	Online Labels	
Finish Type	Matte	

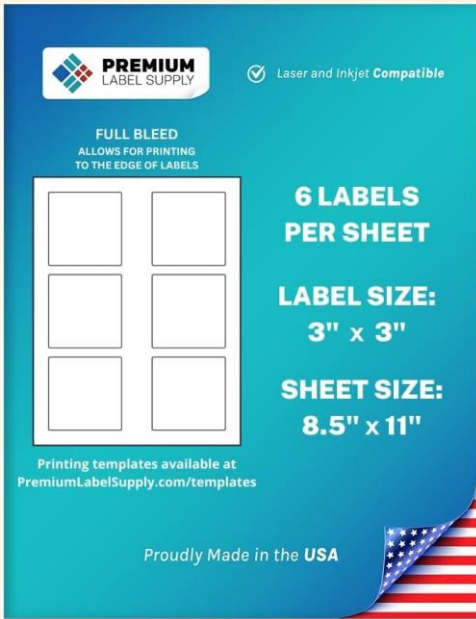
https://www.amazon.com/Water-Bottle-Labels-Sheets-Printer/dp/B079B2LXSX/ref=sr_1_8?crid=3OIT5RSJ4XH&keywords=8x2%2Blabel&qid=1705002536&srefix=8x2%2Blabel%2Caps%2C634&sr=8-8&th=1

If you have alignment issues, use these tips

<https://www.onlinelabels.com/articles/printer-alignment-guide>

You can also purchase directly from Online Labels

Label Ordering Option 3/Desserts



Premium Label Supply White Sticker Square Labels – 3” x 3” – Laser/Inkjet Compatible – (6 Labels/Sheet), 25 Sheets – 150 Total Adhesive Labels

Size: 150 Labels	
150 Labels \$12.99 (\$0.09 / Count)	600 Labels \$21.99 (\$0.04 / Count)
	3000 Labels \$59.99 (\$0.02 / Count)
	6000 Labels \$104.99 (\$0.02 / Count)
	12000 Labels \$189.99 (\$0.02 / Count)
Size	150 Labels
Brand	Premium Label Supply
Finish Type	Adhesive

https://www.amazon.com/Premium-Label-Supply-Sticker-Square/dp/B0BRQR2MY6/ref=sr_1_11_sspa?crd=1VRL7UTWTL5VF&keywords=online%2Blabels%2B3x3&qid=1706308743&srefix=online%2Blabels%2B3x%2Caps%2C213&sr=8-11-spons&sp_csd=d2lkZ2V0TmFtZT1zcF9tdGY&th=1

You can also purchase from multiple suppliers

CANTEEN  KITCHENS



Hot Breakfast Recipes

**YOU ASKED,
WE LISTENED.**



**COMING SOON:
BREAKFAST
SERVED
AM & PM
SHIFTS
Starts:**



BACON, EGG & CHEESE Muffin

INGREDIENTS:

- 1 each** English Muffin
=2 oz
- 2.00 oz** Cooked Folded Egg
- 2 slices** Cooked Thick Sliced Bacon

- 1 slice** American Cheese
= 0.50 oz



INSTRUCTIONS:

1. Split Muffin and place bottom
2. Place egg
3. Place two slices bacon crossed
4. Place cheese
5. Place top muffin onto cheese

INSTRUCCIONES:

1. Udivida el muffin y coloque el fondo
2. Coloque el huevo
3. Coloque dos rebanadas de tocino cruzadas
4. Poner queso
5. Coloque el pannecill superior sobre el queso

Breakfast Bowl

INGREDIENTS:

- 4.00 oz** Scrambled Eggs

- 3 each** Sausage links
= .8 oz each

- 4.00 oz** Potato Cubed
= Baked or Fried

- 1.00 oz** Feather Shredded 5
Cheese Blend



INSTRUCTIONS:

1. Place scrambled Eggs in the center
2. Top with Cheese
3. Garnish
4. Place Sausage on the left
5. Place Potatoes on the right

INSTRUCCIONES:

1. Coloque los huevos revueltos en el centro
2. Cubir con queso
3. Guarnicion
4. Coloque la salchicha a la izquierda
5. Coloque las papas a la derecha

PACKAGING/EMPAQUE:

Meal Tray
And Labeled

Country Skillet



INGREDIENTS:

- 3.00 oz** Scrambled Eggs
- 2.00 oz** Julieann striped Ham
- 4.00 oz** Cubed Potatoes
Roasted or Fried
- 1.00 oz** Chopped Green
Peppers uncooked
- 0.50 oz** Feather Shredded 5
Cheese Blend



INSTRUCTIONS:

1. Scoop hot eggs in the bottom of the tray
2. Place cooked hot potatoes across the eggs
3. Sprinkle on hot ham
4. Sprinkle on the Cheese
5. Sprinkle on the peppers
(Do not cook the peppers,
This will help retain color)

INSTRUCCIONES:

1. Coloque los ?Huevos calientes en el fondo de la bandeja
2. Colocu papas calientes cocidas sobre los huevos
3. Espolvorear sobre jamon caliente]
4. Espolvorear queso
5. Espolvorear pimientos crudos

PACKAGING/EMPAQUE:

Meal Tray
And Labeled

Deluxe Big Breakfast Platter

INGREDIENTS:

- 2 each** Pancakes
= 1.25 oz each
- 2.0 oz** Cubed Potatoes
Roasted or Fried
- 2.0 oz** Scrambled Eggs
- 2 each** Turkey Sausage Patty
= .75 oz each
- 1 each** Syrup cup
= 1.4 oz



INSTRUCTIONS:

1. Add Pancakes top right
2. Add Sausage bottom right
3. Add Scrambled eggs to Bottom left.
4. Add Potatoes top left
5. Place Syrup in Center
6. Garnish

INSTRUCCIONES:

1. Agregar panqueques arriba a la derecha
2. Agregar salichicha abajo a la derecha
3. Agregue los huevos reueltos en la parte inferior izuierta
4. Agregue papas arriba a la izquierda
5. Coloque el jarabe en el centro
6. Guarnacion

PACKAGING/EMPAQUE:

Meal Tray
And Labeled

Ingredients

BC#012352093340

- 1 oz PAM Cooking Spray (original)
- 4 x Thick-Sliced Hickory Smoked Bacon
- 1 x Small Onion (peeled and diced)
- 1 cup Red Bell Pepper (washed, de-seeded, and chopped)
- 2 cups Fresh Spinach (chopped)
- 8 x Extra-Large Whole Eggs
- 6 tbsp Whole Milk (with added vitamin D)
- 0.25 tsp Paprika
- 0.5 tsp Ground Black Pepper
- 1 tsp Kosher Salt
- 0.5 tsp Garlic Powder
- 1.25 cups Whole Milk Mozzarella Cheese (shredded)



Preparation Instructions

1. Preheat the Oven:

Preheat your oven to 350°F. Grease a 12-cup muffin tin with PAM cooking spray.

2. Cook the Bacon:

In a large nonstick skillet over medium heat, cook the bacon until crispy, about 6 to 8 minutes. Once cooked, transfer to a paper towel-lined plate to drain, then crumble into small pieces.

3. Cook the Vegetables:

Add the diced onion and chopped bell pepper to the same skillet and cook until soft, about 5 minutes. Add the chopped spinach and cook until wilted, about 2 minutes more.

4. Prepare the Egg Mixture:

In a small bowl, whisk together the eggs, milk, paprika, garlic powder, salt, and black pepper. Once combined, fold in the cooked vegetable mixture, crumbled bacon, and shredded mozzarella cheese.

5. Fill the Muffin Tin:

Pour the egg mixture evenly into the prepared muffin tin cups.

6. Bake:

Place the muffin tin in the oven and bake for 30 to 35 minutes, or until the egg muffins are golden and cooked through.

7. Serve:

Remove the egg muffins from the oven and allow them to cool slightly. Serve 2 muffins for a quick and delicious breakfast on the go!

6 Servings, 178 Grams Each/ 2 Egg Muffins

Jumbo Breakfast Burrito



INGREDIENTS:

- 2.50 oz** Scrambled Eggs
= Green Scoop
- 1.60 oz** Sausage Crumbles
= blue scoop
- 1 each** Flour Tortilla 12"
= 3.4 oz
- 0.25 oz** Jalapeno Peppers
- 0.25 oz** Chunky Mild Salsa
- 0.50 oz** Feather Shredded 5
Cheese Blend



INSTRUCTIONS:

1. Lay out **white flour tortilla**
2. Place **burrito egg mix** on top of tortilla
3. Place rest of ingredients on top
4. Roll Burrito. Do not cut

INSTRUCCIONES:

1. Extender la **tortilla de harina blanca**
2. Colocar los **huevos revueltos con vegetales**
3. Colocar el resto de los ingredients encima
4. Enrollar Burrito. No cortar

PACKAGING/EMPAQUE:
Cushion Foil or Small Meal Tray
And Labeled

Overnight French Toast Casserole with Berries

Ingredients

BC#012352093494

- 1.5 French Baguette (The Bread Guy), day-old, cubed
- 2 cups Whole Milk (3.25% milkfat, with added vitamin D)
- 8 Extra Large Eggs
- 0.75 cup Brown Sugar, packed (divided)
- 0.75 tsp Ground Cinnamon
- 0.25 tsp Kosher Salt
- 0.5 cup Salted Butter (divided)
- 0.5 cup All-Purpose White Wheat Flour
- 0.5 cup Frozen Blackberries, unthawed
- 0.5 cup Frozen Blueberries, unthawed
- 0.5 cup Frozen Strawberries, unthawed
- 16 fl oz Maple Syrup (for serving)



Preparation Instructions

1. Prepare the Bread:

1. Cube the day-old French baguette into about 1-inch cubes.

2. Assemble the French Toast:

1. Butter or grease a 9×13-inch casserole dish.
2. Layer the bread cubes evenly in the pan, creating about two layers.
3. In a medium bowl, beat together the milk, eggs, 3/4 cup brown sugar, cinnamon, and salt until smooth.
4. Pour the egg mixture evenly over the bread cubes, ensuring each piece is well-coated.
5. Cover with aluminum foil and refrigerate for at least 3 hours, or up to overnight, to allow the bread to soak.

3. Prepare the Topping:

1. In a medium bowl, mix together 1/2 cup of butter (softened), 1/2 cup of flour, and 1/2 cup brown sugar using a pastry cutter, two knives, or your hands until crumbly.
2. Cover the mixture and chill it until ready to bake.

4. Bake the Casserole:

1. Preheat the oven to 350°F.
2. Sprinkle the prepared topping over the soaked bread, then evenly distribute the frozen berries (blackberries, blueberries, and strawberries) on top.
3. Bake uncovered for 50-60 minutes, or until the top is lightly browned and the center is cooked through.

5. Serve:

1. Once baked, cut the casserole in half vertically, then cut horizontally into 8 generous-sized pieces.
2. Serve 1/8th of the casserole with a 2 oz side of maple syrup.

8 Servings, 310 Grams Each

Pretzel Sausage Breakfast Sandwich

INGREDIENTS:

- 1 piece** Pretzel Bun
= 3 oz
- 2.00 oz** Cooked Folded Egg
- 1 piece** Cooked Sausage Patty
= 1.50 oz
- 1 slice** Pepperjack Cheese
= 0.75 oz



INSTRUCTIONS:

1. Split bun and place bottom
2. Place egg
3. Place sausage
4. Place Pepperjack cheese
5. Place top bun on to cheese

INSTRUCCIONES:

1. Dividir el mono y colocar el fondo
2. Coloque el huevo
3. Coloque la salchicha
4. Coloque el queso pepperjack
5. Coloque el bollo superior sobre el queso

PACKAGING / EMPAQUE:

5x5 Clamshell and Labeled

SAUSAGE EGG & CHEESE BISCUIT

INGREDIENTS:

- 1 piece** Baked Biscuit
=3.17 oz
- 2.00 oz** Cooked Folded Egg
- 1 piece** Cooked Sausage Patty
= 1.50 oz
- 1 slice** American Cheese
= 0.50 oz



INSTRUCTIONS:

1. Split biscuit and place bottom
2. Place egg
3. Place sausage
4. Place cheese
5. Place top of biscuit
6. Wrap in doboy and label

INSTRUCCIONES:

1. Divida la galleta y coloque el fondo
2. Coloque el huevo
3. Coloque la salchicha
4. Poner queso
5. Coloque la parte superior de la galleta
6. Envolver en doboy y etiquetar

PACKAGING/EMPAQUE:

5x5 Clamshell and Labeled

SAUSAGE EGG & CHEESE MUFFIN

INGREDIENTS:

- 1 piece** Muffin
= 2 oz
- 2.00 oz** Cooked Folded Egg
- 1 piece** Cooked Sausage Patty
= 1.50 oz
- 1 slice** American Cheese
= 0.50 oz



INSTRUCTIONS:

1. Split Muffin and place bottom
2. Place egg
3. Place sausage
4. Place American cheese
5. Place top muffin on to cheese

INSTRUCCIONES:

1. Udivida el muffin y coloque el fondo
2. Coloque el huevo
3. Coloque la salchicha
4. Coloque el queso americano
5. Coloque el panecillo superior sobre el queso

PACKAGING/EMPAQUE:

5x5 Clamshell and Labeled

SOUTHERN BREAKFAST BISCUIT

INGREDIENTS:

- 1 each** Baked Biscuit
=3.17oz
- 2.00 oz** Cooked Folded Egg
- 2 slices** Cooked Thick Sliced Bacon

- 1 slice** American Cheese
= 0.50 oz



INSTRUCTIONS:

1. Split biscuit and place bottom
2. Place egg
3. Place two slices bacon crossed
4. Place cheese
5. Place top biscuit

INSTRUCCIONES:

1. Divida la galleta y coloque el fondo
2. Coloque el huevo
3. Coloque dos rebanadas de tocino cruzadas
4. Poner queso
5. Coloque la galleta superior

CANTEEN  KITCHENS



A la Carte Hot Sandwiches

Ingredients:

BC012352093258

- 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:

BC#012352087684

- 5 oz Chicken Breast, skinless, boneless
- 2 tbsp Italian Dressing
- 0.5 tsp Kosher Salt
- 0.5 tsp Black Pepper, ground
- 1 Butter Brioche Bun (4.25 oz)
- 1.5 oz Stubb's BBQ Sauce
- 2 slices Cooked Bacon
- 1.5 slices Cheddar Cheese (1 oz each)

Preparation Instructions:**1. Cook Bacon:**

1. Cook the bacon until crispy. Drain on paper towels and set aside.

2. Marinate Chicken:

1. Place the chicken breast in a bowl or resealable bag.
2. Pour the Italian dressing over the chicken, ensuring it's fully coated.
3. Marinate the chicken in the refrigerator for at least 4 hours, or preferably overnight.

3. Preheat the Grill:

1. Preheat a char grill or outdoor grill to medium-high heat.

4. Grill the Chicken:

1. Remove the chicken from the marinade, shaking off any excess.
2. Place the chicken on the hot grill and season with kosher salt and black pepper.
3. Grill for approximately 6 to 8 minutes on each side, frequently brushing with Stubb's BBQ Sauce, until the internal temperature reaches 165°F (75°C).

5. Assemble the Sandwich:

1. Toast the brioche bun until golden brown.
2. Place the grilled chicken breast on the bottom half of the bun.
3. Top the chicken with cooked bacon slices.
4. Place the cheddar cheese slices on top of the bacon.
5. Drizzle a small amount of Stubb's BBQ Sauce over the cheese.

6. Serve:

1. Place the top half of the bun on top of the sandwich.
2. Package and label

**1 Serving = 1 Sandwich**

Chicken Sandwich

BC#012352092053

Ingredients:

For the Char Siu Chicken:

- 0.25 cup Hoisin Sauce
- 0.25 cup Low-Sodium Soy Sauce (Shoyu)
- 2 cloves Garlic, raw
- 1.5 oz Rice Wine Vinegar (Seasoned)
- 2 tablespoons Honey
- 0.17 tablespoon Chinese Five-Spice Powder
- 0.25 teaspoon Kosher Salt
- 0.5 teaspoon Crushed Red Pepper Flakes
- 32 oz Chicken Thighs (meat only, raw)
- 2 tablespoons Canola Oil

For the Vietnamese Pickles:

- 11. 8 oz Carrots, raw (sliced into matchsticks 3" x ¼")
- 8 oz Daikon Radish, raw (sliced into matchsticks 3" x ¼")
- 1 teaspoon Kosher Salt
- 0.5 cup Granulated Sugar
- 2 teaspoons Granulated Sugar
- 1 cup Water
- 1 cup Distilled Vinegar

For Assembly:

- 18. 4 Hoagie Rolls (5"-6", sliced)
- 0.25 cup Fresh Cilantro Leaves
- 1 Red Chili Pepper, raw (sliced)
- 0.25 cup Mayonnaise
- 0.25 teaspoon Kosher Salt



Preparation Instructions:

Char Siu Chicken:

1. In a medium bowl, whisk together hoisin sauce, soy sauce, garlic, rice vinegar, honey, five-spice powder, salt, and red pepper flakes. Remove ¼ cup of the marinade; cover and refrigerate until ready to use.
2. Add chicken to the remaining marinade and toss to coat. Cover and let sit for at least 30 minutes at room temperature or up to 24 hours in the refrigerator.
3. Prepare a grill for medium-high heat and preheat for 5 minutes. Lightly brush the grates with canola oil.
4. Remove chicken from the marinade and grill, turning once and brushing with the reserved ¼ cup marinade, until cooked through. Use an instant-read thermometer to check for an internal temperature of 165°F (8 to 10 minutes). If desired, continue grilling until the temperature reaches 175°-180°F for more rendered fat.
5. **Make-Ahead Tip:** The grilled chicken can be prepared up to 3 days ahead. Store in an airtight container and refrigerate.

Vietnamese Pickles:

1. Place the carrot and radish matchsticks in a fine-mesh strainer. Sprinkle with 1 teaspoon salt and 2 teaspoons granulated sugar. Gently massage the salt and sugar into the vegetables until softened (about 3 minutes). Transfer to a medium heatproof bowl.
2. In a small pot, heat water, vinegar, and the remaining ½ cup granulated sugar over medium-high heat. Stir until the sugar dissolves and the mixture begins to steam (about 1-2 minutes). Pour the hot pickling liquid over the vegetables and stir to coat. Cover and let sit for at least 1 hour.
3. **Make-Ahead Tip:** The pickles can be prepared up to 2 weeks ahead. Store fully submerged in brine in an airtight container and refrigerate.

Assembly:

1. Spread 1 tablespoon of mayonnaise on the bottom half of each hoagie roll and season with a pinch of salt.
2. Place a piece of warm char siu chicken on each roll, followed by a handful of Vietnamese pickles, cilantro, and sliced chili.
3. Close with the top bun, package and label.

4 total servings across 4 packages (625 grams per package)

Cheeseburger

BC#012352087639

Ingredients:

- 6 oz Ground Beef (80% lean meat / 20% fat)
- 2 slices (3/4 oz each) American Cheese
- 1 tsp Kosher Salt
- 1 tsp Black Pepper, ground
- 1 oz Dill Pickles, sliced
- 1 Butter Brioche Bun (4.25 oz)
- 0.25 oz Salted Butter



Instructions:

1. Prepare the Patties:

1. Divide the ground beef into 2 equal portions, shaping each into a patty about the size of the bun.
2. Season both sides of the patties with kosher salt and black pepper.

2. Preheat the Grill or Pan:

1. Preheat your grill or a skillet over medium-high heat.

3. Cook the Patties:

1. If using a grill, place the patties on the hot grill and cook for about 3-4 minutes on each side, or until desired doneness is reached.
2. If using a skillet, add a bit of oil or butter to the skillet and cook the patties for about 3-4 minutes on each side, or until browned and cooked through.
3. In the last minute of cooking, place a slice of American cheese on top of each patty to melt.

4. Toast the Buns:

1. While the patties are cooking, split the brioche bun and spread a bit of butter on each half.
2. Toast the buns on the grill or in a skillet until golden brown and crispy.

5. Assemble the Cheeseburgers:

1. Once the patties are cooked, place them on the bottom half of the toasted buns.
2. Top each patty with a few slices of dill pickle.
3. Add a slice of American cheese on top of each patty.

6. Serve:

1. Wrap or place in hot holding clamshell and label

1 Serving = 1 Sandwich

BC#012352091049**Ingredients:**

32 oz Ground Beef, 85% lean meat / 15% fat, raw
2 tsp Garlic Powder
1 tsp Kosher Salt
2 tsp Ground Black Pepper
1 tbsp Olive Oil
24 oz Sweet Onions, raw, diced
12 Hawaiian Dinner Rolls
3 oz Butter, salted (melted)
0.5 tsp Kosher Salt
6 tsp Brown Sugar, unpacked
1 tbsp Worcestershire Sauce
6 tsp Grey Poupon Dijon Mustard
0.5 tbsp Sesame Seeds, whole, dried
2 cups Cheddar Cheese, shredded
24 slices Pickles, cucumber, dill or kosher dill

**Preparation Instructions:****Preparation:**

1. Preheat the oven to 350°F.
2. In a bowl, combine the ground beef with garlic powder, kosher salt, and ground black pepper. Press the seasoned beef into the bottom of a 9×13-inch baking dish in an even layer.
3. Bake for 20 minutes. Drain any excess liquid and set aside.
4. In a large skillet over medium-high heat, heat the olive oil. Add the diced onions and cook until translucent and fragrant. Drain excess oil and set aside.

Assembling the Sliders:

1. Slice the Hawaiian dinner rolls in half lengthwise and place the bottom half in the same baking dish.
2. Layer the cooked beef evenly over the bottom half of the rolls, followed by the cooked onions, shredded cheddar cheese, and pickle slices.
3. Place the top half of the rolls over the fillings.

Making the Butter Topping:

In a small bowl, combine ¼ cup unsalted butter, ½ teaspoon kosher salt, 2 tablespoons brown sugar, 3 teaspoons Worcestershire sauce, 2 tablespoons Dijon mustard, ½ tablespoon sesame seeds.

Brush the tops of the rolls liberally with the melted butter mixture (or pour it over) and sprinkle with sesame seeds.

Baking:

1. Bake for an additional 20 minutes, or until the bread is toasted and the cheese is melted.

Serving:

- Slice into individual sliders and serve. Package 3 sliders per serving, label, and enjoy!

4 Servings: Across four Packages 622 Grams, 3 sliders each

BC#012352090745

Ingredients

- 1 Butter Brioche Bun (4.25 oz)
- 1 Breaded Chicken Breast (5 oz)
- 25.6 grams Shortening Fryer ZTF
- 0.25 oz Salted Butter
- 2 oz Ready-to-Serve Marinara Sauce
- 1.5 oz Whole Milk Mozzarella Cheese



Preparation Instructions

1. Prepare the Bun:

Preheat a flat top grill.

Melt the butter.

Brush the melted butter on the bun. Place both halves down on the preheated flat top grill and grill until toasted.

2. Warm the Marinara Sauce:

Warm the marinara sauce in a small saucepan or microwave.

3. Fry the Chicken Breast:

Preheat the deep fat fryer.

Place the chicken breast into the preheated hot deep fat fryer. Fry until golden brown and floating, ensuring the internal temperature reaches at least 165°F (74°C).

Drain the chicken breast well.

4. Assemble the Sandwich:

Place the fried chicken breast on a lined pan.

Top with warm marinara sauce and mozzarella cheese.

Place under a broiler or salamander to melt the cheese until bubbly.

Transfer the chicken to the toasted bun.

•Package and label the sandwich.

Serving is one sandwich 13.6 ounces

Ingredients:**BC#012352087691**

- 1 Hoagie Roll (5"-6" Sliced)
- 1 oz White Mushrooms, raw
- 1 oz Green Bell Pepper, fresh
- 1 oz Sweet Onions, raw
- 0.5 oz Salted Butter
- 1.5 oz Provolone Cheese
- 1 tsp Black Pepper, ground
- 0.5 tsp Kosher Salt
- 1 Philly Breakaway Marinated Chicken Breast (4 oz)

Preparation Instructions:**1.Preparation:**

1. Wash, de-seed, and julienne the green bell pepper.
2. Peel and julienne the sweet onion.
3. Wash, dry, and slice the mushrooms.
4. Shred the provolone cheese.

2.Cook Vegetables:

1. In a large skillet, melt the butter over medium heat.
2. Add the sliced onions and green peppers to the skillet and sauté for about 5 minutes, or until softened. Remove from the skillet and set aside.

3.Cook Chicken:

1. In the same skillet, cook the sliced chicken over medium-high heat until cooked through and no longer pink, breaking it into smaller pieces as it cooks.
2. Once the chicken is cooked, add the onions and peppers back into the skillet and toss together with the chicken.
3. Season the mixture with kosher salt and ground black pepper.

4.Assemble the Cheesesteaks:

1. Open the hoagie rolls and place 1 slice of provolone cheese on each half of the "top side" of each roll.
2. Add vegetable mixture evenly over the hoagie rolls, placing it on top of the cheese.

5.Final Steps:

1. Package and label for transport

**1 Serving = 1 Sandwich**

BC#012352087646



Ingredients:

- 1 Breaded Chicken Breast (5 oz)
- 1 Butter Brioche Bun (4.25 oz)
- 0.25 oz Salted Butter
- 4 slices Dill Pickles
- 25.6 grams Shortening (for frying)

Instructions:

1. Fry the Chicken Breast:

1. In a deep frying pan or skillet, heat the shortening over medium-high heat until it reaches about 350°F (175°C).
2. Carefully add the breaded chicken breast to the hot oil and fry for about 4-5 minutes on each side, or until golden brown and crispy and the internal temperature reaches 165°F (75°C).
3. Once cooked, remove the chicken breast from the oil and place it on a paper towel-lined plate to drain excess oil.

2. Toast the Bun:

1. While the chicken is frying, split the brioche bun and spread a bit of butter on each half.
2. Toast the buns on a skillet over medium heat until golden brown and crispy.

3. Assemble the Sandwich:

1. Place the crispy chicken breast on the bottom half of the toasted bun.
2. Layer the pickle slices on top of the chicken.

4. Serve:

1. Place the top half of the bun on top of the pickles to complete the sandwich.
2. Wrap or place in hot holding clamshell and then label.

1 Serving = 1 Sandwich

Chicken Tender Hoagie

Ingredients:

BC#012352090691

- 1 hoagie roll (5"-6", sliced)
- 4 oz breaded homestyle chicken tenderloin
- 2 slices American cheese (pasteurized process, vitamin D fortified; 3/4 oz each)
- 2 oz sweet and tangy gold BBQ sauce
- 5 slices dill pickles



Preparation Instructions:

1. Preheat the deep fryer to the appropriate temperature.
2. Place the chicken tenders in the fryer basket and fry until they are golden brown and floating.
3. Ensure the internal temperature of the chicken reaches at least 165 degrees Fahrenheit.
4. Drain the chicken tenders well.
5. Transfer the chicken tenders to a heat-resistant bowl and drizzle with the gold BBQ sauce. Toss to evenly coat.
6. Place the coated chicken tenders on the bottom half of the hoagie roll.
7. Top the chicken with the cheese slices and pickle slices.
8. Add the top half of the hoagie roll.
9. Package the hoagie and label it accordingly.

1 Serving = 1 Sandwich

BC#012352093760



Ingredients:

- 1.33 cups raw Avocados (pureed)
- 2 teaspoons raw Lemon Juice
- 0.33 cup regular Mayonnaise (salad dressing)
- 1 recipe yield Chimichurri Sauce
- 1 recipe yield Shredded Chicken
- 15 oz part-skim Mozzarella Cheese (low moisture, shredded)
- 2.5 x 1 Baguette (The Bread Guy French Baguette)

Preparation:

1. Prep Sub Recipes:

1. Prepare chimichurri sauce and shredded chicken.

2. Prepare Avocado Mayo:

1. Lightly mash the avocado.
2. Mix the mashed avocado, mayonnaise, and lemon juice until well combined.

3. Prepare the Baguette:

1. Cut the full baguette into 4 equal pieces and slice each piece open lengthwise.
2. Cut the half baguette into 2 equal pieces and slice each piece open lengthwise.

4. Assemble the Sandwich:

1. Toss the shredded chicken with chimichurri sauce.
2. Spread 1.3 oz of the avocado mayo generously on the top and bottom of each baguette piece.
3. Sprinkle 1.5 oz of mozzarella cheese on top of the mayo.
4. Add about 5.5 oz of the chicken mixture to each sandwich.

5. Serve:

1. Wrap the sandwiches in paper and serve cold, or grill the sandwiches on a grill or panini press until hot. Serve hot.

10 Servings, 365 Grams Each

BC#012352087714**Ingredients:**

- 6 pieces of Cuban Style Bread (6" each)
- 12 slices of Swiss Cheese (1 oz each)
- 1 cup of Dill or Kosher Dill Pickles (about 23 slices)
- 2 oz of Yellow Mustard
- 22 oz of Fresh Pork Shoulder (Boston Butt), blade steaks
- 1.5 NLEA servings of Raw Navels Oranges
- 3 tsp of Raw Garlic
- 0.5 tsp of Ground Black Pepper
- 2 oz of Lime Juice
- 1 tsp of Dried Oregano Leaves
- 4 tablespoons of Olive Oil
- 6 servings of Regular Sliced Ham (approximately 56 grams each)

**Preparation Instructions:****Marinate and Roast Pork:****1. Prep Pork:**

1. Cut the pork into small chunks.

2. Marinate Pork:

1. In a bowl, combine the pork chunks with minced garlic, salt, pepper, dried oregano, orange juice, orange pieces, lime juice, and olive oil.
2. Marinate the pork overnight.

3. Roast Pork:

1. Preheat the oven to 250°F (120°C).
2. Remove the pork from the marinade and place it in a roasting pan.
3. Roast the pork in the oven for approximately 3-4 hours, or until tender.
4. Once cooked, remove from the oven and shred the pork.

Assemble Sandwich:**1. Prepare Ingredients:**

1. Slice the Swiss cheese into 1/2 oz slices.
2. Slice the ham as thinly as possible while still maintaining a slice. Portion into 2 oz bundles.
3. Wash, dry, and juice the oranges.

2. Assemble Sandwiches:

1. On the bottom half of each Cuban bread piece, place 2 slices of Swiss cheese.
2. Top the cheese with 2 oz bundles of sliced ham.
3. Arrange 6 pickle slices on top of the ham.
4. Drizzle a generous amount of yellow mustard over the pickles.
5. Add 2 oz of shredded roasted pork on top of the mustard.
6. Place the top half of the Cuban bread over the filling to form a sandwich.

3. Grill Sandwiches:

1. Grill the assembled sandwiches on a flat top grill until heated through, the bread is crunchy, and the cheese is melted.
2. Package and label

6 Servings = 6 Sandwiches

BC#012352087660

Ingredients:

- 5 oz Chicken Breast, skinless, boneless
- 2 tbsp Italian Dressing
- 0.5 tsp Kosher Salt
- 0.5 tsp Black Pepper, ground
- 1 Butter Brioche Bun (4.25 oz)
- 1 Leaf Green Leaf Lettuce
- 2 slices Thinly Sliced Ripe Tomatoes
- 1 oz Mayonnaise



Preparation Instructions:

1. Prepare Ingredients:

1. Thinly slice the tomatoes and wash the leaf lettuce.

2. Marinate Chicken:

1. Place the chicken breast in a bowl or resealable bag.
2. Pour the Italian dressing over the chicken, ensuring it's fully coated.
3. Marinate the chicken in the refrigerator for at least 4 hours, or preferably overnight.

3. Preheat the Grill:

1. Preheat a char grill or outdoor grill to medium-high heat.

4. Grill the Chicken:

1. Remove the chicken from the marinade, shaking off any excess.
2. Place the chicken on the hot grill and season with kosher salt and black pepper.
3. Grill for approximately 6 to 8 minutes on each side, or until the internal temperature reaches 165°F (75°C).

5. Assemble the Sandwich:

1. Place the cooked chicken on the bottom half of the brioche bun.
2. Serve with slices of tomato and a leaf of lettuce on the side handed to the customer.
3. Spread mayonnaise on the top half of the bun and place it on top of the sandwich.

6. Serve:

1. Package and label the sandwich for serving.

1 Serving = 1 Sandwich

Hamburger

BC#012352087622

Ingredients:

- 6 oz Ground Beef (80% lean meat / 20% fat)
- 1 tsp Kosher Salt
- 1 tsp Black Pepper, ground
- 1 oz Dill Pickles, sliced
- 1 Butter Brioche Bun (4.25 oz)



Instructions:

1. Prepare the Patties:

1. Shape into a patty about the size of the bun.
2. Season both sides of the patty with kosher salt and black pepper.

2. Preheat the Grill or Pan:

1. Preheat your grill or a skillet over medium-high heat.

3. Cook the Patties:

1. If using a grill, place the patties on the hot grill and cook for about 3-4 minutes on each side, or until desired doneness is reached.
2. If using a skillet, add a bit of oil or butter to the skillet and cook the patties for about 3-4 minutes on each side, or until browned and cooked through.

4. Buns:

1. While the patties are cooking, split the brioche bun in half.

5. Assemble the Burgers:

1. Once the patties are cooked, place it on the bottom half of the toasted buns.
2. Top each patty with a few slices of dill pickle.

6. Serve:

1. Place the top half of the bun on each burger and Wrap or place in hot holding clamshell then label

1 Serving = 1 Sandwich

Hotdog

BC#012352087776

Ingredients:

- 4 oz Beef Frankfurters
- 1 Hotdog Roll
- 2 packets of Ketchup
- 2 tsp Prepared Yellow Mustard, or 1 packet
- 0.5 tbsp Hot Dog Pickle Relish

Preparation Instructions:

1.Preheat Grill:

1. Preheat a char grill.

2.Grill Frankfurters:

1. Place the beef frankfurters on the hot char grill.
2. Grill until they are browned and the internal temperature reaches at least 155°F (68°C).

3.Prepare Bun:

1. Warm or steam the hamburger or hotdog roll.

4.Assemble Hotdogs:

1. Place each grilled beef frankfurter inside a warmed or steamed bun.
2. Add a packet of ketchup and a packet of prepared yellow mustard, or use 2 teaspoons of mustard if available.
3. Top each hotdog with a half tablespoon of hot dog pickle relish.

5.Package and Serve:

1. Place the assembled hotdogs in the packaging along with the condiments.
2. Label the packages and serve.



1 Serving = 1 Sandwich

BC#012352090783

Ingredients:

4 Rolls - Hawaiian Dinner 4 x 1 Roll
6 Oz Ham Black Forest 6 x 1oz
4 Slices Cheese, swiss 4 x 1 oz
2 TBSP Salad dressing, honey mustard, regular

Preparation instructions:

Slice rolls in half
Place 1.5oz ham on each roll
Spread .50 Tbsp. dressing over ham
Top with cheese
Top with roll top
Repeat the process 3 more times



Cover with foil and place into a preheated 350 degree oven -
heat until cheese melted and warmed through

Package and label for Service

1 Serving 4 Sliders

Ingredients:

BC#012352087745

- 4 oz Italian Sweet Sausage Links
- 0.5 oz Red Bell Pepper, raw
- 0.5 oz Green Bell Pepper, fresh
- 1 oz Onions, raw
- 0.5 tbsp Salted Butter
- 0.25 tsp Kosher Salt
- 0.25 tsp Black Pepper, ground
- 1/4 tsp Italian Seasoning
- 1 Hoagie Roll (5"-6" Sliced)

**Preparation Instructions:****1.Preparation:**

1. Wash, de-seed, and julienne slice the red and green bell peppers.
2. Peel and julienne the onions.

2.Saute Vegetables:

1. In a saucepan over medium heat, melt the butter.
2. Add the sliced bell peppers and onions to the saucepan.
3. Season the vegetables with kosher salt, black pepper, and Italian seasoning.
4. Saute the vegetables until they are crisp-tender.

3.Grill Sausage:

1. Preheat a char grill to medium-high heat.
2. Place the Italian sweet sausage links on the hot grill.
3. Grill the sausage until nicely browned on all sides and the internal temperature of the links has reached at least 155°F.

4.Assemble Sandwich:

1. Place the grilled sausage link on the hoagie roll.
2. Top the sausage with the prepared sautéed vegetables.

5.Serve:

1. Package, label, and serve the grilled Italian sausage sandwich.

1 Serving = 1 Sandwich

Jalapeno Popper Burger

BC#012352091018

Ingredients:

- 2 oz Jalapeno Cheese Sauce
- 2 pieces Cheddar Cheese Jalapeno Popper Appetizer
- 1 tbsp Shortening Fryer ZTF
- 5.33 oz Ground Beef, 85% lean meat / 15% fat, raw
- 1 Roll Butter Brioche Bun (4.25 oz)
- 0.5 oz Onions, raw
- 1 leaf outer Green Leaf Lettuce, raw
- 3 slices thin/small Red Tomatoes, raw
- 2 tbsp Avocado Pulp
- 0.25 oz Butter, salted
- 0.5 tsp Kosher Salt
- 0.5 tsp Ground Black Pepper

**Preparation Instructions:****Preparation:**

- Preheat the deep fat fryer. Drop the jalapeno poppers into the fryer and fry until golden brown, ensuring they are crisped up but not fully cooked through.
- Drain the jalapeno poppers very well and pat dry on paper towels.
- Peel and julienne the onion.
- Wash, core, and thinly slice the tomatoes.
- Wash the lettuce and dry it well.
- Warm the jalapeno cheese sauce.

Assembly:

- Wrap the ground beef around the jalapeno poppers to form a patty.
- Preheat a flat top grill.
- Place the patty on the grill and season with salt and pepper. Cook for approximately 6 to 8 minutes per side, or until the internal temperature reaches 155°F.
- Butter the brioche bun and grill it on the flat top.

Final Assembly:

- Take the bottom half of the bun and layer with tomato slices.
- Place the cooked burger patty on top.
- Top with the warmed cheese sauce, followed by red onion slices and lettuce.
- Spread avocado pulp on the top half of the bun and place it on top of the burger.

Serve:

- Package and label the Jalapeno Popper Burger and label for service

1 Serving: 475 Grams or 16.76 Ounces

Hot Brown Sliders

BC#012352092121

Ingredients:

12 Hawaiian Dinner Rolls
1.3 cups Regular Mayonnaise
16 oz Turkey Breast Meat
12 slices Cooked, Baked Bacon
4 oz Romano Cheese, shredded
12 slices Medium Ripe Tomatoes (1/4" thick)
0.5 teaspoon Ground Nutmeg
0.5 stick Salted Butter
0.13 cup Fresh Parsley, chopped
1 teaspoon Worcestershire Sauce
1 teaspoon Garlic Powder
1 teaspoon Onion Powder

**Preparation Instructions:****1. Cook Bacon:**

Cook the bacon until crisp and drain well on paper towels.

2. Prepare Ingredients:

- Slice turkey breast as thinly as possible while maintaining whole slices.
- Shred the Romano cheese.
- Wash, core, and thinly slice the tomatoes.
- Wash and dry the parsley, then chop finely.

3. Preheat Oven:

Preheat the oven to 350°F (175°C).

4. Prepare the Rolls:

- Slice the Hawaiian rolls in half (you can slice the entire pack in one cut for easier layering).
- In a bowl, mix the mayonnaise, nutmeg, and shredded Romano cheese. Spread this mixture evenly over the bottom half of the rolls. If any mixture remains, spread it on the underside of the top half of the rolls.

5. Layer the Fillings:

- Layer the sliced turkey evenly across the bottom half of the rolls.
- Add one slice of tomato and one slice of bacon on each roll.
- Place the top half of the rolls over the tomatoes and bacon.

6. Prepare the Butter Mixture:

- In a microwave-safe bowl, melt the butter.
- Stir in the chopped parsley, Worcestershire sauce, garlic powder, and onion powder until well combined.
- Spoon or spread this mixture evenly over the rolls.

7. Bake:

Cover the assembled rolls with aluminum foil and bake for 20 minutes.

8. Serve:

Serve 3 rolls per serving. Package and Label

4 total servings across 4 packages (401 grams per package)

BC#012352093753



Ingredients:

- 9 oz part-skim Mozzarella Cheese (low moisture, shredded)
- 6 tablespoons chopped Spring Onions (Scallions)
- 6 Hoagie Rolls (5"-6", sliced)
- 12 x 1 piece Korean Fire Chicken (prepared, sub recipe)

Preparation:

1. Prep:

1. Prepare the Korean Fire Chicken (sub recipe).
2. Wash and finely slice the scallions.

2. Prepare the Hoagie Rolls:

1. Cut the hoagie rolls in half lengthwise if they are not already pre-sliced.

3. Assemble the Sandwiches:

1. Sprinkle 1.5 oz of mozzarella cheese evenly on each hoagie roll, covering as much of the bread as possible (for a cheesy sandwich).
2. Add 2 pieces of Korean fire chicken to each roll.

4. Broil:

1. Place the sandwiches under a broiler and cook until the cheese is melted and the edges of the bread are golden brown.

5. Finish and Serve:

1. Sprinkle the sandwiches with chopped scallions.
2. Cut the sandwiches in half on the bias and serve hot.

6 Servings, 415 Grams Each

Meatball Sub

BC#012352087738

Ingredients:

- 12 Hoagie Rolls (5"-6" Sliced)
- 36 oz Canned Crushed Tomatoes
- 0.5 tsp Dried Basil Leaves
- 24 oz Whole Milk Mozzarella Cheese
- 6 oz Jade Mountain Panko Bread Crumbs
- 40 oz Ground Beef (80% lean meat / 20% fat)
- 26 x 1/4 tsp Italian Seasoning
- 3 tsp Dried Parsley
- 2.5 oz Grated Parmesan Cheese
- 3 Extra Large Eggs
- 6 oz Green Bell Pepper, fresh
- 6 oz Red Bell Pepper, raw
- 1.5 tsp Kosher Salt
- 0.75 tbsps Black Pepper, ground
- 11 oz Sweet Onions, raw
- 6 oz Red Onion
- 1.5 tsp Dried Oregano Leaves
- 5.25 tsp Raw Garlic



Preparation Instructions:

Prepare Meatballs:

1.Prepare:

1. Peel and finely dice the onions.

2.Mix Ingredients:

1. In a large bowl, combine the ground beef, diced onions, panko bread crumbs, Italian seasoning, parsley, grated Parmesan cheese, eggs, kosher salt, black pepper, dried oregano, and minced garlic.
2. Hand mix the ingredients just until they come together. Avoid overmixing to prevent tough meatballs.

3.Form and Bake Meatballs:

1. Portion the meat mixture into 1/2 oz meatballs.
2. Place the meatballs on a sheet tray sprayed with cooking spray.
3. Bake in a preheated 375°F (190°C) oven for approximately 12-18 minutes, or until the internal temperature reaches 160°F (71°C).

Prepare Sauce:

1.Chop Onion:

1. Peel and chop the onion.

2.Blend Sauce:

1. In a blender or food processor, combine the canned crushed tomatoes, chopped onions, minced garlic, dried basil, dried oregano, kosher salt, and black pepper.
2. Puree the mixture until smooth.

3.Simmer Sauce with Meatballs:

1. Heat the sauce in a pot, then add the baked meatballs.
2. Cover and simmer for at least 30 to 45 minutes before serving.

Prepare Peppers and Onions:

1.Julienne Red Onions:

1. Peel and julienne the red onions.

2.Julienne Bell Peppers:

1. Wash, de-seed, and julienne the green and red bell peppers.

3.Saute Peppers and Onions:

1. In a well pan sprayed sauté pan over medium heat, sauté the onions and peppers until al dente.

Assemble Meatball Subs:

1.Fill Rolls:

1. Place 8 meatballs in approximately 3 oz of sauce in each hoagie roll.

2.Add Peppers and Onions:

1. Top each meatball-filled roll with a generous 1 oz portion of sautéed peppers and onions.

3.Top with Cheese:

1. Sprinkle each sub with 2 oz of shredded mozzarella cheese.
2. Package and label

12 Servings = 12 Sandwiches

Traditional

BC#012352092060

Ingredients:

- 18 oz Italian Bread
- 8 oz Dry or Hard Salami (pork)
- 4 oz Mortadella (beef, pork)
- 2 oz Whole Milk Mozzarella Cheese
- 2 oz Provolone Cheese
- 8 oz Black Forest Ham
- 8 oz Olive Muffuletta Mix
- 2 tablespoons Extra Virgin Olive Oil



Preparation Instructions:

1. Slice the round bread in half horizontally and place it open on a flat surface.
2. Brush both inner sides of the bread with olive oil from the Olive Salad or extra virgin olive oil, applying more on the bottom half.
3. Begin layering the ham, salami, and mortadella on the bottom half of the bread. Then, top with the mozzarella and provolone cheeses.
4. Spread the olive salad from the center outward, leaving about a ½-inch gap around the edge.
5. Place the top half of the bread over the olive mixture and press down to allow the bread to absorb the olive salad juices.
6. Using a bread knife, slice the round sandwich into 4 wedges.

Optional: Place the whole sandwich (before slicing) on a large baking sheet, and warm it in a 350°F preheated oven for about 5 minutes.

Package and label for service

4 total servings across 4 packages (360 grams per package)

Nashville Hot Chicken Sandwich

Ingredients:

5 oz Chicken Breast, skinless, boneless
1 oz Buttermilk
1/4 tbsp Red Pepper or Cayenne Pepper
1/4 tbsp Paprika
1/4 tbsp Onion Powder
1/4 tsp Kosher Salt
1/2 cup All-Purpose Flour
1/4 tsp Cajun Seasoning
1/4 tbsp Granulated Sugar
1/4 tsp Dried Oregano Leaves
2 oz Dill Pickle Juice
2.5 tsp Olive Oil
1/4 tsp Red Pepper or Cayenne Pepper
1/4 tbsp Cajun Seasoning
1/4 tsp Kosher Salt
1/4 tsp Granulated Sugar
1/4 tsp Granulated Garlic
1 Butter Brioche Bun
0.17 oz Bullseye Original BBQ Sauce
0.17 oz Mayonnaise
0.08 oz Yellow Mustard
0.08 oz Honey

BC#012352087667**Preparation Instructions:****1. Marinate Chicken:**

1. Place the chicken breast in a container and cover it with dill pickle juice. Marinate in the refrigerator overnight for up to 12 hours.

2. Prepare Signature Sauce:

1. In a bowl, whisk together Bullseye Original BBQ Sauce, mayonnaise, yellow mustard, and honey. Refrigerate until ready to use.

3. Prepare Seasoned Flour:

1. In a shallow dish, combine all-purpose flour, Cajun seasoning, granulated sugar, dried oregano leaves, and kosher salt. Set aside for later use.

4. Prepare Hot Sauce:

1. Heat olive oil in a pan over medium heat.
2. Whisk in onion powder, cayenne pepper, Cajun seasoning, kosher salt, granulated sugar, and granulated garlic.
3. Let the mixture steep while preparing the chicken.

5. Dredge and Fry the Chicken:

1. Remove the chicken breast from the pickle juice and drain well.
2. Place the chicken in buttermilk, ensuring it's fully coated.
3. Dredge the chicken in the seasoned flour, coating evenly.
4. Heat oil in a deep fryer to 350°F (175°C).
5. Carefully lower the chicken into the hot oil and fry for approximately 10-12 minutes, or until golden brown and the internal temperature reaches 165°F (75°C).
6. Remove the chicken from the fryer and drain excess oil on a paper towel.

6. Assemble the Sandwich:

1. Toast the brioche bun until golden brown.
2. Spread 1 tablespoon of the prepared signature sauce on the bottom bun.
3. Place the fried chicken breast on top of the sauce.
4. Brush the chicken with 1 tablespoon of the prepared hot sauce.
5. Top with three slices of dill pickle.
6. Place the top bun on top of the pickles to complete the sandwich.
7. Package and Label

**1 Serving = 1
Sandwich**

Pizza Burger

Ingredients:

BC#012352091025

- 0.25 oz Butter, salted
- 5.33 oz Ground Beef, 85% lean meat / 15% fat, raw
- 2 tsp Seasoning - All Purpose
- 1 oz Mozzarella Cheese, whole milk
- 1 slice Provolone Cheese (1 oz)
- 1 oz Parmesan Cheese, shredded
- 1 oz Sauce, pasta, spaghetti/marinara, ready-to-serve
- 8 slices round Pepperoni, pork, beef
- 2 x 1/4 tsp Italian Seasoning
- 3.5 oz Focaccia Bread

Preparation Instructions:**Preparation:**

- Warm the pizza sauce.
- Preheat a flat top grill.
- Cut open the focaccia bread and butter each side.

**Cooking:**

- Form the ground beef into a patty.
- Place the patty on the preheated flat top grill, seasoning with Italian seasoning and all-purpose seasoning. Cook for approximately 4 to 5 minutes per side or until the burger reaches an internal temperature of 155°F.
- Place the buttered focaccia bread on the grill to toast.

Assembly:

- When the burger is cooked, top it with the pasta sauce, mozzarella cheese, provolone cheese slice, shredded parmesan cheese, and pepperoni slices. Cover to melt the cheeses.

Final Assembly:

- Place the burger on the bottom piece of focaccia bread.
- Top with the remaining slice of focaccia bread.

Serve:

- Package, label, and serve the Pizza Burger.

1 Serving: 392 Grams or 13.83 Ounces

Ingredients:**BC#012352087721**

- 20 Butter Brioche Buns (4.25 oz each)
- 10 lbs Fresh Pork Shoulder (Boston Butt), separable lean and fat, raw
- 6 Tbs & 2 tsp Cajun Seasoning
- 6 tsp Kosher Salt
- 4 tbsp Ground Black Pepper
- 3 oz Brown Sugar
- 5 tbsp Paprika
- 2 tbsp Garlic Powder
- 2 tbsp Onion Powder
- 40 oz Bullseye Original BBQ Sauce
- 3.5 cups Dill or Kosher Dill Pickles (about 23 slices)

**Preparation Instructions:****1. Prepare Pork Rub:**

1. In a small bowl, blend together Cajun seasoning, kosher salt, ground black pepper, brown sugar, paprika, garlic powder, and onion powder. Mix well.

2. Season Pork Butt:

1. Rinse the pork butt and pat it dry with paper towels.
2. Rub the prepared seasoning mixture all over the pork butt, covering it completely. Allow the pork to sit with the seasoning on for at least 2 to 3 hours.

3. Cook Pork:

1. Smoke the pork butt in a smoker for at least 10 hours, until tender and fully cooked. Alternatively, if unable to smoke, place it in a 300°F oven covered for about 3.5 to 4 hours. Note: The weight of the pork is the raw weight.

4. Pull Pork:

1. When the pork is removed from the smoker or oven, shred it while still warm.

5. Mix with BBQ Sauce:

1. In a large mixing bowl, combine the pulled pork with the Bullseye Original BBQ Sauce. Ensure the pork is generously coated with the sauce to prevent it from drying out while being kept warm for service.

6. Assemble Sandwiches:

1. Place a generous 6 oz portion of the pork mixture on the bottom half of each butter brioche bun.
2. Top each sandwich with 4 slices of dill or kosher dill pickles.
3. Place the top half of the bun over the filling.

7. Serve:

1. Package and label

20 Serving = 20 Sandwiches

Ingredients:

- 1 Beef Philly Steak Breakaway (4 oz)
- 1 Hoagie Roll (5"-6" Sliced)
- 1 oz White Mushrooms, raw
- 1 oz Green Bell Pepper, fresh
- 1 oz Sweet Onions, raw
- 1 oz Salted Butter
- 1.5 oz Provolone Cheese
- 1 tsp Black Pepper, ground
- 1 tsp Kosher Salt

Preparation Instructions:**1.Preparation:**

1. Wash, de-seed, and julienne the green bell pepper.
2. Peel and julienne the sweet onion.
3. Wash, dry, and slice the mushrooms.
4. Shred the provolone cheese.

2.Cook Vegetables:

1. In a large skillet, melt the butter over medium heat.
2. Add the sliced onions and green peppers to the skillet and sauté for about 5 minutes, until softened.
3. Add the sliced mushrooms to the skillet and continue sautéing for an additional 5 to 6 minutes, until all the vegetables are softened. Remove from the skillet and set aside.

3.Cook Steak:

1. In the same skillet, cook the sliced beef steak over medium-high heat until cooked through and no longer pink, breaking it into smaller pieces as it cooks.

4.Assemble the Cheesesteaks:

1. Open the hoagie roll and add the cooked beef steak on one side.
2. Top the steak with the sautéed vegetable mixture.
3. Place slices of provolone cheese on top of the vegetables.
4. Package and label for transport



1 Serving = 1 Sandwich

Reuben

BC#012352087752

Ingredients:

- 48 slices Marble Rye Bread
- 12 tbsp Salted Butter
- 96 oz Cooked Corned Beef Brisket, thinly sliced
- 48 slices Swiss Cheese (1 oz each)
- 24 oz Canned Sauerkraut, solids and liquids
- 36 oz Russian Dressing

Instructions:

1. Preheat Flat Top Grill:

1. Begin by preheating a flat top grill or large skillet over medium heat.

2. Prepare Ingredients:

1. Thinly slice the corned beef brisket if it's not already sliced.
2. Butter one side of each slice of marble rye bread.

3. Assemble Sandwiches:

1. Place half of the bread slices, buttered side down, onto the preheated grill.
2. Top each bread slice with a slice of Swiss cheese.
3. Add a portion of the cooked corned beef brisket onto each cheese-covered bread slice.
4. Place a portion of sauerkraut on top of the corned beef on each sandwich.
5. Drizzle Russian dressing over the sauerkraut on each sandwich.

4. Complete Sandwiches:

1. Top each sandwich with the remaining slices of bread, buttered side facing up.

5. Grill the Sandwiches:

1. Grill the assembled sandwiches on the flat top grill until the bread is golden brown and the cheese has melted, approximately 3-4 minutes per side.

6. Serve:

1. Once the sandwiches are grilled to perfection, remove them from the grill.
2. Cut each sandwich in half diagonally, package and label



24 Servings = 24 Sandwiches

BC#012352090981

Ingredients:

4 slices Hearty Grain Bread
2.5 oz White Mushrooms, raw
1 oz Green Bell Pepper, fresh
1.5 oz Red Bell Pepper, raw
1 oz Onions, raw
1 cup Zucchini (summer squash), sliced, includes skin, raw
0.75 cup Cherry Tomatoes, raw
2 oz Herb Champagne Vinaigrette Dressing
4 oz Gouda Cheese, sliced
1 oz Salted Butter
1 tsp Kosher Salt
1 tsp Ground Black Pepper

Preparation Instructions:**Prep:**

- Wash, dry, and thickly slice the mushrooms.
- Wash, peel, and thickly slice the onions.
- Wash, dry, deseed, and cut the peppers into chunks.
- Wash, dry, remove ends, and thickly slice the zucchini.
- Wash the tomatoes.
- Toss all prepared vegetables with the vinaigrette dressing.

Roast the Vegetables:

- Preheat oven to 400°F.
- Spread the vegetables in a single layer on a baking sheet. Season with salt and pepper.
- Roast in the hot oven for 12 to 15 minutes, or until slightly charred and tender.

Assemble the Sandwiches:

- Preheat a flat top grill.
- Butter each side of all slices of bread and place on the grill. Top each slice with a 1 oz slice of Gouda cheese.
- Add approximately 5.5 oz of the roasted vegetable mixture to four of the slices, then cover with the remaining slices of bread.
- Grill the sandwiches until the cheese is melted and both sides are golden brown and crisp.

Serve:

- Cut each sandwich in half diagonally and place into a container.
- Label and serve.



2 Servings: Across two Packages 385 Grams each

BC#012352091254

Ingredients:

- **12 rolls** split-top slider buns
- **2 tablespoons** olive oil
- **6 oz** green bell pepper, julienned
- **6 oz** red bell pepper, julienned
- **6 oz** onions, peeled and julienned
- **1 teaspoon** Italian seasoning
- **1 teaspoon** kosher salt (divided)
- **1 teaspoon** ground black pepper
- **2 cloves** garlic, minced
- **1 tablespoon** tomato paste (no salt added)
- **18 oz** ground beef (85% lean / 15% fat)
- **½ cup** ketchup
- **3 teaspoons** brown sugar, unpacked
- **1 tablespoon** Worcestershire sauce
- **12 slices** provolone cheese (1 oz each)
- **2 tablespoons** salted butter, melted

**Instructions:**

1. Prepare the vegetables: Wash, de-seed, and julienne the bell peppers. Peel and julienne the onion. Mince the garlic. Melt the butter and set aside.

2. Step 1 - Cook the vegetables:

- Preheat oven to 350°F.
- Place the bottom halves of the slider buns on a large baking sheet or dish.
- In a large skillet over medium heat, add **1 tablespoon** olive oil. Add the peppers and onions, then season with **Italian seasoning**, **½ teaspoon** salt, and **black pepper**. Cook, stirring frequently, until the vegetables caramelize, about 12 to 15 minutes. Remove from the skillet and set aside.

3. Step 2 - Cook the beef:

- In the same skillet, heat the remaining **1 tablespoon** olive oil over medium heat. Stir in the minced garlic and **tomato paste**, and cook until fragrant, about 1 minute.
- Add the **ground beef** and cook until it is no longer pink, about 6 minutes (drain fat if desired).
- Add **ketchup**, **brown sugar**, **Worcestershire sauce**, and season with remaining **½ teaspoon** salt and **pepper**. Simmer the mixture until it thickens, about 10 minutes.

4. Step 3 - Build the sliders:

- On the bottom halves of the buns, layer half of the **provolone cheese**. Spoon the beef mixture on top, followed by the cooked peppers and onions. Add the remaining provolone slices on top.
- Place the top halves of the slider buns over the cheese. Brush the tops with melted butter and sprinkle with a little **kosher salt**.

5. Step 4 - Bake:

- Bake in the preheated oven for 12 to 15 minutes, or until the cheese is melty and the sandwiches are warmed through.

**4 total servings across 4 packages (525
grams per package)**

Spicy Crispy Chicken Sandwich

BC#012352087653

Ingredients:

- 1 Breaded Chicken Breast (5 oz)
- 1 Butter Brioche Bun (4.25 oz)
- 0.5 oz Shortening (for frying)
- 0.25 oz Salted Butter
- 2 tbsp Honey Mustard Salad Dressing
- 2 slices Pepper Jack Cheese (0.75 oz each)
- 1 tsp Cajun Seasoning

Instructions:

1. Fry the Chicken Breast:

1. In a deep frying pan or skillet, heat the shortening over medium-high heat until it reaches about 350°F (175°C).
2. Carefully add the breaded chicken breast to the hot oil and fry for about 4-5 minutes on each side, or until golden brown and crispy and the internal temperature reaches 165°F (75°C).
3. Once cooked, remove the chicken breast from the oil and place it on a paper towel-lined plate to drain excess oil.

2. Prepare the Spicy Butter:

1. In a small saucepan, melt the salted butter over low heat.
2. Stir in the Cajun seasoning until well combined. Set aside.

3. Toast the Bun:

1. While the chicken is frying, split the brioche bun and spread a bit of the spicy butter on each half.
2. Toast the buns on a skillet over medium heat until golden brown and crispy.

4. Assemble the Sandwich:

1. Place the crispy chicken breast on the bottom half of the toasted bun.
2. Top the chicken with two slices of Pepper Jack cheese.
3. Drizzle the honey mustard dressing over the cheese.

5. Serve:

1. Place the top half of the bun on top of the cheese to complete the sandwich.
2. Wrap or place in hot holding clamshell with label



1 Serving = 1 Sandwich

Steak Sandwich with Caramelized Onions

BC#012352093722

Ingredients:

- 1 x Recipe Yield Caramelized Onions
- 1 x Recipe Yield Garlic Mayonnaise
- 1.2 x lb Flank Steak, separable lean only, trimmed to 0" fat, choice, raw
- 0.5 x tsp Kosher Salt
- 0.5 x tsp Black Pepper, ground
- 4 x 1 oz Cheddar Cheese Slice
- 1 x tbsp Canola Oil
- 4 x 1 Ciabatta Sandwich Rolls

Preparation Instructions:

1. Prep:

1. Prepare the Garlic Mayonnaise (sub recipe).
2. Prepare the Caramelized Onions (sub recipe).
3. Remove the flank steak from the fridge 20 minutes before cooking. Season it with salt and pepper on both sides.

2. Cook the Steak:

1. Heat the canola oil in a skillet over high heat or preheat a grill to high heat.
2. Add the steak and cook to your desired doneness, aiming for medium-rare to medium.
3. Remove the steak from the heat, cover with foil, and let it rest for 10 minutes.

3. Assemble the Sandwich:

1. Thinly slice the rested steak against the grain.
2. Cut the ciabatta rolls in half lengthwise. Spread about 3 tablespoons of garlic mayonnaise on each half.
3. Layer 3.6 oz of steak on the bottom half of each roll.
4. Top with 4 oz of caramelized onions and a slice of cheddar cheese.

4. Serve:

1. Place the top half of the ciabatta on the sandwich, cut on the bias, and serve hot or cold.



4 Servings, 560 Grams Each

BC#12352091247

Ingredients:

- **1 onion** sweet, raw
- **1 tablespoon** canola oil
- **1 oz** apple jelly
- **8 oz** gouda cheese, sliced
- **1 large** Granny Smith apple, with skin
- **4 tablespoons** salted butter, divided
- **12 oz** roasted turkey breast, from a whole bird,
- **8 slices** hearty grain bread



Instructions:

1. Cook the onions:

- In a large skillet, heat **1 tablespoon** canola oil over medium heat. Add the **1 onion** and cook for 8 to 10 minutes, or until very tender and beginning to brown.
- Remove the onions from the skillet and transfer them to a small bowl. Stir in **1 oz** apple jelly. If desired, snip the onions into smaller pieces.

2. Assemble the sandwiches:

- On half of the bread slices, layer **1 slice** of gouda cheese, followed by **12 oz** turkey breast, **slices of 1 large Granny Smith apple**, and the onion mixture. Top with another slice of gouda cheese and cover with the remaining bread slices.

3. Cook the sandwiches:

- Spread the tops of the sandwiches with **2 tablespoons** of the butter. Heat an extra-large skillet over medium heat.
- Place the sandwiches in the skillet, buttered sides down. Carefully spread the unbuttered tops with the remaining **2 tablespoons** of butter.
- Cook for 4 to 6 minutes, or until the cheese melts and the bread is golden brown, turning the sandwiches once for even cooking.

**4 total servings across 4 packages (382
grams per package)**

Falafel and Vegetable Pita Sandwich

Ingredients:

BC#012352091261

- **8 oz** falafel chickpea balls (2 balls, 1 oz each)
- **8 oz** tzatziki sauce (Grecian Delight)
- **2 large** whole-wheat pita breads (6 ½" diameter)
- **2 oz** cucumber, peeled
- **8 slices** medium red ripe tomatoes (¼" thick)
- **4 slices** medium raw onions (⅛" thick)
- **4 outer leaves** green leaf lettuce, raw

Instructions:

1. Prepare the vegetables:

- Wash and dry the green leaf lettuce.
- Wash, core, and thinly slice the tomatoes.
- Peel and thinly slice the red onion.
- Wash the cucumber, peel stripes from the outside, remove the ends, and thinly slice.

2. Prepare the falafel: Follow the package directions to prepare the falafel.

3. Preheat the char grill.

4. Assemble the pita:

- Place the grilled pita on a flat surface.
- Layer with **4 leaves** of lettuce, followed by the **slices of tomato, slices of cucumber, and slices of red onion.**
- Top with **4 falafel balls** and drizzle with **2 oz** of tzatziki sauce.

5. Finish: Fold the pita in half, place it into packaging, label, and serve.



2 total servings across 2 packages (470 grams per package)

Ingredients:

- 0.5 tbsp Salted Butter
- 4 tbsp Home-Prepared Coleslaw
- 2 slices Swiss Cheese (1 oz each)
- 4 oz Roasted Turkey Breast, non-enhanced, meat only
- 2 slices Marble Rye Bread

BC#012352087769**Instructions:****1. Preheat Flat Top Grill:**

1. Begin by preheating a flat top grill or large skillet over medium heat.

2. Prepare Ingredients:

1. Thinly slice the roasted turkey breast if it's not already sliced.
2. Butter one side of each slice of marble rye bread.

3. Assemble Sandwiches:

1. Place the buttered side of each slice of marble rye bread onto the preheated grill.
2. Top one slice of bread with a slice of Swiss cheese on the grill and allow it to start melting.
3. Meanwhile, place the sliced turkey breast onto the grill to heat.
4. Once the cheese starts melting, top it with the warmed turkey slices.
5. Spread 2 tablespoons of coleslaw over the turkey slices.

4. Complete Sandwiches:

1. Place the second slice of bread, buttered side facing up, on top of the coleslaw.

5. Grill the Sandwiches:

1. Grill the assembled sandwiches on the flat top grill for 3 to 4 minutes per side, or until they are golden brown and crisp.

6. Serve:

1. Once the sandwiches are grilled to perfection, remove them from the grill.
2. Cut each sandwich in half diagonally.
3. Place the sandwich halves in a container, label them, and serve.

1 Serving = 1 Sandwich

Vegetarian Mushroom

Shawarma

BC#012352093746

Ingredients:

- 10 x 1 Large White Pita Bread (6-1/2" dia)
- 0.5 x Recipe Yield Mediterranean Tomato Cucumber Salad
- 1 x Recipe Yield Tahini Sauce
- 1 x Recipe Yield Mushroom Shawarma "Meat"



Preparation:

1. Prep:

1. Prepare the Tahini Sauce (sub recipe).
2. Prepare the Mediterranean Tomato Cucumber Salad (sub recipe).
3. Prepare the Mushroom Shawarma "Meat" (sub recipe).

2. Warm the Pitas:

1. Gently heat the pitas in the microwave or wrapped in foil in the oven, just long enough to make them warm and pliable.

3. Assemble the Pitas:

1. Add approximately 3.5 oz of the mushroom/onion mixture into each pita.
2. Top with 1.75 oz of the Mediterranean Tomato Cucumber Salad.
3. Drizzle with 2 tablespoons of Tahini Sauce.

4. Serve:

1. Serve warm and enjoy!

10 Servings, 246 Grams Each

CANTEEN  KITCHENS



Hot Sandwich With Side

BBQ Pulled Pork Sandwich with House Chips

Pulled Pork:

Ingredients:

- 10 lbs Pork, fresh, shoulder (Boston butt), blade (steaks), separable lean and fat, raw
- 1.25 Cups Cajun Seasoning
- 2 Tbsp Kosher Salt
- 4 Tbsp Ground Black Pepper
- 3 oz Brown Sugar
- 5 Tbsp Paprika
- 2 Tbsp Garlic Powder
- 2 Tbsp Onion Powder
- 40 oz Bullseye Original BBQ Sauce

House Chips:

Ingredients:

- 20 cups House Made Chips, **1 cup per portion**

Instructions:

1.Preheat the Oven:

1. Preheat your oven to 325°F (163°C).

2.Prepare the Pork:

1. Rub the pork with Cajun seasoning, kosher salt, black pepper, brown sugar, paprika, garlic powder, and onion powder, ensuring even coverage.

3.Slow Cook:

1. Place the seasoned pork in a roasting pan or oven-safe dish.
2. Cover tightly with foil and slow cook in the preheated oven for about 4-5 hours or until the pork is tender and easily shreds with a fork.

4.Shred the Pork:

1. Once cooked, shred the pork using two forks, removing any excess fat.

5.BBQ Sauce:

1. Mix the shredded pork with Bullseye Original BBQ Sauce, ensuring it's well coated.

6.House Chips:

1. Prepare or purchase house-made chips. If making them at home, thinly slice potatoes and deep fry until golden and crispy.

7.Assemble the Pulled Pork Sandwiches:

1. Toast a **4.5 oz Brioche** bun lightly.
2. Place pulled pork on the bottom half of each bun.
3. Top with **1 oz pickles** and the other half of the bun.

8.Serve with House Chips:

1. Serve the pulled pork sandwiches in a tray alongside the crispy house-made chips.

20 Servings: 1 Sandwich and 1 Cup Chips



BBQ Pulled Pork Sandwich With Fries

Pulled Pork:

Ingredients:

- 10 lbs Pork, fresh, shoulder (Boston butt), blade (steaks), separable lean and fat, raw
- 1.25 Cups Cajun Seasoning
- 2 Tbsp Kosher Salt
- 4 Tbsp Ground Black Pepper
- 3 oz Brown Sugar
- 5 Tbsp Paprika
- 2 Tbsp Garlic Powder
- 2 Tbsp Onion Powder
- 40 oz Bullseye Original BBQ Sauce

Instructions:

1. Preheat the Oven:

1. Preheat your oven to 325°F (163°C).

2. Prepare the Pork:

1. Rub the pork with Cajun seasoning, kosher salt, black pepper, brown sugar, paprika, garlic powder, and onion powder, ensuring even coverage.

3. Slow Cook:

1. Place the seasoned pork in a roasting pan or oven-safe dish.
2. Cover tightly with foil and slow cook in the preheated oven for about 4-5 hours or until the pork is tender and easily shreds with a fork.

4. Shred the Pork:

1. Once cooked, shred the pork using two forks, removing any excess fat.

5. BBQ Sauce:

1. Mix the shredded pork with Bullseye Original BBQ Sauce, ensuring it's well coated.

Fries:

Ingredients:

6.25 lbs Colossal Crisp Fries, **5 oz portions**

Instructions:

1. Cook the Fries:

1. Cook the colossal crisp fries according to the package instructions until they are golden and crispy.

2. Assemble the Pulled Pork Sandwiches:

1. Toast a **4.5 oz Brioche** bun lightly.
2. Place pulled pork on the bottom half of each bun.
3. Top with **1 oz pickles** and the other half of the bun.

3. Serve with Fries:

1. Serve the pulled pork sandwiches alongside the crispy colossal crisp fries.

20 Servings: 1 Sandwich and 5 oz Fries



Cheeseburger with Colossal Crisp Fries

Cheeseburger:

BC#012352085963

Ingredients:

- 6 oz ground beef (80% lean, 20% fat)
- 1 tsp Kosher salt
- 1 tsp ground black pepper
- 1 Roll Butter Brioche Bun (4.25 oz)
- 1 slice Cheese food, pasteurized process, American
- 1 oz Pickles, cucumber, dill or kosher dill
- 0.25 oz Butter, salted



Instructions:

- 1.Preheat your grill or stovetop pan over medium-high heat.
- 2.Divide the ground beef into six equal portions and shape them into patties. Season each patty with Kosher salt and ground black pepper.
- 3.Cook the patties for about 3-4 minutes per side or until they reach 160° F
- 4.In the last minute of cooking, place a slice of American cheese on each patty and melt.
- 5.While the patties are cooking, cut the Butter Brioche Bun in half and toast it on the grill or in a toaster.
- 6.Assemble the burger by placing a cheesy patty on the bottom half of the toasted bun. Top with pickles and cover with the other half of the bun.
- 7.Spread a small amount of salted butter on the top bun for added flavor.

Colossal Crisp Fries:

Ingredients:

- 1 Recipe yield Colossal Crisp Fries, 5oz
- Follow the Colossal Crisp Fries recipe in the sub-recipe section.
- Place Fries and Burger in tray

1 Portion, Assembled Burger and 5oz Fries

Cheeseburger:

BC#012352085970

Ingredients:

- 6 oz ground beef (80% lean, 20% fat)
- 1 tsp Kosher salt
- 1 tsp ground black pepper
- 1 Roll Butter Brioche Bun (4.25 oz)
- 1 slice Cheese food, pasteurized process, American
- 1 oz Pickles, cucumber, dill or kosher dill
- 0.25 oz Butter, salted



Instructions:

- 1.Preheat your grill or stovetop pan over medium-high heat.
- 2.Divide the ground beef into six equal portions and shape them into patties. Season each patty with Kosher salt and ground black pepper.
- 3.Cook the patties for about 3-4 minutes per side or until they reach 160°F.
- 4.In the last minute of cooking, place a slice of American cheese on each patty and cover to melt.
- 5.While the patties are cooking, cut the Butter Brioche Bun in half and toast it on the grill or in a toaster.
- 6.Assemble the burger by placing a cheesy patty on the bottom half of the toasted bun. Top with pickles and cover with the other half of the bun.
- 7.Spread a small amount of salted butter on the top bun for added flavor.

House-Made Chips:

Ingredients:

- 1 Recipe yield House-Made Chips, 1 Cup

Instructions:

- Follow the House Chip recipe in the sub-recipe section.
Place burger and Chips in tray

1 Portion, Assembled Burger and 1 Cup House Chips

Chicken Cheesesteak & Fries

BC#012352086229

Ingredients:

Colossal Crisp Fries:

1- 5oz Portion according to sub recipe

Chicken Cheesesteak:

1 Hoagie Roll (**5"-6" Sliced**)

1 oz Mushrooms, sliced

1 oz Green Bell Pepper, sliced

1 oz Sweet Onions, thinly sliced

0.5 oz Butter, salted

1.5 oz Provolone Cheese, sliced

1 tsp Ground Black Pepper

0.5 tsp Kosher Salt

1 Chicken Philly Breakaway Marinated (**4oz**)



Instructions:

1. Prepare the Colossal Crisp Fries:

1. Follow the recipe for Colossal Crisp Fries, ensuring they are cooked to a golden crisp.

2. Cook the Chicken:

1. Grill or cook the marinated Chicken Philly Breakaway until fully cooked. Slice it into thin strips.

3. Sauté Vegetables:

1. In a skillet, melt the butter over medium heat.
2. Add sliced mushrooms, green bell peppers, and sweet onions. Sauté until the vegetables are tender.

4. Assemble the Chicken Cheesesteak:

1. Split the hoagie roll and place the cooked chicken strips on one side.
2. Layer the sautéed vegetables over the chicken.
3. Top with slices of provolone cheese.
4. Sprinkle ground black pepper and kosher salt.

5. Broil or Melt the Cheese:

1. Place the assembled sandwich under the broiler for a few minutes or until the cheese is melted and bubbly.

6. Serve:

1. Remove the Chicken Cheesesteak from the broiler and assemble the sandwich.
2. Serve the Chicken Cheesesteak hot with the prepared Colossal Crisp Fries.

1 Serving: 1 Sandwich and 5 oz Fries

Crispy Chicken Sandwich with Fries

BC#012352086304

Ingredients:**•Crispy Chicken Sandwich:**

- 1 Breaded Chicken Breast (5oz)
- 1 Butter Brioche Bun (4.25oz)
- 1 tbsp Shortening (for frying)
- 0.25 oz Salted Butter
- 4 slices Pickles (cucumber, dill, or kosher dill)

Colossal Crisp Fries:

- 1 Colossal Crisp Fries (5oz)

Instructions:**1.Prepare the Colossal Crisp Fries:**

1. Follow the instructions in the sub recipe to cook the Colossal Crisp Fries until they are golden and crispy.

2.Cook the Breaded Chicken Breast:

1. Heat the shortening in a skillet or Fryer
2. Cook the breaded chicken breast for about 4-5 minutes on each side or until it reaches an internal temperature of 165°F (74°C) and is golden brown and crispy.

3.Toast the Brioche Bun:

1. In a separate pan, melt the salted butter over medium heat. Toast the brioche bun halves in the melted butter until they are golden brown.

4.Assemble the Crispy Chicken Sandwich:

1. Place the cooked breaded chicken breast on the bottom half of the toasted brioche bun.
2. Add the pickle slices on top of the chicken.

5.Top with the Other Bun Half:

1. Place the top half of the toasted brioche bun on the pickles to complete the sandwich.

6.Serve with Colossal Crisp Fries:

1. Arrange the Colossal Crisp Fries on the side of the crispy chicken sandwich.

**1 Serving: 1 Sandwich and 5 oz Fries**

Chicken Parmesan Sandwich and Fries

Ingredients:

- 1 butter brioche bun (4.25 oz)
- 1 breaded chicken breast (5 oz)
- 25.6 grams shortening fryer oil
- 0.25 oz salted butter
- 2 oz marinara sauce (ready-to-serve)
- 1.5 oz whole milk mozzarella cheese
- 5 oz colossal crisp fries (See Sub Recipe)

BC#012352086144

**Preparation Instructions:****Chicken Parmesan Sandwich:****1. Prepare the Bun:**

1. Preheat a flat top grill.
2. Melt the salted butter.
3. Brush the melted butter on both halves of the bun.
4. Place the buns cut side down on the preheated grill and toast until golden brown.

2. Prepare the Chicken:

1. Preheat the deep fat fryer.
2. Place the chicken breast in the fryer and cook until golden brown and floating.
3. Ensure the internal temperature reaches at least 165°F.
4. Drain the chicken breast well.

3. Assemble the Sandwich:

1. Warm the marinara sauce.
2. Place the fried chicken breast on a lined baking pan.
3. Top the chicken with the warmed marinara sauce and mozzarella cheese.
4. Place under a broiler or salamander until the cheese is melted and bubbly.
5. Transfer the chicken to the toasted bun.
6. Package and label the sandwich.

Fries:**1. Prepare the Fries: See Sub Recipe**

1. Preheat the deep fat fryer.
2. Place the fries in the fryer baskets and cook until golden brown and floating.
3. Drain the fries well.
4. Season with kosher salt and pepper.

To Serve:

- Serve the chicken parmesan sandwich with a side of freshly fried and seasoned fries. Package in the crisp Tech container by Anchor and label as needed.

**1 Serving = 1 Sandwich and 5oz
prepared French Fries**

Cuban Sandwich with House Chips

BC#012352086175

Ingredients:

For the Cuban Sandwich:

- 6 Cuban Style Breads (6" pieces)
- 12 slices Swiss cheese (1 oz each)
- 1 cup Pickles, dill or kosher, sliced
- 2 oz Yellow mustard
- 22 oz Pork shoulder (Boston butt), thinly sliced
- 1.5 Fresh oranges, sliced
- 1 Tbsp Garlic, minced
- 0.5 tsp Ground black pepper
- 2 oz Lime juice
- 1 tsp Dried oregano leaves
- 4 tbsp Olive oil
- 6 servings Ham slices (2 oz each)

For the House Made Chips:

- 6 cups of thinly sliced potatoes (for homemade chips)
- Olive oil for frying
- Salt to taste

Instructions:

1. Marinate Pork:

1. In a bowl, combine sliced pork, minced garlic, ground black pepper, lime juice, sliced oranges and dried oregano. Mix well and let it marinate for at least 30 minutes.

2. Cook Pork:

1. In a pan over medium-high heat, add 2 tablespoons of olive oil.
2. Cook the marinated pork slices until browned and cooked through. Set aside.

3. Prepare House Made Chips:

1. Thinly slice the potatoes into rounds.
2. Heat olive oil in a deep fryer or a large pan to 350°F (175°C).
3. Fry the sliced potatoes until golden brown and crispy.
4. Remove from oil, drain on paper towels, and season with salt to taste.

4. Assemble Cuban Sandwich:

1. Preheat a panini press or a grill pan.
2. Slice the Cuban-style bread pieces horizontally.
3. On one half of each bread, layer a slice of Swiss cheese, followed by marinated and cooked pork slices, ham slices, pickle slices, and fresh orange slices.
4. Spread mustard on the other half of the bread.
5. Close the sandwich.

5. Grill Cuban Sandwich:

1. Brush the outer sides of the sandwich with olive oil.
2. Grill the sandwiches in the panini press or grill pan until the bread is crispy, and the cheese is melted.

6. Serve:

1. Serve the hot Cuban sandwiches alongside the house-made chips.

6 Servings: 1 Sandwich each with 1 Cup Chips



Cuban Sandwich with Fries

BC#012352086168

Ingredients:

For the Cuban Sandwich:

- 6 Cuban Style Breads (6" pieces)
- 12 slices Swiss cheese (1 oz each)
- 1 cup Pickles, dill or kosher, sliced
- 2 oz Yellow mustard
- 22 oz Pork shoulder (Boston butt), thinly sliced
- 1.5 Fresh oranges, sliced
- 3 tsp Garlic, minced
- 0.5 tsp Ground black pepper
- 2 oz Lime juice
- 1 tsp Dried oregano leaves
- 4 tbsp Olive oil
- 6 servings Ham slices (2 oz each)

For the Colossal Crisp Fries:

- 6 servings of Colossal Crisp Fries (5 oz each)

Instructions:

1. Marinate Pork:

1. In a bowl, combine sliced pork, minced garlic, ground black pepper, lime juice, orange slices and dried oregano. Mix well and let it marinate for at least 30 minutes.

2. Cook Pork:

1. In a pan over medium-high heat, add 2 tablespoons of olive oil.
2. Cook the marinated pork slices until browned and cooked through. Set aside.

3. Assemble Cuban Sandwich:

1. Preheat a panini press or a grill pan.
2. Slice the Cuban-style bread pieces horizontally.
3. On one half of each bread, layer a slice of Swiss cheese, followed by marinated and cooked pork slices, ham slices, and pickle slices
4. Spread mustard on the other half of the bread.
5. Close the sandwich.

4. Grill Cuban Sandwich:

1. Brush the outer sides of the sandwich with olive oil.
2. Grill the sandwiches in the panini press or grill pan until the bread is crispy, and the cheese is melted.

5. Prepare Colossal Crisp Fries:

1. Follow the package instructions to cook the Colossal Crisp Fries until they are golden and crispy.

6. Serve:

1. Serve the hot and crispy Cuban sandwiches alongside the Colossal Crisp Fries.



6 Servings: 1 Sandwich each with 5 oz Fries

Hamburger and Fries

BC#012352091506

Ingredients:

- 1 tsp kosher salt
- 1 tsp ground black pepper
- 1 oz dill or kosher dill pickles
- 1 brioche bun (4.25" butter brioche roll)
- 0.25 oz salted butter
- 6 oz ground beef (80% lean meat / 20% fat)
- 5 oz colossal crisp fries



Preparation Instructions:

Hamburger:

1. Form the patty:

- Form 6 oz of ground beef into a burger patty.

2. Season and grill:

- Sprinkle the burger patty with 1 tsp kosher salt** and 1 tsp ground black pepper.
- Place the patty on a preheated char grill or flat top grill and cook until the internal temperature reaches at least 145°F.

3. Toast the bun:

- While the burger is cooking, brush the brioche bun with 0.25 oz salted butter.
- Place the buttered side of the bun down on the flat top grill and cook until lightly golden brown.

4. Assemble the sandwich:

- Place the cooked burger on the bottom half of the toasted bun.
- Top with 1 oz of sliced pickles.
- Place the top bun on the burger.

5. Serve:

- Plate with 5 oz of colossal crisp fries.



Package and Label

**1 total serving across 1 package (450
grams per package)**

Ingredients:

0.75 cup Extra Virgin Olive Oil
 3 lb Beef Chuck Arm Pot Roast (separable lean only, trimmed to 1/8" fat)
 5 teaspoons Kosher Salt
 2.5 teaspoons Ground Black Pepper
 1 large Onion, raw
 3 cloves Garlic, raw
 1 tablespoon Worcestershire Sauce
 2 teaspoons Dried Basil
 1 teaspoon Dried Oregano
 1 teaspoon Dried Thyme
 0.5 teaspoon Garlic Powder
 0.5 teaspoon Onion Powder
 0.25 teaspoon Crushed Red Pepper Flakes
 5 cups Beef Stock (home-prepared)
 8 oz Green Bell Pepper
 4 French Rolls (7" each)
 2 cups Hot Chicago-Style Giardiniera

BC#012352092039

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

- Peel and slice the onion.
- Slice the garlic cloves.
- Wash the green bell pepper, remove seeds and ribs, and slice.
- Chop the giardiniera into small pieces.

2. Brown the Beef:

- Preheat the oven to 325°F.
- In a large Dutch oven or heatproof pot, heat 3 tablespoons of olive oil over high heat until shimmering and slightly smoking.
- Season the beef all over with 4 teaspoons of salt and 2 teaspoons of black pepper.
- Sear the beef, cooking for about 5 minutes per side, until browned. Transfer to a plate.

3. Cook the Aromatics:

- Reduce the heat to medium.
- Add the sliced onions and garlic to the pot and season with ½ teaspoon salt.
- Cook, stirring frequently, until the onions start to soften (about 5 minutes).
- Stir in the Worcestershire sauce, basil, oregano, thyme, garlic powder, onion powder, and crushed red pepper flakes. Cook until the liquid evaporates (about 1 minute).

4. Deglaze and Braise the Beef:

- Deglaze the pot with ½ cup beef stock, scraping up any bits from the bottom.
- Return the beef and any accumulated juices to the pot. Add the remaining 4 cups of beef stock so the meat is partially covered.
- Bring to a boil, then reduce the heat to a simmer. Cover and bake for 2 hours, flipping the roast after 1 hour.
- Uncover the pot, flip the roast again, and continue baking for 30 more minutes. Flip once more and bake until the meat is super-tender and easily shreds (about 30 minutes more).

5. Shred the Beef:

- Transfer the roast to a large bowl and let cool slightly.
- Using your fingers or 2 forks, shred the beef into small pieces.
- Return the shredded beef to the pot along with the cooking liquid (au jus) and toss to coat.

6. Roast the Peppers:

- Increase oven temperature to 375°F.
- Toss the sliced bell pepper in 1 tablespoon olive oil on a parchment-lined baking sheet. Season with ½ teaspoon salt and ½ teaspoon black pepper.
- Roast the peppers until slightly charred and tender (about 20 minutes).

7. Prepare the Giardiniera:

- In a small bowl, combine the chopped giardiniera with the remaining ½ cup olive oil. Stir until well combined.

8. Assemble the Sandwiches:

- Fill each French roll with shredded beef.
- Top with roasted bell peppers and giardiniera.
- Package and Label

4 total servings across 4 packages (985 grams per package)

Meatball Sub and Fries

BC#012352086359

Ingredients:

For Meatballs:

- 12- 5oz portions of Colossal Crisp Fries
- 12 Hoagie Rolls (5"-6" Sliced)
- 36 oz Crushed Tomatoes, canned
- 0.5 tsp Dried Basil Leaves
- 24 oz Whole Milk Mozzarella Cheese, sliced
- 6 oz Jade Mountain Panko Breadcrumbs
- 2.5 lbs Ground Beef (80% lean / 20% fat), raw
- 6.5 tsp Italian Seasoning
- 1 Tbsp Dried Parsley
- 2.5 oz Parmesan Cheese, grated
- 3 Extra Large Eggs, raw
- 6 oz Green Bell Pepper, diced
- 6 oz Red Bell Pepper, diced
- 1.5 tsp Kosher Salt
- 0.75 Tbsp Ground Black Pepper
- 11 oz Sweet Onions, diced
- 6 oz Red Onion, diced
- 5 tsp Dried Oregano Leaves
- 5.25 tsp Garlic, minced

Instructions:

Prepare Meatballs:

1. Preheat the oven according to the instructions on the Colossal Crisp Fries package.
2. In a large mixing bowl, combine ground beef, Panko breadcrumbs, Italian seasoning, dried parsley, grated Parmesan cheese, eggs, diced green bell pepper, diced red bell pepper, kosher salt, ground black pepper, diced sweet onions, diced red onion, dried oregano, and minced garlic.
3. Mix the ingredients thoroughly until well combined.
4. Shape the mixture into meatballs, about 1.5 inches in diameter.
5. Place the meatballs on a baking sheet lined with parchment paper.
6. Bake the meatballs in the preheated oven until they are cooked through and golden brown.

Prepare Subs:

7. While the meatballs are baking, heat the crushed tomatoes in a saucepan over medium heat. Add dried basil leaves and let it simmer for a few minutes.
8. Once the meatballs are ready, place them in the simmered tomato sauce and coat them evenly.
9. Slice the hoagie rolls and fill each roll with meatballs and sauce.
10. Top each sub with sliced mozzarella cheese.
11. Place the subs back in the oven until the cheese is melted and bubbly.

Serve with Fries:

12. Prepare the Colossal Crisp Fries according to the sub recipe.
13. Serve the Meatball Subs hot with a side of 5oz crispy Colossal Crisp Fries.
14. Garnish with additional parsley or Parmesan cheese if desired.



12 Servings, 1 Sandwich and 5 oz Fries

Nashville Hot Chicken Sandwich & Fries

Nashville Hot Chicken:

Ingredients:

- 5 oz Chicken breast, skinless, boneless, raw (sliced into a fillet)
- 2 oz Buttermilk
- 1/4 tbsp Red or cayenne pepper
- 1/4 tbsp Paprika
- 1/4 tbsp Onion powder
- 1/8 tsp Kosher salt
- 1/8 cup All-purpose flour
- 1/4 tsp Cajun seasoning
- 1 tbsp Granulated sugar
- 1/4 tsp Dried oregano leaves
- 2 oz Dill pickle juice
- 1 tsp Olive oil

Hot Chicken Sauce:

- 1/4 tsp Onion powder
- 1/4 tbsp Red or cayenne pepper
- 1/4 tsp Cajun seasoning
- 1/4 tsp Kosher salt
- 1/4 tsp Granulated sugar
- 1/4 tsp Granulated garlic

Assembly:

- 1 Brioche bun (4.25 oz)
- 0.17 oz Bullseye Original BBQ Sauce
- 0.17 oz Mayonnaise
- 0.08 oz Yellow mustard
- 0.08 oz Honey

Nashville Hot Chicken:

1. Marinate Chicken:

1. In a bowl, mix buttermilk, red pepper, paprika, onion powder, and kosher salt.
2. Place the chicken in the buttermilk mixture, cover, and refrigerate for at least 1 hour or overnight.

2. Prepare Coating:

1. In a separate bowl, combine flour, Cajun seasoning, sugar, and dried oregano.

3. Dredge Chicken:

1. Remove the chicken from the buttermilk mixture and dredge each fillet in the flour mixture, pressing the coating onto the chicken.

4. Fry Chicken:

1. In a skillet, heat olive oil over medium-high heat.
2. Fry the chicken fillets until golden brown and cooked through, about 4-5 minutes per side.

5. Prepare Hot Chicken Sauce:

1. In a small bowl, mix onion powder, cayenne pepper, Cajun seasoning, kosher salt, sugar, and granulated garlic.

6. Coat Chicken:

1. While the chicken is still hot, brush or toss it in the hot chicken sauce until well coated. **Instructions:**

Colossal Crisp Fries:

1. Prepare Colossal Crisp Fries:

1. Follow the sub recipe for Colossal Crisp Fries and set aside.

Assembly:

1. Prepare Sauce for Bun:

1. In a small bowl, mix BBQ sauce, mayonnaise, mustard, and honey.

2. Toast Brioche Bun:

1. Toast the brioche bun until golden.

3. Assemble Sandwich:

1. Spread the sauce mixture on the bun.
2. Place the Nashville Hot Chicken fillet on the bun.

4. Serve:

1. Serve the Nashville Hot Chicken Sandwich with a side of Colossal Crisp Fries.

BC#012352086090



1 Serving: Sandwich and 5 oz Fries

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

Philly Cheesesteak

Hoagie & Fries

BC#012352086052

Philly Cheesesteak Hoagie:

Ingredients:

- 1 Recipe yield Colossal Crisp Fries
- 1 serving Beef Philly Steak Breakaway (4 oz)
- 1 Hoagie Roll (5"-6" Sliced)
- 1 oz White mushrooms, sliced
- 1 oz Green bell pepper, sliced
- 1 oz Sweet onions, thinly sliced
- 1 oz Salted butter
- 1.5 oz Provolone cheese, sliced
- 1 tsp Ground black pepper
- 1 tsp Kosher salt

Instructions:

1. Cook Philly Cheesesteak:

1. In a skillet or griddle over medium-high heat, melt butter.
2. Add the Beef Philly Steak Breakaway, sliced mushrooms, green bell pepper, and sweet onions to the skillet.
3. Cook, stirring occasionally, until the beef is browned and the vegetables are tender.

2. Season and Assemble:

1. Season the mixture with ground black pepper and kosher salt. Stir well.

3. Melt Provolone Cheese:

1. Place the provolone cheese slices on top of the beef and vegetable mixture. Cover the skillet with a lid to melt the cheese.

4. Prepare Hoagie Roll:

1. While the cheese is melting, lightly toast the Hoagie Roll in a toaster or oven.

5. Assemble Hoagie:

1. Spoon the cheesy beef and vegetable mixture onto the toasted Hoagie Roll.

6. Serve:

1. Serve the Philly Cheesesteak Hoagie hot, alongside the Colossal Crisp Fries.

Colossal Crisp Fries:

Ingredients:

- 1 Recipe yield Colossal Crisp Fries, **5oz portion**

Instructions:

1. Prepare Colossal Crisp Fries:

1. Follow the instructions for Colossal Crisp Fries, ensuring they are golden and crispy.

2. Serve:

1. Tray the Colossal Crisp Fries alongside the Philly Cheesesteak Hoagie.



1 Serving Philly Cheesesteak Sandwich with 5oz fries

Spicy Chicken Sandwich with Fries

BC#012352086311

Ingredients:

Spicy Chicken Sandwich:

- 1 Breaded Chicken Breast (5oz)
- 1 Butter Brioche Bun (4.25oz)
- 2 Tbsp Shortening (for frying)
- 0.25 oz Salted Butter
- 1 Slice Pepper Jack Cheese (0.75oz)
- 2 tbsp Honey Mustard Salad Dressing
- 0.25 tsp Cajun Seasoning (adjust to taste)

Colossal Crisp Fries:

- 1 portion Colossal Crisp Fries (5oz)

Instructions:

1. Prepare the Colossal Crisp Fries:

1. Follow the instructions in the sub recipe to cook the Colossal Crisp Fries until they are golden and crispy.

2. Cook the Breaded Chicken Breast:

1. Heat the shortening in a skillet over medium heat.
2. Cook the breaded chicken breast for about 4-5 minutes on each side or until it reaches an internal temperature of 165°F (74°C) and is golden brown and crispy.

3. Toast the Brioche Bun:

1. In a separate pan, melt the salted butter over medium heat. Toast the brioche bun halves in the melted butter until they are golden brown.

4. Add Pepper Jack Cheese:

1. Place the Pepper Jack cheese slices on the cooked chicken breast, allowing them to melt slightly.

5. Assemble the Spicy Chicken Sandwich:

1. Spread honey mustard dressing on the bottom half of the toasted brioche bun.
2. Place the cheese-covered chicken breast on the bun.

6. Sprinkle with Cajun Seasoning:

1. Sprinkle Cajun seasoning over the chicken breast for an extra kick.

7. Top with the Other Bun Half:

1. Place the top half of the toasted brioche bun on the chicken to complete the sandwich.

8. Serve with Colossal Crisp Fries:

1. Arrange the Colossal Crisp Fries on the side of the spicy chicken sandwich in the serving tray and label.



1 Serving: 1 Sandwich and 5 oz Fries

CANTEEN  KITCHENS



American & Regional Entrees

Almond Crusted Chicken

Diabetic Friendly Meal

BC#012352092084

Ingredients:

3 tablespoons Olive Oil
2 cups Water
1 tablespoon Water
1 cup Pearled Barley, raw
4 oz Whole Wheat Panko Bread Crumbs
1 teaspoon Grated Orange Zest
0.5 teaspoon Garlic Powder
1 large Egg White
1 lb Skinless, Boneless Chicken Breast
0.5 teaspoon Kosher Salt
1 cup Cherry Tomatoes
1 tablespoon White Wine Vinegar
1 cup Fresh Parsley, chopped
4 oz Dry Roasted Almonds, unsalted
25 oz Broccoli, raw

**Preparation Instructions:**

1. Preheat oven to 450°F. Coat a wire rack with cooking spray and place on a foil-lined baking sheet.
2. Bring 2 cups of water and barley to a boil in a small saucepan. Reduce heat, cover, and simmer until tender, 10 to 12 minutes. Set aside.
3. Meanwhile, pulse $\frac{3}{4}$ cup toasted almonds, breadcrumbs, orange zest, and garlic powder in a food processor until the almonds are coarsely chopped. Transfer to a shallow dish.
4. Whisk egg white and 1 tablespoon water in another shallow dish.
5. Place chicken between 2 pieces of plastic wrap and pound with the smooth side of a meat mallet or heavy saucepan to an even $\frac{1}{2}$ -inch thickness. Sprinkle the chicken with $\frac{1}{4}$ teaspoon salt, coat with the egg mixture, and dredge in the almond mixture, patting to adhere. Place on the prepared rack and coat both sides of the chicken with cooking spray.
6. Bake the chicken until an instant-read thermometer inserted in the thickest part registers 165°F, about 15 minutes.
7. Heat oil in a large skillet over medium heat. Add tomatoes and vinegar. Cook until the tomatoes start to collapse, about 1 minute. Remove from heat.
8. Drain the barley, if necessary, and stir into the tomatoes along with the remaining $\frac{1}{4}$ cup toasted chopped almonds, $\frac{1}{4}$ teaspoon salt, and parsley.
9. Serve the chicken with the barley mixture and steamed broccoli florets (5 oz per serving).

4 total servings across 4 packages (590 grams per package)

BBQ Chicken Wings W/ Mac n Cheese

Ingredients:

BC#012352087219

Chicken Wings

280 CVP chicken wings (approximately 25 pounds)
3/4 cup brown sugar
1/3 cup paprika
3 Tbsp garlic powder
3 Tbsp onion powder
3 Tbsp chili powder
1.5 Tbsp smoked paprika
1.5 Tbsp ground black pepper
1.5 Tbsp salt
2 tsp cayenne pepper)
1 cup olive oil
80 oz BBQ sauce for serving 2 oz on the side
2 cups chopped green onions for garnish



Mac n Cheese

Use sub recipe for sides of Mac n Cheese, 8oz per portion.

Instructions:

Preheat your oven to 400°F (200°C). Line several baking sheets with aluminum foil and place a wire rack on top of each baking sheet.

In a large bowl, combine the brown sugar, paprika, garlic powder, onion powder, chili powder, smoked paprika, black pepper, salt, and cayenne pepper. Mix well to create the BBQ rub.

Place the chicken wings in a large mixing bowl and drizzle them with olive oil. Toss the wings until they are evenly coated with the oil.

Sprinkle the BBQ rub over the chicken wings, coating them thoroughly on all sides, ensuring they are evenly coated.

Arrange the chicken wings in a single layer on the wire racks on the baking sheets.

Bake the chicken wings in the preheated oven for 40-45 minutes, or until they are cooked through and crispy, flipping them halfway through cooking. And reach 165 Degrees, internal temp.

Portion 7 wings per tray with an 8oz portion of Mac n Cheese. Add a 2oz portion cup of sauce and garnish with green onions

40 Servings, 7 wings and 8oz Mac n Cheese

Ingredient List:

- 1.25 cups All-Purpose Wheat Flour (enriched, bleached)
- 4 oz Salted Butter
- 0.33 cup Cultured Sour Cream
- 1 tablespoon Olive Oil (salad or cooking)
- 2 lb Beef Chuck, Clod Roast (trimmed to 1/4" fat, raw)
- 8 oz Baby Portabella Mushrooms (raw)
- 4 large Carrots (7-1/4" to 8-1/2" long, raw)
- 1 large Onion (raw)
- 2 tablespoons All-Purpose Wheat Flour (enriched, bleached)
- 2 tablespoons Tomato Paste (canned, with salt added)
- 2 tablespoons Fresh Thyme (leaves)
- 3 cloves Garlic (raw)
- 1.5 teaspoons Kosher Salt
- 1 teaspoon Ground Black Pepper
- 2 cups Homemade Beef Stock (soup, stock)
- 11 oz Regular Beer (such as Guinness)
- 1 tablespoon Packed Brown Sugar
- 1 large Extra-Large Whole Egg (raw)
- 2 tablespoons Water (tap, municipal)

BC#012352093654**Preparation Instructions:****For Best Results:**

- Ensure that the butter is very cold when making the crust. Dice the butter and place it back in the refrigerator until it is chilled.
- Use a dark stout beer like Guinness for the best flavor.
- Opt for baby portabella mushrooms for a richer taste.

Preparation Steps:**Make the Pie Crust:**

1. In a large bowl, combine the flour and diced butter. Toss the butter in the flour to coat.
2. Work the butter into the flour with a pastry blender or your fingers, squeezing the butter chunks flat and rubbing them into the flour. Some larger pieces (about the size of marbles) can remain. Continue blending until the dough appears shaggy.
3. Make a well in the center of the mixture and add the sour cream. Use a spatula to mix the sour cream into the flour mixture.
4. Using your hands, knead the dough a few times to blend the sour cream into the flour, forming a large ball of dough.
5. Transfer the dough to a work surface and shape it into a rough disk. Wrap the dough tightly in plastic wrap. Using a rolling pin, roll the dough until it stretches to the edges of the plastic wrap. Refrigerate for at least 2 hours, preferably overnight.

Braise the Beef:

1. Preheat the oven to 350°F and place an oven rack in the middle part of the oven.
2. Heat olive oil in a Dutch oven over medium-high heat. Brown the beef in batches, ensuring all sides are seared. Once browned, remove the beef and set aside.
3. Lower the heat to medium, add the mushrooms, and cook for about 8 minutes, until softened and their liquid has evaporated.
4. Add the carrots and onions and cook for another 8 minutes, until they begin to soften.
5. Stir in the flour, tomato paste, thyme, garlic, salt, and pepper. Cook for about 30 seconds, until the tomato paste darkens to a rusty color.
6. Deglaze the pot with beef stock, stout beer, and brown sugar, scraping up any browned bits from the pot.
7. Add the browned beef back into the pot, nestling it into the liquid. Bring the mixture to a boil, cover with a tight-fitting lid, and transfer to the oven. Braise for 1 ½ to 2 hours, or until the meat is tender and the sauce has thickened.
8. Once the meat is tender, taste and adjust seasoning as needed. If the sauce is too salty due to liquid reduction, add water to balance the flavor.
9. Remove the beef from the pot and transfer the braised beef mixture to a shallow container. Allow it to cool at room temperature for about 1 hour, then refrigerate for at least 2 hours or overnight.

Assemble and Bake:

1. Preheat the oven to 400°F and place an oven rack in the lowest part of the oven.
2. Place four oven-safe pans on a sheet pan. Roll out the chilled pastry dough and cut circles to fit the tops of the pans.
3. Divide the chilled beef filling among the pans, then place the pastry circles on top.
4. Brush the tops of the pies with an egg wash (whisk together the egg and water). Cut a small slit in each crust to allow steam to vent during baking.
5. Bake the pies on the lowest rack for 40 to 55 minutes, or until the crust is golden brown.
6. Transfer the pies to a wire rack and let cool for 5-10 minutes before serving.

Serving:

- Serve the beef pot pie warm, allowing the filling to set slightly for the best texture. Enjoy!

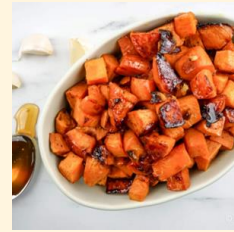
4 Servings, 565 Grams Each

with Honey Meal

BC#012352091087

****Ingredients**:**

1. CK Side - Honey Roasted Sweet Potatoes: 1 x Recipe yield
2. Grilled Veggies: 10 x 5 oz
3. Fish, salmon, Atlantic, wild, raw: 40 oz
4. Limes, raw: 1 x 1 fruit (2" dia)
5. Sugars, brown: 7.5 tsp (unpacked)
6. Butter, salted: 1.5 oz
7. Frozen Mixed Berries: 10 oz
8. Blueberries, frozen, unsweetened: 10 oz
9. Honey: 5 tbsp
10. La Costena Chipotle Peppers in Adobo Sauce:
11. Spice, ground cumin: 7 tsp
12. Kosher Salt: 2 tsp



****Prepare Honey Roasted Sweet Potatoes**:**

1. ****Prep Ingredients**:**
 - Wash and cut sweet potatoes into ½"-3/4" chunks. Wash rosemary, remove leaves from stems, and mince leaves.
2. ****Preheat Oven**:**
 - Preheat the oven to 375°F. Lightly coat a baking sheet with cooking spray.
3. ****Make the Sauce**:**
 - Combine water, brown sugar, honey, and olive oil. Whisk until smooth.
 - Heat over medium heat, stirring occasionally until mixture is reduced by half.
4. ****Roast Sweet Potatoes**:**
 - Spread sweet potatoes evenly over the baking sheet. Sprinkle with salt and pepper.
 - Roast for about 30 minutes, turning occasionally until almost tender.
5. ****Apply Glaze**:**
 - Drizzle glaze over sweet potatoes and toss to coat. Roast for another 20 minutes until sweet potatoes are tender and syrup is reduced to a glaze. Remove from the oven and season with black pepper and chopped rosemary. Serve 8 oz per portion.

****Prepare Grilled Veggies**:**

1. ****Prep Ingredients**:**
 - Wash, deseed, and thinly slice peppers. Peel and thinly slice onions. Wash and trim broccoli florets. Wash, peel, and thinly slice fresh carrots on the bias.
2. ****Grill Veggies**:**
 - Combine all ingredients in a large bowl and toss well. Preheat a flat-top grill to high.
 - Spread veggies thin over the grill and cook for 5-8 minutes until seared and beginning to char on the edges.
 - Serve 5 oz per portion.

****Prepare Salmon**:**

1. ****Prep Ingredients**:**
 - Thaw berries completely. Blend chipotle peppers until smooth. Melt butter over low heat.
2. ****Prepare Glaze**:**
 - Press berries through a very fine sieve into a bowl, discarding the seeds. Whisk in honey, butter, and lime juice to form a glaze.
 - Divide the glaze in half.
3. ****Make Spice Rub**:**
 - Blend brown sugar, cumin, and salt. Add the chipotle puree and mix well.
4. ****Prepare Salmon**:**
 - Place a rack on a sheet pan. Top the flesh side of the salmon with the prepared spice mixture and place on the rack.
 - Brush with prepared glaze mixture.
5. ****Bake Salmon**:**
 - Preheat oven to 400°F.
 - Place salmon in the oven and bake for about 15 minutes or until the internal temperature reaches 145°F.
 - Remove from the oven and brush with reserved glaze.

10 total servings across 10 packages (590 grams per package)

Buffalo Chicken Wings

BC# 012352089749

Ingredients:

144 ounces of raw chicken wings (broilers or fryers), meat and skin
1 teaspoon of ground black pepper
1 tablespoon of honey
3 ounces of salted butter
1 tablespoon of cider vinegar
204.8 grams of fryer shortening
3 teaspoons of kosher salt
16 ounces of regular commercial ranch dressing
6 tablespoons of Buffalo wing sauce (RTU Franks)
1 teaspoon of granulated garlic

**Preparation Instructions:**

Preheat the grill to medium-high heat.

In a large bowl, combine the chicken wings, kosher salt, ground black pepper, and granulated garlic. Toss the wings in the salt, pepper, and garlic mixture until evenly coated.

Grill the wings for approximately 15 minutes or until the internal temperature reaches 165°F. Arrange the wings closely on the grill so they touch each other.

In a saucepan, melt the butter over medium heat. Once melted, add the hot sauce, cider vinegar, and honey. Whisk the ingredients together until well combined and emulsified. Let the sauce heat through.

Toss the grilled wings in the prepared Buffalo sauce until evenly coated.

Serve the wings with ranch dressing for dipping.

Assembly:

Place 6 wings in each container and serve with 2 ounces of ranch dressing.

Servings:

This recipe makes 8 servings, with each serving packaged into individual portions, totaling 620 grams per package, or 21.87 ounces per total serving

Ingredients:

BC# 012352089664

1 cup of dry brown basmati rice
16 ounces of raw shrimp, mixed species
1.5 teaspoons of ground cumin
1 teaspoon of paprika
1 teaspoon of garlic powder
0.5 teaspoon of onion powder
0.25 teaspoon of kosher salt
0.25 teaspoon of ground black pepper
2 tablespoons of olive oil
8 ounces of roasted corn kernels
1 large red bell pepper
0.5 cup of chopped fresh cilantro leaves
1 lime
1 avocado

**Preparation Instructions:****Step 1:**

In a large bowl, toss the shrimp with ground cumin, paprika, garlic powder, onion powder, kosher salt, and ground black pepper.

In a large skillet over medium-high heat, heat 1 tablespoon of olive oil. Add the seasoned shrimp and cook until they are opaque and charred.

Step 2:

In a medium bowl, combine the roasted corn kernels, chopped red bell pepper, and chopped cilantro.

Add 1 tablespoon of olive oil, juice of half a lime, and season with salt and pepper.

Step 3:

Build the bowls by dividing the cooked brown basmati rice between 4 bowls.

Top each bowl with cooked shrimp, corn salad, and 1/4 of an avocado sliced.

Garnish each bowl with additional chopped cilantro and squeeze lime juice over the avocado slices.

Servings:

This recipe makes 4 servings, with each serving packaged into individual portions, totaling 340 grams per package, or 12 Ounces per serving

Ingredients:

BC#012352086380

For the Cajun Blackened Shrimp:

- 5.6 lbs Raw Shrimp, mixed species, peeled and deveined
- 5 oz Cajun Seasoning
- 2 tbsp Ground Black Pepper
- 2 tsp Kosher Salt
- 8 tbsp Olive Oil (for cooking)

For the Rice:

- 3.75 lbs White Jasmine Long Grain Rice
- 8 tsp Chicken Base (Low Sodium, NO MSG, Gluten-Free)
- 8 cups Water

For the Vegetable Medley:

- 20 oz Fresh Green Bell Pepper, sliced
- 20 oz Fresh Red Bell Peppers, sliced
- 20 oz Sweet Raw Onions, sliced

For Garnish:

- 1 tbsp Fresh Parsley, chopped
- 8 oz Shredded Parmesan Cheese

For Southern Style Hushpuppies:

- 60 pieces Southern Style Hushpuppies (store-bought or homemade)

Instructions:***Prepare the Rice:***

1. In a pot, bring 8 cups of water to a boil. Add chicken base and rice. Stir, cover, and simmer until the rice is cooked. Set aside.

Prepare the Cajun Blackened Shrimp:

2. In a bowl, coat the shrimp with Cajun seasoning, ground black pepper, and kosher salt. Ensure the shrimp are well coated.
3. In a large skillet, heat olive oil over medium-high heat.
4. Add the seasoned shrimp to the skillet, cooking in batches if necessary, until they are blackened and cooked through. Set aside.

Prepare the Vegetable Medley: 5. In the same skillet, add a bit more olive oil if needed. Sauté the sliced green bell pepper, red bell pepper, and sweet onions until they are tender-crisp. Set aside.

Assemble Cajun Blackened Shrimp and Rice:

6. Arrange a portion of cooked rice in the serving trays.
7. Top the rice with the sautéed vegetable medley.
8. Place Cajun blackened shrimp on top of the vegetables.
9. Garnish with chopped fresh parsley and shredded Parmesan cheese.
10. Optionally, serve Southern Style Hushpuppies on the side.
11. Serve the Cajun Blackened Shrimp and Rice hot, and enjoy the spicy and flavorful dish!

20 Servings, 13.5 oz Shrimp/Rice and 3 Hushpuppies

Cajun Chicken Pasta with Cornbread Biscuit

BC#012352086038**Cajun Chicken Pasta:****Ingredients:**

- 4 oz Barilla Fettuccine
- 3 oz Chicken breast, skinless, boneless, raw, thinly sliced
- 0.25 tsp Black pepper, ground
- 0.5 tsp Kosher salt
- 1.5 tbsp Heavy whipping cream
- 0.67 oz Cream cheese
- 0.33 oz Parmesan cheese, shredded
- 0.25 oz Monterey Jack cheese
- 0.5 tsp Kosher salt
- 0.25 tsp Black pepper, ground
- 1 fl oz Cooking wine
- 1 Tbsp Cajun seasoning
- 1.5 oz Sweet onions, thinly sliced
- 1.5 oz Red bell peppers, thinly sliced

Cornbread Biscuit:**Ingredients:**

- 1 x Cornbread Biscuit (2.2 oz)

Instructions:**1. Prepare Cornbread Biscuit:**

1. Follow the instructions on the Cornbread Biscuit package to bake the biscuit. Set aside.

2. Cook Fettuccine:

1. Cook the Barilla Fettuccine according to package instructions until al dente. Drain and set aside.

3. Prepare Cajun Chicken:

1. Season the thinly sliced chicken with ground black pepper and kosher salt.

4. Make Cajun Sauce:

1. In a skillet over medium heat, combine heavy whipping cream, cream cheese, Parmesan cheese, Monterey Jack cheese, kosher salt, and ground black pepper. Stir until the cheeses are melted and the sauce is smooth.

5. Cook Cajun Chicken:

1. In a separate skillet, heat olive oil over medium-high heat.
2. Add the seasoned chicken slices and cook until they are browned on both sides.

6. Add Vegetables:

1. Add thinly sliced onions and red bell peppers to the skillet with the chicken. Cook until the vegetables are softened.

7. Deglaze and Season:

1. Pour cooking wine into the skillet to deglaze, scraping up any browned bits. Stir in Cajun seasoning.

8. Combine Pasta and Sauce:

1. Add the cooked fettuccine to the skillet with the Cajun chicken and vegetables.

9. Toss and Finish:

1. Toss everything together until the pasta is well coated in the Cajun sauce.

10. Serve:

1. Tray **17oz Cajun Chicken Pasta** and garnish with additional Parmesan cheese if desired.

Serve with Cornbread Biscuit:**Instructions:****1. Serve Cornbread Biscuit:**

1. Serve the warm Cornbread Biscuit alongside the Cajun Chicken Pasta.

**1 Serving 17oz plus one Biscuit**

Caribbean Jerk Chicken Dinner

Ingredients:

BC#012352086267

For Jerk Chicken:

- 2 lbs Chicken Legs, meat and skin, raw
- 1 Tbsp Ground Allspice
- 0.5 oz Lime Juice
- 1.5 tsp Garlic, minced
- 0.5 Tbsp Ground Cloves
- 0.5 Tbsp Ground Nutmeg
- 1 Tbsp Soy Sauce (Tamari)
- 1 oz Brown Sugar
- 2 Jalapeno Peppers, minced
- 2 oz Fresh Ginger, grated
- 1 Tbsp Olive Oil
- 1 Tbsp Ground Black Pepper
- 2 oz Green Onions (Young), tops only
- 2 Tbsp Kosher Salt

For Cilantro Lime Rice:

- 4 portions (**5.5 oz each**) Cilantro Lime Rice

For Seasoned Black Beans:

- 4 portions (**6.5 oz each**) of Seasoned Black Beans

Instructions:**1. Marinate the Jerk Chicken:**

- In a blender or food processor, combine ground allspice, lime juice, minced garlic, ground cloves, ground nutmeg, soy sauce, brown sugar, minced jalapenos, grated ginger, olive oil, ground black pepper, green onions, and kosher salt.
- Blend until you get a smooth marinade.
- Place chicken legs in a large bowl and rub the jerk marinade all over them, ensuring they are well coated. Marinate for at least 2 hours or overnight in the refrigerator.

2. Cook the Jerk Chicken:

- Preheat your grill or oven to medium-high heat.
- Grill or bake the marinated chicken legs until they reach an internal temperature of 165°F (74°C), and the skin is crispy and browned. This usually takes about 20-25 minutes on the grill or 30-35 minutes in the oven.

3. Prepare Cilantro Lime Rice:

- Cook the cilantro lime rice according to the package instructions. Fluff with a fork.

4. Warm Seasoned Black Beans:

- Heat the seasoned black beans in a saucepan over medium heat until warmed through.

5. Assemble the Caribbean Jerk Chicken Dinner:

- Serve the jerk chicken over a bed of cilantro lime rice.
- Spoon the seasoned black beans on the side.
- Garnish with additional chopped green onions and fresh cilantro if desired.



4 Servings, 18.17 oz Per Portion, 1 Pc Chicken, 5.5oz Rice and 6.5 oz Beans

Cheddar Mac and Cheese

BC#012352086403

Ingredients:

For the Cheese Sauce:

- 8 cups Half and Half
- 3 lbs Cream Cheese, softened
- 1 Gallon Whole Milk
- 3 Tbsp Ready-to-Serve Pepper or Hot Sauce
- 18.15 oz Sauce Cheddar Cheese Mix
- 1.5 Gallons Heavy Whipping Cream
- 2.5 oz Monterey Cheese, shredded
- 4.5 lbs American Cheese Spread, sliced
- 15lbs Cavatappi or Cellentani Pasta

Instructions:

Cook the Pasta:

1. Cook the cavatappi or cellentani pasta according to the package instructions. Drain and set aside.

Prepare the Cheese Sauce:

2. In a large saucepan over medium heat, combine half and half, cream cheese, whole milk, ready-to-serve pepper or hot sauce, and cheddar cheese mix.
3. Stir continuously until the cream cheese is fully melted, and the mixture is smooth and well combined.
4. Add the heavy whipping cream, Monterey cheese, and American cheese spread. Continue stirring until all the cheeses are melted, and the sauce is creamy.

Combine Pasta and Cheese Sauce:

5. In a large mixing bowl, combine the cooked pasta with the prepared cheese sauce. Mix thoroughly until the pasta is evenly coated with the cheese sauce.

Serve the Cheddar Mac and Cheese:

6. Spoon the mac and cheese into the serving trays and label
7. Serve the Cheddar Mac and Cheese hot, and enjoy the creamy, cheesy goodness!



64 Servings: 15 oz oz portions

Apples & Cabbage

BC#012352093814

Ingredients:

- 1 tbsp unsalted butter
- 1 tbsp olive oil (for cooking)
- 8 x 3 oz Applegate Chicken and Apple Sausage
- 2 cups raw onions (sliced)
- 3/4 tsp kosher salt
- 1 tsp ground black pepper
- 4 cloves garlic (minced)
- 6 cups unsweetened apple juice (canned or bottled, without added ascorbic acid)
- 32 oz Yukon Gold potatoes
- 3 lb raw cabbage (shredded)
- 1 lb Gala apples (with skin, core removed, and chopped)
- 1 tbsp caraway seeds

Preparation:**1. Prep ingredients:**

1. Peel and thinly slice the onion.
2. Mince the garlic cloves.
3. Wash the Yukon Gold potatoes (do not peel) and cut into quarters.
4. Wash the apples, remove the cores, and roughly chop them.
5. Finely shred the cabbage.

**2. Cook the sausage and onions:**

1. Heat the butter and olive oil in a large Dutch oven or heavy-bottomed pot with a lid. Once the butter has melted, add the sausage links and cook, turning occasionally, until browned on all sides.
2. Add the sliced onions, kosher salt, and black pepper. Cook, stirring occasionally, until the onions are soft, about 5 minutes. Add the minced garlic and cook for another 30 seconds to 1 minute, until fragrant.

3. Simmer the mixture:

1. Add the apple juice, potatoes, and chopped apples to the pot. Stir well and bring to a simmer.
2. Add the shredded cabbage and sprinkle the caraway seeds on top. Reduce the heat to medium-low and cover the pot.

4. Cook until tender:

1. Let the mixture cook until the potatoes are tender, about 25 minutes.

5. Reduce the liquid:

1. When the potatoes are tender, remove the sausages, potatoes, and apples from the pot. Turn the heat up to high and cook the remaining liquid until reduced by half, about 5-10 minutes.

Serve:

- Serve 1 sausage and 2 generous cups (about 12 oz) of the cabbage mixture per portion.

8 Servings, 527 Grams Each

Chicken Dijon & Bacon Fried Cabbage

Ingredients:

BC#012352092114

20 oz Skinless, Boneless Chicken Breast

1 tsp Kosher Salt

1 tsp Ground Black Pepper

1 tbsp Extra Virgin Olive Oil

2 tbsp Salted Butter

3 cloves Raw Garlic, minced

2.7 fl oz Table White Wine

0.33 cup Heavy Whipping Cream

0.25 cup Homemade Chicken Stock

1 tsp Soy Sauce (Tamari)

2 tbsp Grey Poupon Dijon Mustard

1.25 tsp Fresh Thyme

4 x 8 oz CK Side - Bacon Fried Cabbage

**Preparation Instructions:****1. Prep Chicken:**

Rinse the chicken breasts and trim any excess fat, then pat dry. Pound the chicken to about 1-inch thick and season both sides with kosher salt and black pepper.

2. Cook Chicken:

- Heat the olive oil in a large skillet over medium-high heat.
- Cook the chicken for 5-6 minutes per side, or until browned and the internal temperature reaches 165°F.
- Remove the chicken from the pan and cover lightly with foil to keep warm.

3. Prepare Sauce:

- In the same skillet, add the butter and minced garlic, cooking just until fragrant, about 30 seconds.
- Stir in the white wine, scraping up any browned bits from the bottom of the pan. Simmer until the wine reduces by half, about 3 minutes.
- Whisk in the heavy cream, chicken stock, soy sauce, Dijon mustard, and thyme, simmering for 2-4 minutes until slightly thickened.
- Return the chicken to the pan along with any juices, cooking just until heated through, about 2 minutes.

4. Prepare Fried Cabbage:

- Chop the bacon into pieces and place it in a large stockpot over medium-high heat. Cook until crispy, about 10 minutes.
- Add the diced onion and minced garlic, stirring until the onion caramelizes, about 10 minutes.
- Wash, core, and slice the cabbage, then stir it into the pot, cooking for an additional 10 minutes.
- Season with salt, pepper, garlic powder, onion powder, and paprika.
- Reduce heat to low, cover, and simmer, stirring occasionally for about 30 minutes.

5. Serve:

Serve the Chicken Dijon with approximately 8 oz of Fried Cabbage per serving. Enjoy!

4 total servings across 4 packages (460 grams per package)

Chicken Fried Steak Meal

Ingredients:

BC#012352086489

For the Chicken Fried Steak:

3.53 oz Beef Fritter Country Fried

1.5 tbsp Shortening (for frying)

For the Whipped Potatoes:

6.5 oz Buttery Whipped Potatoes

For the Grilled Veggies:

5 oz Grilled Veggies (your choice of vegetables)

For the Peppered Gravy:

1 serving Peppered Gravy Mix

0.66 cup Water

Instructions:***Cook the Chicken Fried Steak:***

1. Heat the shortening in a frying pan over medium heat.

2. Carefully place the beef fritter country fried in the hot oil. Cook each side until golden brown and cooked through, about 4-5 minutes per side.

3. Once cooked, transfer the chicken fried steak to a paper towel-lined plate to drain any excess oil.

Prepare the Whipped Potatoes:

4. Follow the instructions on the package to prepare the buttery whipped potatoes. Typically, this involves heating or mixing the potatoes until smooth and creamy.

Grill the Veggies:

5. Grill or sauté the veggies of your choice until they are tender-crisp. Season with salt and pepper as desired.

Make the Peppered Gravy:

6. In a saucepan, whisk together the peppered gravy mix and water.

7. Cook over medium heat, stirring constantly, until the gravy thickens to your desired consistency.

Assemble the Chicken Fried Steak Meal:

8. Place a generous portion of the buttery whipped potatoes on each plate.

9. Top the potatoes with the grilled veggies.

10. Set the cooked chicken fried steak on top of the potatoes with the veggies on the side.

11. Pour the peppered gravy over the chicken fried steak.

12. Serve the Chicken Fried Steak Meal hot, and enjoy the comforting flavors!

**1 Serving: 1 Steak, with Gravy, 6.5 oz Potatoes and 5 oz Veggies**

Chicken Jambalaya with

Cornbread Biscuit

BC#012352086021

Chicken Jambalaya:

Ingredients:

- 2 x Cornbread Biscuits (2.2 oz each)
- 2.5 oz Chicken breast, skinless, boneless, raw, diced
- 2 oz Johnsonville Andouille Sausage, sliced
- 2 oz Red bell peppers, diced
- 1 cup Tomatoes, ripe, chopped
- 2 oz Sweet onions, diced
- 0.5 tsp Garlic, minced
- 2 fl oz Cooking wine
- 1.5 cups Water
- 2 tsp Chicken Base (Low Sodium, No MSG, Gluten-Free)
- 0.5 tsp Paprika
- 4 oz White short-grain rice (uncooked)
- 0.25 tsp Pepper or hot sauce (ready-to-serve)
- 0.5 tbsp Olive oil
- 1 tbsp Young green onions (tops only), sliced

Instructions:

1.Prepare Cornbread Biscuits:

1. Follow the instructions on the Cornbread Biscuit package to bake the biscuits. Set aside.

2.Cook Chicken and Sausage:

1. In a large skillet or Dutch oven, heat olive oil over medium heat.
2. Add diced chicken and sliced Andouille sausage and cook until the chicken is browned and cooked through.

3.Sauté Vegetables:

1. Add diced red bell peppers, chopped tomatoes, diced sweet onions, and minced garlic to the skillet. Cook until the vegetables are softened.

4.Deglaze with Cooking Wine:

1. Pour cooking wine into the skillet to deglaze, scraping any browned bits from the bottom for added flavor.

5.Prepare Rice:

1. Stir in uncooked white short-grain rice, chicken base, and paprika, ensuring the rice is well-coated.

6.Add Liquid and Simmer:

1. Pour in water and bring the mixture to a simmer. Reduce the heat to low, cover, and let it cook until the rice is tender, and the liquid is absorbed.

7.Season and Finish:

1. Season the jambalaya with hot sauce to taste and adjust salt if needed. Mix well.

8.Serve:

1. Spoon **16oz Chicken Jambalaya** onto trays and garnish with sliced green onions.

Cornbread Biscuits:

Ingredients:

- 2 x Cornbread Biscuits (2.2 oz each)

Instructions:

1.Bake Cornbread Biscuits:

1. Follow the instructions on the Cornbread Biscuit package to bake the biscuits. See sub recipe

2.Serve:

1. Serve the warm Cornbread Biscuits alongside the Chicken Jambalaya.



2 Servings with 16oz Jambalaya and a 2.2 oz Biscuit

Chicken Pot Pie

BC#012352091285

Ingredients:

- **1 tablespoon** salted butter
- **1 tablespoon** shallots, chopped
- **16 oz** skinless, boneless chicken breast (raw)
- **1 cup** raw carrots, chopped
- **1 cup** frozen green peas (unprepared)
- **½ cup** raw red potatoes, diced (with skin)
- **½ cup** raw celery, chopped
- **⅓ cup** raw onions, chopped
- **⅓ cup** white all-purpose flour (enriched, bleached)
- **½ teaspoon** kosher salt
- **½ teaspoon** ground black pepper
- **¼ teaspoon** celery seed
- **1 teaspoon** crumbled bay leaf
- **1¾ cups** homemade chicken stock
- **⅔ cup** fluid cream (half and half)
- **2 sheets** pie shell dough (12" x 12")



Instructions:

1. Prepare the ingredients: Gather all ingredients and preheat the oven to 425°F (220°C). Steam the diced potatoes until halfway cooked.

2. Cook the chicken and vegetables:

- In a saucepan, combine the **chicken, carrots, peas,** and **celery**. Add enough water to cover the ingredients and bring to a boil.
- Boil for 15 minutes, then remove from heat and drain.

3. Make the sauce:

- While the chicken is cooking, melt **1 tablespoon** of butter in another saucepan over medium heat. Add the **shallots** and **onions**, cooking until soft and translucent (about 5 to 7 minutes).
- Stir in the **flour, salt, black pepper, celery seed,** and **bay leaf**.
- Slowly add the **chicken stock** and **half and half**, stirring constantly.
- Reduce heat to medium-low and simmer until the mixture thickens, about 5 to 10 minutes. Remove from heat and set aside.

4. Assemble the pie:

- Place one sheet of pie dough into a pie plate.
- Layer the cooked **chicken, vegetables,** and **potatoes** in the bottom crust. Pour the hot liquid mixture over the top.
- Cover with the second sheet of pie crust, seal the edges, and cut away any excess dough. Make several small slits in the top crust to allow steam to escape.

5. Bake:

- Bake in the preheated oven for 30 to 35 minutes, or until the pastry is golden brown and the filling is bubbly.

6. Cool and serve:

- Let the pie cool for 10 minutes before cutting it into 4 pieces. Place the pieces into containers, label, and serve.

4 total servings across 4 packages (400 grams per package)

Chicken Tenders & Dips

BC# 012352089824

Ingredients:

6 ounces Breaded Homestyle Chicken Tenderloins

25.6 grams Shortening Fryer ZTF

1.5 ounces Ranch Dressing

1.5 ounces Sweet Baby BBQ Sauce

Preparation Instructions:



Portion the ranch dressing and BBQ sauce into separate soufflé cups with lids.

Preheat the deep fat fryer.

Place the chicken tenders in one basket of the fryer.

Drop the chicken tenders into the hot oil and deep-fry them until they are golden brown, floating, and their internal temperature reaches at least 165°F. Drain them well.

Add the cooked chicken tenders to a container along with the dips.

Label the container and serve.

Servings:

This recipe makes 1 serving, packaged in 1 container, with a total weight of 299 grams per package, or 10.55 ounces.

Chicken Tenders & Fries

BC#012352086496

Ingredients:

- 5 oz Colossal Crisp Fries
- 4 oz Chicken Tenderloin, Breaded Homestyle (about 3-4 pieces)
- 1 tbsp Shortening for frying

Instructions:

1.Preheat the Oven:

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

2.Bake the Fries:

1. Place the Colossal Crisp Fries on a baking sheet in a single layer.
2. Bake according to the package instructions until golden and crispy.



3.Fry the Chicken Tenders:

1. In a frying pan, heat 1 tablespoon of shortening over medium-high heat.

4.Cook the Chicken Tenders:

1. Add the breaded chicken tenderloins to the hot pan.
2. Cook for 3-4 minutes on each side or until they are golden brown and cooked through.

5.Check for Doneness:

1. Ensure that the internal temperature of the chicken reaches 165°F (74°C) to ensure it's fully cooked.

6.Drain Excess Oil:

1. Once cooked, place the chicken tenders on a plate lined with paper towels to absorb any excess oil.

7.Serve:

1. Arrange the crispy Colossal Crisp Fries and golden-brown chicken tenders in a tray and label.

1 Serving: 6 oz Chicken Tenders and 5 oz Fries

BC#012352085987

Chicken Wings:

Ingredients:

- 9 lbs Chicken wings (raw), meat and skin
- 1 tsp Black pepper, ground
- 1 tbsp Honey
- 3 oz Butter, salted
- 1 tbsp Cider vinegar
- 1 Cup Shortening Fryer ZTF
- 3 tsp Kosher salt
- 6 tbsp Buffalo Wing Sauce (RTU Franks)
- 1 tsp Granulated garlic
- 16 oz Ranch Prepared



Instructions:

1. In a bowl, mix the black pepper, honey, melted butter, cider vinegar, Buffalo Wing Sauce, and granulated garlic to create the sauce.
2. Preheat the shortening in a deep fryer or large heavy-duty pot to 375°F (190°C).
3. Fry them in batches until golden brown and crispy, about 10-12 minutes or 165°F
4. While the wings are frying, heat the sauce in a saucepan until it simmers, then reduce the heat and let it thicken slightly.
5. Once the wings are done, toss them in the thickened marinade until evenly coated.

Colossal Crisp Fries:

Ingredients:

- 40 oz Potato Fries (3/8 Colossal Crisp)

Instructions:

- 1 portion of Colossal Crisp Fries is **5oz**
- Follow the Colossal Crisp Fries recipe in the sub-recipe section using the specified ingredient amounts.

Add Wings and Fries to the tray and label.

8 Servings: 6 Wings, 5 oz Fries and 2 oz Ranch

Cider Braised Chicken, Brussel Sprouts and Apples

BC#012352091308

**Ingredients:**

- **8 bone-in chicken thighs** (raw)
- **4 slices** cooked bacon (cured, baked)
- **2 large apples** (raw, with skin; about 3-1/4" in diameter)
- **1 can** (12 fl oz) hard amber cider
- **1 oz** fresh thyme
- **1 oz** whole grain Dijon mustard
- **2 tsp** kosher salt
- **12 oz** raw Brussels sprouts
- **¼ tsp** ground black pepper (or more to taste)
- **24 oz** whipped sweet potatoes (CK side; 4 x 6 oz portions)

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

- Wash, core, and wedge the apples.
- Wash, trim, and halve the Brussels sprouts.
- Wash and chop the fresh thyme.

2. Cook the Chicken:

- In a very large skillet, cook the bacon over medium heat until crisp. Remove the bacon from the pan, reserving the drippings in the skillet.
- Add the chicken thighs to the skillet, skin side down, and cook for 10 minutes or until browned, turning once. Remove from the skillet.
- Add the apple wedges to the skillet and cook for 4 minutes, or until browned on both sides. Remove from the skillet.
- Drain and discard the drippings from the skillet.

3. Make the Cider Sauce:

- To the same skillet, add the hard cider, chopped thyme, Dijon mustard, and kosher salt, scraping up any browned bits from the bottom. Bring to a boil, then reduce the heat.
- Return the chicken thighs to the skillet. Cover and simmer for 10 minutes.
- Add the halved Brussels sprouts, cover, and cook for an additional 5 minutes.
- Finally, add the browned apples and cook uncovered for 3 to 5 minutes more, or until the chicken reaches an internal temperature of at least 175°F.

4. Serve:

- Divide the chicken thighs, Brussels sprouts, and apples among shallow bowls or plates. Spoon the cider mixture over the top of each serving.
- Sprinkle the crispy bacon over each dish.

Prepare the Whipped Sweet Potatoes: See Sub Recipe

- **Portion size:** Serve 6 oz per portion.

5. Cooking Steps:

- Place the sweet potatoes in a large pot and cover them with at least 2 inches of water. Generously season with salt.
- Bring to a boil and cook until the potatoes are very tender, about 15 to 25 minutes, depending on their size.
- Once cooked, mash the potatoes using a potato masher.
- Stir in half-and-half, butter, and maple syrup until well combined; season with additional salt and pepper to taste.
- Top with fresh thyme leaves before serving.

Enjoy your delicious meal!

**4 total servings across 4 packages (720
grams per package)**

Ingredients:**BC#012352093647**

- 2 tablespoons Olive Oil (salad or cooking)
- 1 cup Chopped Onions (raw)
- 1 lb Ground Beef (90% lean meat / 10% fat, raw)
- 2 teaspoons Dried Parsley
- 1 teaspoon Dried Rosemary
- 1 teaspoon Dried Thyme (leaves)
- 0.5 teaspoon Kosher Salt (for meat)
- 0.5 teaspoon Ground Black Pepper (for meat)
- 0.5 oz Worcestershire Sauce
- 2 cloves Garlic (raw, minced)
- 2 tablespoons All-Purpose Flour (white, enriched, bleached)
- 2 tablespoons Tomato Paste (canned, with salt added)
- 1 cup Beef Stock (home-prepared)
- 1 cup Frozen Peas and Carrots (unprepared)
- 0.5 cup Frozen Sweet Corn (kernels cut off cob, unprepared)
- 2 lb Potatoes (raw, skin on)
- 4 oz Salted Butter
- 0.33 cup Half and Half Cream (fluid)
- 0.5 teaspoon Garlic Powder
- 0.5 teaspoon Kosher Salt (for potatoes)
- 0.25 teaspoon Ground Black Pepper (for potatoes)
- 0.25 cup Grated Parmesan Cheese

**Preparation Instructions:****1. Prepare the Meat Filling:**

1. Peel and chop the onion. Mince the garlic.
2. Heat the olive oil in a large skillet over medium-high heat for 2 minutes.
3. Add the chopped onion to the skillet and cook for 5 minutes, stirring occasionally.
4. Add the ground beef to the skillet, breaking it apart with a wooden spoon. Stir in the parsley, rosemary, thyme, 1/2 teaspoon of kosher salt, and 1/2 teaspoon of black pepper. Cook for 6-8 minutes until the meat is browned, stirring occasionally.
5. Stir in the Worcestershire sauce and minced garlic. Cook for 1 minute.
6. Add the flour and tomato paste, stirring until well incorporated and there are no clumps of tomato paste.
7. Pour in the beef stock, and add the frozen peas, carrots, and corn. Bring the mixture to a boil, then reduce to a simmer. Simmer for 5 minutes, stirring occasionally. Set aside the meat mixture.

2. Prepare the Potato Topping:

1. Wash, peel, and cut the potatoes into about 1-inch cubes.
2. Place the potatoes in a large pot and cover with water. Bring to a boil, then reduce to a simmer. Cook the potatoes until they are fork-tender, about 10-15 minutes.
3. Drain the potatoes in a colander, then return them to the hot pot. Let them rest for 1 minute to allow any remaining liquid to evaporate.
4. Add the butter, half & half, garlic powder, 1/2 teaspoon of kosher salt, and 1/4 teaspoon of black pepper to the potatoes. Mash and stir until everything is combined.
5. Stir in the grated Parmesan cheese until well mixed.

3. Assemble the Casserole:

1. Preheat the oven to 400°F (200°C).
2. Pour the meat mixture into a 9x9-inch or 7x11-inch baking dish, spreading it into an even layer.
3. Spoon the mashed potatoes on top of the meat mixture. Carefully spread the potatoes into an even layer.
4. If the baking dish appears too full, place it on a rimmed baking sheet to catch any potential overflow.
5. Bake uncovered for 25-30 minutes, until the top is slightly golden and bubbly.
6. Let the casserole cool for 15 minutes before serving.

6 Servings, 12 oz Each

Short Rib Dinner

BC#012352093357

Ingredients**For the Short Ribs:**

- 48 oz Bone-In Beef Short Ribs
- 6 tsp Kosher Salt (divided)
- 6 tsp Ground Black Pepper (divided)
- 2 tbsp Olive Oil
- 2 large Onions, coarsely chopped
- 2 large Carrots, peeled and coarsely chopped
- 4 large Celery Stalks, coarsely chopped
- 10 Garlic Cloves, coarsely chopped
- 0.25 cup All-Purpose Flour
- 10 oz Bourbon Whiskey
- 1.5 oz Worcestershire Sauce
- 2 tbsp Red Wine Vinegar
- 4 Bay Leaves
- 0.33 cup Dark Brown Sugar, packed
- 3 tbsp Instant Espresso Powder
- 6 cups Water

For the Grits:

- 4 x 8 oz Soul Street Grits
- Water (for cooking grits)
- 6 tsp Kosher Salt
- 1 cup Cheddar Cheese, shredded
- 0.5 cup Parmesan Cheese, grated
- 4 tbsp Butter, unsalted
- Ground Black Pepper, to taste

For the Collard Greens:

- 4 oz Cooked Collard Greens
- 2 tbsp Olive Oil
- 1 large Onion, chopped
- 10 Garlic Cloves, minced
- 0.5 tsp Red Pepper Flakes (optional)
- 4 cups Vegetable or Chicken Broth
- 2 tbsp Vinegar (for finishing)
- Smoked Salt and Ground Black Pepper, to taste

Preparation Instructions**Prepare the Short Ribs:**

- 1.Preheat the oven to 300°F and place a rack in the middle. Pat the short ribs dry, then season with 1 tbsp kosher salt and 2 tsp black pepper. Heat olive oil in a large Dutch oven over medium-high heat. Brown the ribs on all sides, about 3 minutes per side. Transfer the ribs to a plate and set aside. Discard excess fat, leaving 2 tbsp in the pot.
- 2.Add chopped onions, carrots, celery, and garlic to the pot. Stir frequently and cook for 10–14 minutes until softened and starting to brown. Sprinkle ¼ cup flour over the vegetables and stir to coat. Gradually pour in bourbon, Worcestershire sauce, red wine vinegar, and 6 cups water, stirring constantly. Add bay leaves, dark brown sugar, espresso powder, 2 tsp kosher salt, and 1 tsp black pepper. Bring to a boil.
- 3.Once boiling, nestle the ribs into the sauce so they are mostly submerged. Cover the pot with a lid and transfer to the oven. Braise for 3 hours. After 3 hours, uncover the pot and roast for an additional 25-35 minutes, allowing the sauce to thicken and the tops of the ribs to brown.
- 4.Using a slotted spoon, remove the short ribs from the pot. Strain the braising liquid through a fine mesh sieve into a bowl, discarding the solids. Skim off any fat from the surface and taste the sauce. Add more salt if needed.
- 5.Serve the short ribs over prepared grits and spoon the braising sauce over the top. Garnish with freshly ground pepper.

Prepare the Grits:

- 1.Bring water and 6 tsp kosher salt to a boil in a saucepan. Whisk in the Soul Street grits, reduce the heat to medium-low, and cook for 5-6 minutes until thickened.
- 2.Remove from heat and stir in the shredded cheddar cheese, Parmesan cheese, and butter until smooth. Season with black pepper to taste. Serve 8 oz of grits per portion.

Prepare the Collard Greens:

- 1.Fill your kitchen sink with cool water and add vinegar and salt to create a soaking bath. Remove the tough stems from the collard greens by folding each leaf in half lengthwise and pulling it away from the stem. Discard the stems or use them for other cooking. Soak the greens in the water bath, scrubbing them to remove dirt. Repeat until the water is clear. Tear the greens into bite-sized pieces.
- 2.Heat olive oil in a large pot. Add chopped onions and cook until softened, about 5 minutes. Add minced garlic and red pepper flakes (if using), and cook until fragrant. Pour in the broth and bring to a boil.
- 3.Add the prepared collard greens to the pot and reduce the heat to a simmer. Cover and cook for about 1 hour, stirring occasionally, until the greens are tender.
- 4.Stir in the vinegar, smoked salt, and black pepper to taste. Serve 4 oz per portion.



4 Servings, 950 Grams Each With 8oz Grits and 4 oz Greens

Ingredients:

4 slices French Garlic Bread
6 slices Thick Slice Hickory Smoked Bacon
8 oz Asparagus, raw
0.25 cup Shallots, chopped
3 teaspoons Fresh Thyme
0.75 cup Chicken Stock (home-prepared)
16 oz Potato and Cheese Gnocchi
2 teaspoons Extra Virgin Olive Oil
0.75 cup Heavy Whipping Cream (fluid)
0.5 cup Parmesan Cheese, grated
0.5 teaspoon Kosher Salt
0.5 teaspoon Ground Black Pepper

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

- Wash and trim the woody ends off the asparagus, then cut into 1-inch pieces.
- Peel and finely chop the shallots.
- Wash, dry, and remove leaves from fresh thyme.

2. Cook the Bacon:

- In a large, high-sided skillet over medium-high heat, cook the bacon, turning occasionally until crispy (about 8 to 10 minutes).
- Transfer bacon to a paper towel-lined plate to cool. Once cool, break into small, bite-sized pieces.
- Pour off the excess bacon fat, leaving just enough to coat the bottom of the pan. Reserve the extra bacon fat for another use.

3. Cook the Asparagus:

- Return the pan to medium heat.
- Add the asparagus to the pan, seasoning with $\frac{1}{2}$ teaspoon salt and $\frac{1}{2}$ teaspoon black pepper.
- Cook, stirring occasionally, until tender (about 4 to 6 minutes). Transfer the asparagus to a medium bowl.

4. Cook the Shallots and Gnocchi:

- If the pan looks dry, add 2 teaspoons of olive oil and heat over medium heat.
- Add the chopped shallots and thyme, stirring occasionally until fragrant (about 1 to 2 minutes).
- Add the gnocchi, heavy cream, chicken stock, and $\frac{1}{2}$ teaspoon salt. Stir to combine and bring to a simmer.
- Cover the pan and cook for 4 minutes, then uncover and cook, stirring frequently, until the sauce thickens (about 1 to 2 minutes).

5. Finish the Dish:

- Remove the pan from heat.
- Stir in the cooked asparagus and grated Parmesan cheese.
- Top the dish with crispy bacon pieces and additional thyme, if desired.

6. Prepare Garlic Bread:

- Follow the manufacturer's instructions to prepare the garlic bread.

7. Serve:

- Serve 12 oz of prepared gnocchi with 1 slice of garlic bread per person.

4 total servings across 4 packages (362 grams per package)

Ingredients:**BC#012352091322**

- **20 oz** flatfish (flounder and sole species; raw, boneless)
- **1 tbsp** extra virgin olive oil
- **1 tbsp** salted butter
- **1 cup** sweet red bell peppers (chopped)
- **2 cloves** garlic (raw)
- **1 package** (10 oz) raw spinach
- **2 oz** low-fat cream cheese
- **¼ cup** half-and-half cream
- **4 tbsp** grated parmesan cheese
- **1 tsp** kosher salt
- **1 tsp** ground black pepper
- **4 servings** (8 oz each) wild rice (cooked)

**Preparation Instructions:****Prepare Wild Rice (Serve 8 oz per serving):****1. Rinse the Rice:**

- In a fine-mesh strainer, thoroughly rinse the wild rice until the water runs clear.

2. Cook the Rice:

- In a medium saucepan over medium-high heat, heat oil until shimmering. Add the onion and cook, stirring often, until golden brown and beginning to caramelize, about 12 to 15 minutes.
- Add the minced garlic and cook, stirring, until fragrant, about 1 minute more.
- Add stock, then butter, salt, and the rinsed rice. Bring to a boil, reduce heat to medium-low, and simmer. Cover and cook until the rice is chewy but tender, about 45 to 50 minutes. Remove from heat and let sit, covered, for about 10 minutes. If there's excess stock, strain the rice mixture. Fluff with a fork and set aside.

Prepare the Fish:**3. Cook the Vegetables:**

- In a large skillet over medium heat, add ½ tablespoon of olive oil and ½ tablespoon of butter. Add the chopped red bell pepper and minced garlic, cooking for about 4 minutes.
- Add the spinach and season with a pinch of kosher salt and black pepper. Mix until the spinach wilts down.
- Stir in the cream cheese, half-and-half, and parmesan cheese until the cream cheese melts and the mixture resembles creamed spinach.

4. Cook the Fish:

- In a separate skillet on medium-high heat, add the remaining olive oil and butter.
- Season the fish on both sides with salt and pepper, then place in the hot pan. Cook for 6 minutes on the first side, then flip and cook for an additional 5 minutes or until cooked through and browned.

5. Serve:

- Divide the spinach mixture onto each plate, placing a piece of fish on top of each serving.

**4 total servings across 4 packages (535
grams per package)**

Fried Chicken Thighs with Swiss Chard Gratin

BC#012352093616

Ingredient List:

- 8 Bone-In Chicken Thighs, raw
- 2 teaspoons Lemon zest
- 2 tablespoons Lemon juice, raw
- 2 tablespoons Oil, grapeseed
- 3 cloves Garlic, raw
- 1 tsp Kosher Salt
- 1 teaspoon ground Black Pepper
- 0.25 cup Honey
- 1 red Hot Chili Pepper, raw
- 0.5 tablespoon Lemon juice, raw
- 1 tablespoon Butter, unsalted
- 3 tablespoons Fresh Thyme
- 4 x 6oz CK Side - Swiss Chard Gratin



Preparation Instructions:

- For best results, use a jarred Calabrian chili in oil (drained and chopped).

Method:

1. Cook the Chicken: Preheat the oven to 420°F. In a bowl, toss together the chicken thighs, lemon zest, lemon juice, grapeseed oil, garlic, and thyme. Season with salt and pepper. Massage the chicken with your hands for a couple of minutes. Set aside for 15 minutes at room temperature. Arrange the thighs on a sheet pan, leaving ample space in between them. Transfer to the hot oven and bake for 30 to 35 minutes until the meat is cooked through, the chicken fat has rendered, and the skin is crisp. Let the chicken rest for 10 minutes.

2. Make the Glaze: In a small saucepan over medium heat, bring the honey to a simmer and allow it to bubble for 2 minutes. Remove from the heat and stir in the chopped chili, lemon juice, and butter. Season with salt.

3. Glaze the Chicken: After the chicken has rested, brush the thighs thoroughly with the glaze using a pastry brush.

Serve the glazed chicken thighs alongside the Swiss chard gratin.

4 Servings, 394 Grams Each Total

Frito Pie

BC#012352086410

Ingredients:

- 50 oz Frito Lay's Corn Chips
- 38 oz Cheddar Cheese, shredded
- 25 oz Sour Cream
- 6.5 oz Young Green Onions, chopped
- 48 oz Ground Beef (80% lean)
- 1 clove Garlic, minced
- 6 oz Sweet Onions, finely chopped
- 4 cups Red Kidney Beans, canned (low sodium), drained and rinsed
- 16 oz Crushed Tomatoes, canned
- 0.5 tsp Chili Powder
- 1 tsp Kosher Salt
- 0.5 tsp Garlic Powder

Instructions:

1.Preheat the Oven:

1. Preheat your oven to 350°F (175°C).

2.Prepare the Meat Mixture:

1. In a large skillet, brown the ground beef over medium heat.
2. Add minced garlic and chopped sweet onions to the skillet and sauté until the onions are translucent.
3. Stir in the crushed tomatoes, drained red kidney beans, chili powder, kosher salt, and garlic powder.
4. Simmer the mixture for about 10 minutes, allowing the flavors to meld.

3.Assemble the Frito Pie:

1. In a large baking dish, spread half of the Frito Lay's Corn Chips as the bottom layer.
2. Pour the prepared meat mixture over the corn chips.
3. Sprinkle half of the shredded cheddar cheese over the meat mixture.
4. Add the remaining Frito Lay's Corn Chips on top.
5. Sprinkle the rest of the shredded cheddar cheese.

4.Bake in the Oven:

1. Place the baking dish in the preheated oven and bake for about 15-20 minutes, or until the cheese is melted and bubbly.

5.Serve:

1. Remove from the oven and let it cool slightly.
2. Portion the Frito Pies and add of sour cream and chopped green onions.



25 Servings: 8.5 oz Each

BC# 012352089695

Ingredients:

1 tablespoon Canola Oil
1 tablespoon Red Wine Vinegar
3.67 tablespoons Olive Oil
1 teaspoon Kosher Salt
1 teaspoon Ground Black Pepper
4 tablespoons Shallots, chopped
8 ounces Sweet Yellow Corn Kernels (fresh or thawed from frozen)
3 cups Cherry Tomatoes, halved
24 ounces Skinless, Boneless Chicken Breast
1 cup Cherry Tomatoes, halved
5 large Whole Red Tomatoes (3" diameter each)
6 ounces Whole Milk Mozzarella Cheese, sliced
1/4 cup Fresh Basil Leaves

**Preparation Instructions:**

Prep: Rinse and trim excess fat from chicken breasts, then cut into 6-ounce portions. If using fresh corn, remove the kernels from the cob; if using frozen, ensure it's completely thawed. Finely chop the shallots. Wash and halve the mixed-colored cherry tomatoes. Slice the mixed-colored large tomatoes and fresh mozzarella.

Step 1:

Heat the grill to medium-high. Clean the grill grates and lightly oil them with canola oil. In a bowl, whisk together the red wine vinegar, 3 tablespoons of olive oil, 1/2 teaspoon of salt, and 1/2 teaspoon of pepper. Stir in the chopped shallots. Add the corn kernels and halved cherry tomatoes to the bowl, tossing to combine, and set aside.

Step 2:

Rub the chicken with the remaining 2 teaspoons of olive oil and season with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Grill the chicken until cooked through, about 4 to 6 minutes per side.

Step 3:

Arrange the grilled chicken, sliced tomatoes, and mozzarella on a platter. Spoon the corn mixture and any juices from the bowl over the top, then sprinkle with fresh basil.

Servings:

This recipe makes 4 servings, each packaged in 4 containers, with a total weight of 675 grams per package or 23.81 ounces per total serving

Honey Glazed Pork Chops W/ Mango Salsa Dinner

Ingredients:

1 tablespoon Olive Oil
 0.5 cup Ketchup
 0.33 cup Honey
 1 tablespoon Soy Sauce (Tamari)
 1 teaspoon Grey Poupon Dijon Mustard
 1 teaspoon minced Ginger Root
 1 teaspoon Paprika
 4 bone-in Pork Chops (about 1 chop per serving)
 1 teaspoon Kosher Salt
 1 teaspoon Ground Black Pepper
 2 Mangoes, peeled and diced
 1 Jalapeno Pepper, seeded and minced
 4 ounces Onions, diced
 0.25 cup chopped Cilantro Leaves
 2 tablespoons Olive Oil
 1 tablespoon Lime Juice
 20 ounces Cilantro Lime Rice (**5 ounces per serving**)
 4 portions Roasted Squash Medley (**5 ounces per serving**)

BC# 012352089725

Preparation Instructions:
Cilantro Lime Rice:

Wash rice three times before cooking. Wash, dry, and chop cilantro. Wash, deseed, and mince jalapeno. Peel, wash, and small dice onion. Wash and juice limes.

Dissolve chicken base in warm water to create stock.

Combine cilantro, garlic, jalapeno, and 2 cups of stock in a blender; process until smooth.

Heat oil in a large frying pan over medium-high heat. Add onion and cook until softened about 2 minutes.

Add rice and salt, stirring to coat in oil, and cook until rice becomes opaque, about 2 minutes.

Carefully pour the cilantro mixture and the remaining stock into the rice and stir to combine.

Bring mixture to a boil, then reduce heat to low and simmer covered until rice is tender, about 15 minutes.

Turn off the heat and let the rice rest covered for 5 minutes. Add lime juice, fluff with a fork, and serve.

Roasted Squash Medley:

Wash, remove ends, and slice squashes into half-moons. Wash, deseed, and julienne bell pepper.

In a large sauté pan over medium-high heat, add oil. When hot, add garlic, veggies, and seasoning. Sauté until crisp-tender, then serve.

Grilled Pork Chops:

Prepare a grill for medium-high heat or heat a grill pan over medium-high heat; clean and oil grates and preheat for 5 minutes.

In a medium bowl, whisk together ketchup, honey, soy sauce, mustard, ginger, and paprika. Set aside about 1/4 cup glaze for serving.

Season pork chops all over with 1 teaspoon salt and 1/2 teaspoon pepper.

Grill pork until seared on the bottom side, about 3 minutes. Flip and lightly brush glaze on top of chops, then grill for 3 minutes more. Flip and glaze one more time on each side. Continue to grill until pork is no longer pink in the center and an instant-read thermometer inserted into the center registers 145°F, about 2 minutes more per side.

Transfer pork chops to a platter and let rest for 5 minutes.

Meanwhile, combine mango, jalapeno, onion, cilantro, olive oil, lime juice, and 1/2 teaspoon salt.

Spoon reserved glaze and mango salsa over pork chops before serving.

Servings:

This recipe makes 4 servings, each packaged into 4 containers, with a total weight of 835 grams per package, or 29.45 ounces per serving

BC# 012352089756



Ingredients:

- 6 Chicken Tenderloin Breaded Homestyle (4 oz each)
- 4 tablespoons Shortening Fryer ZTF
- 2 ounces Salted Butter
- 4 ounces Honey
- 12 tablespoons Buffalo Wing RTU Franks Sauce
- 16 ounces Ranch Dressing, commercial, regular

Preparation Instructions:

- 1.Fry the chicken tenders according to the manufacturer's directions until golden and cooked through. Set aside.
- 2.In a saucepan, combine the honey, hot sauce, and butter. Heat over medium heat, stirring occasionally, until the mixture comes to a simmer. Remove from heat.
- 3.Toss the fried chicken tenders in the hot honey sauce until evenly coated.
- 4.Serve immediately with ranch dressing on the side for dipping.

Servings: This recipe yields 4 servings, with each package weighing approximately 404 grams, or a total of 14.25 ounces per serving

Ingredients:

BC#012352086588

For Hot Honey Tenders:

- 1 lb Chicken Tenderloin Breaded Homestyle
- 4 Tbsp Shortening Fryer ZTF
- 2 oz Salted Butter
- 4 oz Honey
- .75 Cup Buffalo Wing Sauce (RTU Franks)

For Colossal Crisp Fries:

- 4 x 5 oz Colossal Crisp Fries

Instructions:**For Hot Honey Tenders:****1. Cook Chicken Tenders:**

1. Preheat the oven according to the instructions on the Chicken Tenderloin packaging.
2. Bake or Fry the breaded chicken tenders until they are golden brown and cooked through to 165°F

2. Prepare Hot Honey Sauce:

1. In a small saucepan, melt salted butter over medium heat.
2. Add honey and Buffalo Wing Sauce, stirring until well combined.
3. Let the sauce simmer for a few minutes until it thickens slightly.

3. Coat Chicken Tenders:

1. Toss the baked chicken tenders in the hot honey sauce until evenly coated.

For Colossal Crisp Fries:**4. Cook Crisp Fries:**

4. Prepare the Colossal Crisp Fries according to the package instructions. This can usually be done in the oven or deep fryer.

Serve Hot Honey Tenders and Fries:**5. Plate the Fries:**

5. Arrange the crispy fries in a tray and label.

6. Top with Hot Honey Tenders:

5. Place the hot honey-coated chicken tenders on top of the crisp fries.

7. Drizzle with Extra Sauce:

5. Drizzle any remaining hot honey sauce over the tenders and fries for an extra kick.

8. Garnish (Optional):

5. Garnish with chopped green onions or parsley for added freshness.



4 Servings, Divide tenders amongst the 4 trays, 5 oz Fries per tray

Ingredients:

BC#012352086366

For the Huli Huli Chicken:

- 12 lbs Chicken Thighs, boneless and skinless, cut into bite-sized pieces
- 1 lb Brown Sugar
- 18 oz Tomato Chili Sauce
- 3/4 cup Soy Sauce (Tamari)
- 2.5 oz Fresh Ginger, grated
- 2 cloves Garlic, minced

For the Huli Huli Sauce:

- 8 oz Water
- 2 tsp Chicken Base (Low Sodium, NO MSG, Gluten-Free)
- 8 oz Cornstarch (for thickening)

For Serving:

- 24 Hawaiian Dinner Rolls

For the Rice:

- 6 lbs of White Jasmine Long Grain Rice

Instructions:**Marinate the Chicken:**

1. In a bowl, mix brown sugar, tomato chili sauce, soy sauce, grated ginger, and minced garlic to create the marinade.
2. Place the chicken pieces in a large resealable bag or shallow dish and pour half of the marinade over the chicken. Reserve the other half for basting.
3. Seal the bag or cover the dish and refrigerate for at least 2 hours, preferably overnight, to let the flavors infuse.

Prepare the Huli Huli Sauce:

4. In a saucepan, combine water, chicken base, and cornstarch. Whisk until the cornstarch is fully dissolved.
5. Heat the mixture over medium heat, stirring constantly, until it thickens to a sauce-like consistency. Set aside.

Grill the Huli Huli Chicken:

6. Preheat the grill to medium-high heat.
7. Thread the marinated chicken pieces onto skewers.
8. Grill the chicken skewers, basting with the reserved marinade, until the chicken is cooked through and has a nice char, about 10-15 minutes.

Cook the Rice:

9. Cook the White Jasmine Long Grain Rice according to the package instructions.

Serve the Huli Huli Chicken Dinner: Place a portion of cooked rice in each container.

11. Arrange the grilled Huli Huli chicken skewers on top of the rice.

12. Drizzle the prepared Huli Huli sauce over the chicken.

13. Serve with Hawaiian dinner rolls on the side.



24 Servings, 16 oz Per Portion, 8oz Chicken and Sauce over 8 oz Rice

Lemon Herb Chicken Dinner

BC#012352086397

Ingredients:

For the Lemon Herb Chicken:

- 4.5 oz Skinless, Boneless Chicken Breast
- 2.13 tsp Ground Black Pepper
- 0.25 oz Fresh Peppermint Leaves, chopped
- 5.25 oz Green Beans
- 2 cloves Garlic
- 0.25 oz Butter
- 1 tsp Vegetable Base (NO MSG)
- 0.5 oz Raw Carrots, sliced
- 0.5 oz Raw Celery, sliced
- 0.78 tsp Kosher Salt
- 0.33 fl oz Lemon Juice
- 1.67 tbsp Fresh Parsley, chopped
- 0.5 oz Sweet Raw Onions, chopped
- 1 tsp Crumbled Bay Leaf
- 0.75 tsp Lemon Zest
- 1 cup Water

PREPARE SAUTEED GREEN BEANS - HOT HOLD

Prep:

- Wash and trim ends of fresh green beans
- Mince fresh garlic

In a sauté pan over medium high heat - add oil - swirl to coat - add garlic sauté about 1 minute - add fresh green beans - sauté about 2 to 3 minutes until crisp tender - season with salt and pepper serve immediately

PREPARE WILD RICE PILAF - HOT HOLD

Prep:

- Peel, wash and fine dice carrot
- Peel and fine dice onion
- Wash and fine dice celery
- Mince fresh garlic
- Wash, dry, remove leaves and chop fresh parsley
- Wash thyme - leave on stems

In a stockpot with a lid - melt butter over medium heat - add onions, carrots, celery and garlic - saute until onions are translucent
 Add wild rice - toss to coat
 Then add in prepared stock, bay leaf and thyme - bring to a full boil - reduce heat to a strong simmer - cover and cook for approximately 45 to 55 minutes or until rice is tender
 Fluff with a fork and add in fresh parsley - serve

PREPARE LEMON HERB SAUCE:

- Full Batch - Yields 9 - 1oz portions
- Garlic - 1 clove
- Salt - 1/4 tsp
- Parsley chopped - 1/2 cup
- Mint chopped - 1/3 cup
- Lemon - zested/ juiced - 1
- EVOO - 1/3 cup
- Wash, dry, zest and juice lemon
- Wash, dry and chop fresh parsley
- Wash, dry and chop fresh mint
- Mince garlic
- Place all ingredients but oil into a blender or robo coupe - blend until smooth - then with blender running slowly add oil - blend until well combined
- Prepare Chicken Breast

Season chicken breast with salt and pepper - place on preheated HOT char grill - grill for approximately 6 to 8 minutes per side or until internal temperature reaches 165 degrees.

TO PLATE:

Place grilled chicken breast on a plate - drizzle with prepared lemon herb sauce and serve with a 5oz portion of Sauteed Green Beans and a 6oz portion of Wild Rice Pilaf



1 Serving: 1 Pc Chicken with Sauce, 5 oz Beans and 6oz Rice

Loaded Baked Potato

Ingredients:

BC#012352086441

- 1 large Baked Potato (3" to 4-1/4" diameter)
- 1 oz Cooked and Baked Bacon, chopped
- 2 oz Raw Broccoli, cut into small flower clusters
- 1 oz Salted Butter
- 2 oz Cheddar Cheese, shredded
- 0.5 tbsp Extra Virgin Olive Oil
- 1 tsp Kosher Salt
- 1 tsp Ground Black Pepper
- 1 oz Sour Cream
- 0.5 tbsp Chopped Chives



Instructions:

1. Preheat the oven to 400°F (200°C).
2. Wash the potato thoroughly and pat it dry. Pierce the potato with a fork several times.
3. Rub the potato with olive oil, kosher salt, and ground black pepper.
4. Place the potato directly on the oven rack and bake for about 45-60 minutes or until the skin is crispy and the inside is tender.
5. While the potato is baking, cook the bacon until crispy. Once cooked, chop it into small pieces.
6. In a separate pot, steam or blanch the broccoli flower clusters until tender-crisp. Set aside.
7. Once the potato is done baking, carefully cut it open and fluff the inside with a fork.
8. Place the butter in the center of the potato and let it melt. Spread it around the inside.
9. Sprinkle half of the shredded cheddar cheese onto the buttered potato.
10. Add the cooked bacon pieces and steamed broccoli on top of the cheese.
11. Sprinkle the remaining cheddar cheese over the bacon and broccoli.
12. Place the loaded potato back in the oven for a few minutes until the cheese is melted and bubbly.
13. Remove the potato from the oven and top it with a dollop of sour cream and chopped chives. Sour cream can be served on the side in a souffle cup.
14. Serve the loaded baked potato hot and enjoy the delicious flavors!

1 Serving: 1 Loaded Potato

Ingredients

32 oz Skinless, Boneless Chicken Breasts, raw
4 cloves Garlic, raw
2 tsp Kosher Salt
0.5 cup White All-Purpose Flour
2 tsp Ground Black Pepper
6 tbsp Salted Butter
2 tbsp Olive Oil
0.5 cup Chopped Onion
1/4 tsp Crushed Red Pepper Flakes
2 tbsp Canned Tomato Paste, with salt added
4 oz White Sauvignon Blanc Wine
2 cups Homemade Chicken Stock
4 oz Sun-Dried Tomatoes, in oil
0.5 tsp Italian Seasoning
1 cup Heavy Whipping Cream
6 oz Shredded Parmesan Cheese
1 cup Fresh Parsley, chopped
4 x 6 oz Servings of Garlic Mashed Potatoes
4 x 5 oz Servings of Roasted Broccoli

BC#012352093456



Preparation Instructions

1. Prepare Garlic Mashed Potatoes and Roasted Broccoli

Cook the garlic mashed potatoes and roasted broccoli according to their respective recipes. Set aside and keep warm.

2. Prep the Chicken:

Slice each chicken breast horizontally from the thickest end, creating 8 cutlets. Season both sides of each chicken cutlet with salt and pepper to taste.

3. Dredge the Chicken:

Spread the flour in a shallow dish. One at a time, dredge each chicken cutlet in the flour, shaking off any excess. Set the flour-coated chicken cutlets aside on a plate.

4. Cook the Chicken:

Heat a large skillet over medium-high heat. Add 2 tablespoons of butter and 1 tablespoon of olive oil. Once the butter melts and the foam subsides, add 4 of the chicken cutlets to the pan. Cook for 4-5 minutes per side until golden brown. Remove the cooked cutlets and transfer them to a clean plate. Repeat the process with the remaining chicken cutlets, adding the remaining butter and oil to the pan. Do not wipe out the pan between batches unless the flour starts to burn. Once all chicken cutlets are cooked, reduce the heat to medium-low.

5. Make the Sauce:

In the same skillet, melt the remaining 2 tablespoons of butter. Add the chopped onion and cook for 2 minutes until translucent. Add the minced garlic, crushed red pepper flakes, and tomato paste to the pan. Stir and cook for about 1 minute until the garlic is fragrant and the tomato paste darkens in color. Pour in the wine and deglaze the pan, scraping up any browned bits from the bottom. Let the wine reduce by half, about 2 minutes.

6. Finish the Sauce:

Add the chicken stock, sun-dried tomatoes, and Italian seasoning to the pan. Bring the sauce to a simmer. Once simmering, add the chicken cutlets back into the pan along with any accumulated juices. Cook for 5 minutes, allowing the sauce to thicken slightly. Stir in the heavy cream and Parmesan cheese, and simmer for another 5 minutes until the chicken is tender and the flavors have melded together.

7. Serve:

Place each chicken cutlet (about 8 oz per serving) on a plate and spoon the sauce over the top. Garnish with chopped parsley and extra Parmesan cheese. Serve with garlic mashed potatoes and roasted broccoli on the side.

4 Servings, 625 Grams Each

Meatloaf Dinner

BC#012352086328

Ingredients:

Meatloaf:

- 32 oz Ground Beef (85% lean)
- 1.6 oz Panko Crumbs
- 3.2 oz Sweet Onions, finely chopped
- 0.4 tsp Garlic, minced
- 1.2 oz Tomato Chili Sauce
- 0.8 oz Sweet Pickle Relish
- 1 extra large Egg
- 0.5 tsp Kosher Salt
- 1 tsp Ground Black Pepper

Vegetables:

- 12 oz Green Beans, trimmed
- 12 oz Carrots, sliced
- 1 tbsp Olive Oil
- 0.5 tsp Kosher Salt
- 1 tsp Ground Black Pepper

Mashed Potatoes:

- 50 oz Potatoes, peeled and cubed
- 1 cup Whole Milk
- 0.5 cup Salted Butter
- 1 tsp Kosher Salt

Mushroom Gravy:

- 10 oz Campbell's Mushroom Gravy

Instructions:

Meatloaf:

- 1.Preheat the oven to 350°F (175°C).
- 2.In a large mixing bowl, combine ground beef, panko crumbs, chopped onions, minced garlic, tomato chili sauce, sweet pickle relish, egg, salt, and pepper. Mix well.
- 3.Form the mixture into a loaf shape and place it in a greased baking dish.
- 4.Bake in the preheated oven for 45-50 minutes or until the internal temperature reaches 160°F (71°C).

Vegetables:

- 1.Preheat the oven to 400°F (200°C).
- 2.Toss the trimmed green beans and sliced carrots with olive oil, salt, and pepper.
- 3.Spread the vegetables on a baking sheet and roast for 20-25 minutes or until they are tender and slightly caramelized.

Mashed Potatoes:

- 1.Boil the peeled and cubed potatoes in salted water until they are fork-tender.
- 2.Drain the potatoes and mash them with a potato masher or fork.
- 3.In a saucepan, heat the milk and butter until the butter is melted.
- 4.Gradually add the milk and butter mixture to the mashed potatoes, stirring until smooth. Season with salt.

Mushroom Gravy:

- 1.Heat the Campbell's Mushroom Gravy according to package instructions.

Serve:

- 1.Slice the meatloaf and serve it alongside the roasted green beans and carrots.
- 2.Spoon a generous portion of mashed potatoes onto each plate.
- 3.Pour mushroom gravy over the meatloaf slices.
- 4.Enjoy your delicious Meatloaf Dinner with Carrots and Green Beans!



10 Servings: 1 Slice of Meatloaf, 2 oz Gravy, 5 oz Mashed and ½ C Veggies

Ingredients

For the Meatloaf

32 oz Ground Turkey (93% lean, 7% fat) **BC#012352093425**

- 1 tsp Fresh Thyme (chopped)
- 1 tbsp Tomato Paste (with salt added)
- 1 tsp Worcestershire Sauce
- 1/4 cup Ketchup
- 1 medium Onion (2-1/2" dia, peeled and finely diced)
- 1 tbsp Brown Sugar (unpacked)
- 1/2 cup Dry, Grated, Seasoned Bread Crumbs
- 1 clove Garlic (minced)
- 1 cup Fresh Parsley (chopped, divided)
- 1 tsp Kosher Salt
- 1 tsp Black Pepper (ground)
- 2 Extra Large Eggs (whisked)

For the Cheddar Garlic Mashed Potatoes

20 oz Secret Chef Cheddar Garlic Mashed Potatoes

Preparation Instructions

1. Prepare the Cheddar Garlic Mashed Potatoes:

Follow the package instructions for preparing the cheesy garlic mashed potatoes. Keep them warm for assembly.

2. Prepare the Meatloaf:

Preheat the oven to 350°F and spray a jumbo muffin tin with cooking spray.

In a large mixing bowl, combine the ground turkey, bread crumbs, whisked eggs, diced onion, and minced garlic.

Add the Worcestershire sauce, fresh thyme, chopped parsley (reserve some for garnish), and tomato paste. Season with salt and pepper, then mix until all ingredients are well combined.

3. Form the Meatloaf:

Divide the turkey mixture evenly between the 8 muffin cups in the prepared muffin tin, pressing gently to pack the mixture.

4. Prepare the Glaze:

In a small bowl, whisk together the ketchup and brown sugar until smooth. Brush half of the ketchup mixture over the top of the meatloaves.

5. Bake the Meatloaf:

Bake the meatloaves in the preheated oven for 35 minutes or until they reach an internal temperature of 165°F and are fully cooked through.

6. Finish the Meatloaf:

Remove the meatloaf from the oven and brush the remaining ketchup mixture over the top.

7. Assemble the Dish:

Place the warm cheesy garlic mashed potatoes into a piping bag fitted with a large star tip. Pipe about 2 oz of mashed potatoes onto the top of each meatloaf.

Garnish with the remaining chopped parsley for a fresh, colorful touch.



8 Servings 215 Grams Each

Ingredient List:

BC#012352093555

- 5.5 lb Chicken, roasting, meat and skin, raw
- 1 teaspoon Kosher Salt
- 1 teaspoon ground Black Pepper
- 2 cups Fresh Thyme
- 1 Lemon, raw, with peel
- 8 cloves Garlic, raw
- 1 oz Salted Butter
- 1 large Onion, raw
- 4 large Carrots, raw (7-1/4" to 8-1/2" long)
- 1 bulb Fennel, raw
- 2 tablespoons Olive Oil, extra virgin
- 8 oz Rosemary Roasted Potatoes (hot hold)
- 8 oz Caramelized Butternut Squash (hot hold)

**Preparation Instructions:**

- 1.Prepare the Rosemary Roasted Potatoes and Caramelized Butternut Squash according to their sub-recipes and hold warm.
- 2.Wash and gather 20+ sprigs of fresh thyme. Cut the lemon in half and remove seeds. Slice the garlic head crosswise. Melt the butter. Peel and thickly slice the onion. Cut the carrots into 2-inch chunks. Wash the fennel bulb, remove the tops, and cut it into wedges.
- 3.Preheat the oven to 425°F.
- 4.Remove the giblets from the chicken, rinse it inside and out, and pat it dry. Remove any excess fat and leftover pin feathers. Liberally salt and pepper the inside of the chicken. Stuff the cavity with the thyme sprigs, both halves of lemon, and the garlic cloves.
- 5.Brush the outside of the chicken with melted butter and sprinkle with salt and pepper. Tie the legs together with kitchen string and tuck the wing tips under the body of the chicken.
- 6.Place the onions, carrots, and fennel in a roasting pan. Toss the vegetables with salt, pepper, 20 sprigs of thyme, and olive oil. Spread them around the bottom of the pan and place the chicken on top.
- 7.Roast the chicken for 1.5 hours, or until the juices run clear when cutting between the leg and thigh. Remove the chicken and vegetables from the pan and transfer to a platter. Cover with aluminum foil and let rest for 20 minutes.
- 8.Slice the chicken and serve it with the roasted vegetables.

Serving Suggestions:

Serve approximately 5 oz of chicken with 2.5 oz of roasted veggies, 8 oz of roasted potatoes, and 5 oz of caramelized butternut squash.

8 Servings across 8 containers, 605 Grams Each Total

BC#012352091315**Ingredients:**

- 0.5 large raw cabbage (about 7" diameter)
- 1.5 cups raw onions (sliced)
- 0.5 cup olive oil (salad or cooking)
- 1.5 tsp kosher salt
- 1 tsp ground black pepper
- 5.25 frozen potato and cheese pierogi (3 pierogis)
- 5.25 oz fully cooked kielbasa (unheated)
- 3 tbsp red wine vinegar
- 1.5 oz whole grain Dijon mustard
- 1 tbsp honey
- 1 clove raw garlic
- 4 tbsp fresh parsley
- 8 oz cultured sour cream
- 4 dinner rolls

**Preparation Instructions:****Step 1: Prepare Ingredients**

- Portion sour cream into 2 oz servings in souffle cups with lids or use pre-packaged sour cream portions.

Step 2: Preheat Oven

- Preheat the oven to 400°F (200°C). Line a half-sheet pan with foil.

Step 3: Toss Cabbage and Onions

- In a medium bowl, toss the chopped cabbage, sliced onions, 2 tablespoons of olive oil, $\frac{3}{4}$ teaspoon of salt, and $\frac{1}{2}$ teaspoon of pepper until well combined.
- Spread the mixture on the prepared baking sheet.

Step 4: Prepare Pierogi and Kielbasa

- In the same bowl, toss the frozen pierogi with 2 tablespoons of olive oil, $\frac{1}{2}$ teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper until they are well coated.
- Arrange the pierogi on the prepared baking sheet alongside the sliced kielbasa.

Step 5: Bake

- Bake for 20 minutes. Stir the cabbage and flip the pierogi, then continue baking until the cabbage is golden and the kielbasa and pierogi are crispy, an additional 20 to 30 minutes.

Step 6: Make Dressing

- While the cabbage and pierogi are baking, whisk together the red wine vinegar, Dijon mustard, honey, minced garlic, remaining $\frac{1}{4}$ teaspoon of salt, and $\frac{1}{4}$ teaspoon of pepper in a medium bowl or measuring cup.
- Gradually whisk in the remaining $\frac{1}{4}$ cup of olive oil until well combined.

Step 7: Combine and Serve

- Drizzle half of the dressing over the baked cabbage, pierogi, and kielbasa, tossing to combine.
- Top with fresh dill or parsley and serve hot with the remaining dressing and sour cream.

**4 total servings across 4 packages (640
grams per package)**

Popcorn Chicken Bowl

BC#012352086137

Ingredients:

- 6 lbs lbs Popcorn Chicken:
- 2.8 cups Shortening Fryer ZTF
- 13.5 oz Mix - Brown Gravy:
- 3.75 lbs Corn, sweet, yellow, frozen:(kernels cut off the cob, unprepared)
- 3.75 lbs Cheese, cheddar: Shredded
- 15 lbs oz Potatoes, boiled, cooked without skin:
- 1 cup Milk, whole:
- 4 cups Cream, heavy whipping:
- 2lbs Butter, salted:
- 7 tsp Kosher Salt:



Instructions:

1. Prepare Potatoes:

Boil the potatoes until tender. Drain, peel, and cut into bite-sized pieces.

2. Fry Popcorn Chicken:

Heat the shortening in a deep fryer or large pot to 350°F (175°C).

Fry the popcorn chicken according to the package instructions or until golden brown and crispy. Drain on paper towels.

3. Make Mashed Potatoes:

In a large mixing bowl, mash the boiled potatoes.

Heat the milk and heavy whipping cream in a saucepan until warm. Add the warmed milk mixture, butter, and kosher salt to the mashed potatoes. Mix until smooth and creamy.

4. Prepare Brown Gravy:

Prepare the brown gravy according to the package instructions.

5. Cook Corn:

Cook the frozen corn according to the package instructions.

6. Assemble the Bowl

In individual serving bowls, layer the mashed potatoes, popcorn chicken, shredded cheddar cheese, and cooked corn.

Pour a generous amount of brown gravy over the top.

7. Serve:

Serve the Popcorn Chicken Bowl hot, allowing the cheese to melt and the flavors to meld.

30 Servings: 18 oz Total, 8 oz Potatoes, 3 oz Gravy, 2 oz Corn, 3 oz Chicken, and top with 2 oz Cheese, cover and label

Pot Roast Dinner

BC#012352086120

Ingredients:

- 9.37 lbs Beef chuck, shoulder clod, trimmed to 0" fat (cut into chunks)
- 3 lbs Potatoes, skin-on (cut into chunks)
- 3 lbs Carrots, peeled and sliced
- 1 lb Celery, chopped
- 1 lb Sweet onions, chopped
- 6 fl oz Red wine
- 1.5 tsp Beef base
- 8 cups Water
- 2 tsp Garlic, minced
- 4 Tbsp Fresh rosemary, chopped
- 6 tsp Fresh thyme leaves
- 6 Tbsp Fresh parsley, chopped
- 1 Bay leaf
- 1 Tbsp Ground white pepper
- 4 Tbsp Olive oil
- 2.5 oz Cornstarch (for thickening)
- 1 tbsp Ground black pepper
- 1 Tbsp Kosher salt



Instructions:

1. Preheat Oven:

1. Preheat your oven to 325°F (163°C).

2. Prepare Vegetables:

1. In a large roasting pan, combine the chunks of beef, potatoes, carrots, celery, and sweet onions.

3. Make Cooking Liquid:

1. In a bowl, mix red wine, beef base, water, minced garlic, chopped rosemary, thyme leaves, chopped parsley, bay leaf, ground white pepper, olive oil, and kosher salt.

4. Pour Liquid Over Ingredients:

1. Pour the prepared cooking liquid over the beef and vegetables in the roasting pan.

5. Bake:

1. Cover the roasting pan with a lid or aluminum foil.
2. Place it in the preheated oven and bake for about 2.5 to 3 hours or until the beef is fork-tender.

6. Prepare Gravy:

1. In a small bowl, mix cornstarch with a bit of water to create a slurry.
2. Take out about a cup of the liquid from the roasting pan, mix it with the cornstarch slurry, and return it to the pan to thicken the gravy.

7. Finish Cooking:

1. Continue baking, uncovered, for an additional 30 minutes to let the flavors meld and the gravy thicken.

8. Check Seasoning:

1. Adjust the seasoning with ground black pepper and additional salt if needed.

9. Serve:

1. Remove the bay leaf before serving.
2. Serve the pot roast and vegetables hot, with the rich gravy.

Servings: 5.5 oz Meat, 5 oz Veggies and 2 oz Gravy

Ingredient List:**BC#012352093531**

- 28 oz grams Beef Flank Steak (separable lean only, trimmed to 0" fat, choice, raw)
- 2 grams Bay Leaf
- 0.5 large Onion (raw)
- 3 cloves Garlic (raw)
- 0.25 cup Olive Oil (salad or cooking)
- 1 large Onion (raw)
- 2 Jalapeno Peppers (raw)
- 3 cloves Garlic (raw)
- 1.5 teaspoons Ground Cumin
- 1 teaspoon Dried Oregano (leaves)
- 4 grams Bay Leaf
- 3 large Ripe Tomatoes (raw, ~3" dia)
- 60 grams Canned Tomato Paste (with salt added)
- 0.33 cup White Table Wine
- 2 Limes (raw)
- 2 teaspoons Kosher Salt
- 1 teaspoon Ground Black Pepper
- 4 x 8 oz servings Congri (Rice and Beans)

**Preparation Instructions:**

1. Peel and thinly slice the onion.
2. Wash, remove seeds, and slice the jalapeno peppers.
3. Crush the garlic cloves.

Method:

1. Cut the flank steak into 3 pieces and season with kosher salt and black pepper. Let it sit at room temperature for 15 minutes. Place the beef in a large saucepan with a lid along with the bay leaf, onion, and bruised garlic cloves. Cover the beef with a few centimeters of water, bring to a boil over high heat, then reduce the heat to low and simmer, covered, for 2 hours, or until the meat can be easily pulled apart. Remove the beef from the cooking liquid, reserving the stock, and use tongs to finely shred the beef. Set aside.
2. For the sofrito, heat the olive oil in a large frypan over medium heat. Add the sliced onion, jalapenos, and garlic with a pinch of salt. Cook, stirring every couple of minutes, for 10 minutes, or until the vegetables are softened. Add the cumin, oregano, and bay leaves, stirring to combine.
3. Cut the tomatoes in half and coarsely grate them. Add the tomato pulp (discard the skins) to the capsicum mixture along with the tomato paste. Stir to combine and cook for a further 5-7 minutes, until the mixture thickens and becomes concentrated. Add the white wine and simmer for 2 minutes before adding the shredded beef and 200ml of the reserved beef cooking liquid. Simmer for another 15 minutes, or until the mixture thickens slightly.
4. Stir in the juice of 1 lime and check for seasoning. Adjust with salt and black pepper. Serve with steamed white rice and extra lime wedges on the side.

4 Servings, 675 Grams Each Total

Salisbury Steak Dinner

BC#012352086069

Salisbury Steak:

Ingredients:

- 12 oz Sweet onions, finely chopped
- 1 Tbsp Garlic, minced
- 2 cups Dry breadcrumbs (plain)
- 4 Tbsp Fresh parsley, finely chopped
- 1 oz Butter (salted)
- 1 Tbsp Kosher salt
- 2 tsp Ground black pepper
- 3 lbs Ground beef (85% lean / 15% fat)
- 6 extra-large Eggs
- 1 Qt Water
- 0.5 cup All-purpose flour (self-rising)
- 12 oz White mushrooms, sliced
- 4 oz Butter (salted)
- 3 Tbsp Beef base



Buttery Whipped Potatoes:

Ingredients:

12 portions of Buttery Whipped Potatoes (**6.5 ounces each**)

Roasted Squash Medley:

Ingredients:

12 portions of Roasted Squash Medley (**5 ounces each**)

Instructions:

Salisbury Steak:

1.Prepare Onion Mixture:

1. In a skillet, sauté chopped sweet onions and minced garlic in 1 oz of butter until the onions are caramelized. Set aside to cool.

2.Make Salisbury Steak Patties:

1. In a large mixing bowl, combine the cooled onion mixture, dry breadcrumbs, chopped parsley, kosher salt, ground black pepper, ground beef, and eggs.
2. Mix until well combined. Form the mixture into 48 oz of individual patties.

3.Cook Salisbury Steak:

1. In a large skillet or frying pan, cook the Salisbury steak patties over medium heat until they are browned on both sides and cooked through. Remove from the pan and set aside.

4.Prepare Gravy:

1. In the same pan, add 4 oz of butter. Once melted, whisk in the self-rising flour to create a roux.
2. Add sliced white mushrooms and cook until they release their moisture.
3. Stir in beef base and gradually add 4 cups of water while stirring constantly to avoid lumps.
4. Simmer until the gravy thickens.

5.Serve Salisbury Steak:

1. Pour **2oz mushroom gravy** over the cooked Salisbury steak patties.

Buttery Whipped Potatoes:

1.Prepare Buttery Whipped Potatoes:

1. Follow the instructions for Buttery Whipped Potatoes, serving **6.5 ounces per portion**.

Roasted Squash Medley:

1.Roast Squash Medley:

1. Follow the instructions for Roasted Squash Medley, serving **5 ounces per portion**.

Serve:

Plate each serving with a portion of Salisbury steak smothered in mushroom gravy, a side of Buttery Whipped Potatoes, and Roasted Squash Medley. Garnish with additional chopped parsley if desired.

12 Servings, 1 Patty, 2oz Gravy, 6.5oz Potatoes, and 5oz Veggies

Ingredients

3.25 pint Cherry Tomatoes, red, ripe, raw
 1 medium Onion, peeled and chopped
 7 oz Green Bell Pepper, washed, de-seeded, and chopped
 2 stalk Celery, large, washed and chopped
 8 clove Garlic, minced
 3 gram Bay Leaf
 3 tsp Fresh Thyme
 0.25 oz Fresh Oregano
 3 cup Olive Oil, salad or cooking
 2 tbsp Canned Tomato Paste
 1 tsp Worcestershire Sauce
 1 oz Kitchen Basics Vegetable Stock
 0.13 oz Cajun Blackening Seasoning
 1.5 tsp Kosher Salt
 6 oz Smoked, cooked Beef Sausage
 4 tbsp Canola Oil
 0.5 30 g Maltodextrin
 1 extra large Egg, raw
 1 cup Club Soda, carbonated
 5 oz White All-Purpose Flour
 0.13 oz Cajun Blackening Seasoning
 1 tsp Kosher Salt
 1 lb Okra, raw
 0.25 cup Distilled Vinegar
 1 tbsp Shortening Fryer ZTF
 3 8 oz Jasmine Rice
 4 gram Microgreens (for garnish)

**Preparation Instructions****Prep the Ingredients:**

- Peel and chop the onion.
- Wash, de-seed, and chop the bell pepper.
- Wash, remove ends, and chop the celery.
- Mince the garlic.

Instructions**Step 1: Confit Tomatoes**

Preheat the oven to 275°F.

In a deep casserole dish, combine the cherry tomatoes, chopped onion, bell pepper, celery, minced garlic, bay leaves, fresh thyme, fresh oregano, and olive oil. Cover with foil and bake for 2 hours. After 2 hours, use a slotted spoon to remove the vegetables and herbs from the oil. Set aside 12 tomatoes.

In a blender, combine the remaining vegetables, herbs, tomato paste, Worcestershire sauce, vegetable stock, and salt. Blitz on high for 30 seconds. Slowly drizzle in ½ cup of cooled oil and continue blending until smooth. Taste and adjust seasoning as needed.

Step 2: Smoked Sausage Dust

While the tomatoes are cooking, add the smoked sausage and canola oil to a large skillet. Cook over medium heat for 10 minutes, until the sausage is brown and crispy. Allow the oil to cool for 10 minutes, then measure out 2 tablespoons of the sausage oil.

In a food processor, combine the oil and maltodextrin. Pulse 7–10 times until well combined. Sift the mixture through a mesh strainer over the finished dish.

Step 3: Tempura Okra

In a large bowl, combine the egg and club soda. Stir in the flour, Cajun seasoning, and salt, leaving small lumps in the batter.

In a medium bowl, toss the okra in vinegar.

In a large skillet, heat the shortening and canola oil over medium-high heat until it reaches 350°F. Dip 4 large pieces of okra in the batter, allowing excess batter to drip off, and fry for 1.5 minutes on each side until golden brown. Remove from the skillet and drain on paper towels.

Step 4: Assemble the Dish

Using a 4-inch biscuit cutter, mold ½ cup of jasmine rice into a small cake. Place 3 confit tomatoes on top of the rice cake. Add 1 fried okra on top, then dust with smoked sausage dust.

Pour ¼ cup of tomato sauce around the rice cake and garnish with microgreens.

Before You Begin:

Here's a strategy to stay efficient in the kitchen:

- 1.The confit process is done in two parts—confit tomatoes and tomato sauce. Get the tomatoes into the oven first.
- 2.Prepare all other ingredients while the tomatoes cook. After 2 hours, come back to finish the remaining steps.
- 3.Re-read the recipe and prepare for an elegant and flavorful dish!

Recipe Tips and Substitutions:

- If you don't have a food processor, you can whisk the smoked sausage oil and maltodextrin in a medium bowl until thoroughly combined.
- Feel free to swap the vegetable stock for beef or chicken stock for a richer flavor.
- To serve family-style, plate ¼ cup of rice, 4 oz of tomato sauce, 2 tablespoons of fried smoked sausage, and as much okra as you like. Don't forget the smoked sausage dust!
- Garnish with microgreens or fresh chives right before serving for a stunning presentation. Any brightly colored microgreens will work perfectly!

4 Servings, 680 Grams Each

Ingredients

For the Turf (Steak)

- 4 x 6 oz Ribeye Cap Steaks, boneless, trimmed to 0" fat
- 2 tsp Kosher Salt

BC#012352093463

- 1 tsp Black Pepper, ground
- 1 tbsp Olive Oil
- 2 tbsp Butter, salted
- 2 tsp Fresh Thyme
- 2 cloves Garlic, crushed

For the Surf (Shrimp)

- 1 lb Raw Shrimp, mixed species, peeled
- 1 tbsp Olive Oil
- 1 tsp Paprika
- 1 tsp Kosher Salt
- 2 tbsp Butter, unsalted
- 4 cloves Garlic, minced
- 1 tsp Fresh Thyme
- 1 tsp Lemon Zest
- 1/4 tsp Black Pepper, ground
- 1/2 cup White Wine (table, dry)
- 1 cup Heavy Whipping Cream
- 1/2 cup Grated Parmesan Cheese
- 4 tbsp Fresh Lemon Juice
- 3 tbsp Fresh Parsley, chopped

For the Sides

- 4 x 6.5 oz Buttery Whipped Potatoes
- 20 oz Roasted Brussels Sprouts with Balsamic and Honey (pre-made)

Preparation Instructions

For the Turf (Steak)

1. Preheat the oven to 400°F (200°C). About 30 minutes before cooking, remove the ribeye steaks from the fridge to bring them to room temperature. Pat the steaks dry with paper towels and season generously with 2 tsp of kosher salt and 1 tsp of black pepper on all sides.
2. Heat a large cast-iron skillet over high heat. Add 1 tbsp olive oil and heat until it shimmers. Place the steaks in the hot pan and sear each side for about 2 minutes, until a dark crust forms.
3. Top each steak with 1 piece of butter, 1 sprig of thyme, and 1 crushed garlic clove. Transfer the skillet to the preheated oven and cook for 4-10 minutes, depending on your preferred doneness (about 5-6 minutes for medium-rare).
4. Remove the steaks from the oven and place them on a warm plate. Tent with aluminum foil and let rest for 5-7 minutes before serving.

For the Surf (Shrimp)

1. In a medium bowl, toss the raw shrimp with 1 tbsp olive oil, 1 tsp paprika, and 1 tsp kosher salt until evenly coated.
2. In a large skillet, heat the remaining 1 tbsp of olive oil over medium heat. Add the shrimp in a single layer and cook for 2-3 minutes on each side, until pink and curled. Remove the shrimp from the skillet and set aside.
3. In the same skillet, melt 2 tbsp unsalted butter over medium heat. Add the minced garlic, fresh thyme, lemon zest, and black pepper. Cook for about 1 minute, until fragrant.
4. Pour in 1/2 cup white wine and allow it to simmer for 2 minutes to reduce. Reduce the heat to medium-low and add 1 cup heavy whipping cream. Stir occasionally and simmer for 4-6 minutes until the cream thickens slightly, leaving a trail when a spatula is dragged through it.
5. Stir in the grated parmesan cheese and allow it to melt into the sauce. Add 4 tbsp fresh lemon juice and return the shrimp to the skillet. Stir in the remaining 2 tbsp butter and cook for another 1-2 minutes, just until the shrimp are heated through.
6. Sprinkle the creamy shrimp with freshly chopped parsley and adjust seasoning with additional salt or lemon juice as needed.

For the Sides

1. Prepare 4 x 6.5 oz servings of buttery whipped potatoes as per package instructions (typically heating and fluffing them with butter and seasoning).
2. Heat 20 oz of pre-made roasted Brussels sprouts with balsamic and honey in the oven at 375°F for 10-12 minutes or until heated through.

To Serve:

Place the rested ribeye steaks on a plate and spoon the creamy shrimp mixture over the top. Serve with 6.5 oz of buttery whipped potatoes and 5 oz of roasted Brussels sprouts on the side. Enjoy!



Vegetarian Cajun Pasta

Ingredients:

BC# 012352089770

4 oz Barilla Fettuccine
1/4 tsp Ground Black Pepper
1/2 tsp Kosher Salt
5 1/3 tbsp Heavy Whipping Cream
2/3 oz Cream Cheese
1/3 oz Shredded Parmesan Cheese
1/4 oz Shredded Monterey Jack Cheese
1 oz Cooking Wine (alcoholic)
12 x 1/4 tsp Cajun Seasoning
1.5 oz Sweet Onions, diced
1.5 oz Red Bell Peppers, diced
1 Biscuit (2.2 oz)
1/2 cup Cherry Tomatoes, halved
1/4 cup White Mushrooms, sliced
1 oz Raw Spinach

**Instructions:****Biscuits:**

Bake according to the manufacturer's instructions.

Prepare Alfredo Sauce:

In a large heavy-bottomed sauce pot over medium heat, bring 40% heavy cream to a boil.

Once boiling, reduce heat and let it simmer.

Gradually whisk in cream cheese in small batches, followed by parmesan and then Monterey Jack cheese until well combined and the sauce is smooth.

Pour the sauce into a container (Cambro) and place it in an ice water bath, stirring frequently to prevent clumping. Strain through a fine mesh strainer if the sauce becomes clumpy. If using 36% cream, simmer for 20 minutes.

Preparation:

Peel and dice the onion, and wash and deseed the red bell pepper. Place chicken on a preheated grill and cook for approximately 8 minutes per side or until the internal temperature reaches 160°F. Cool completely and thinly slice.

Cook the fettuccine according to package instructions, then cool.

In a large sauté pan over medium heat, add oil. Once hot, add diced onions and peppers, and sauté until tender.

Add sliced chicken to the pan and sauté until heated through.

Stir in the prepared Alfredo sauce, Cajun seasoning, and white wine. Sauté until heated through.

Add cooked pasta to the pan and toss until everything is well coated. Season with salt as needed.

Add halved cherry tomatoes, sliced mushrooms, and raw spinach to the pan. Toss until heated through.

Serve immediately with baked biscuits on the side.

Servings:

1 serving packaged in 1 package (575 grams per package) or 20.28 ounces total per portion

CANTEEN  KITCHENS



African

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

BC#012352093234

**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

- 1 large onion, diced
- 2 tsp palm oil
- 4 garlic cloves, minced
- 1.3 lbs yucca root, peeled and shredded
- 2 lbs raw shrimp, peeled and deveined
- 3 large tomatoes, chopped
- 1/4 cup red bell pepper, chopped
- 1.4 oz green bell pepper, diced
- 1.4 oz yellow bell pepper, diced
- 2 serrano peppers, minced
- 1 tbsp fresh ginger, minced
- 2 cups canned coconut milk
- 1 lime, juiced
- 1/4 cup green onion tops, chopped
- 1/4 cup fresh cilantro, chopped
- 1 tsp kosher salt
- 1 tsp ground black pepper
- 1 cup white rice, cooked See Sub Recipe

BC#012352093319



Instructions

Peel and dice the onion. Mince the garlic and ginger. Peel and shred the yucca root. Peel and devein the shrimp. Chop the tomatoes, bell peppers, and serrano peppers. Slice the green onion tops and chop the cilantro.

In a large pot, heat the palm oil over medium heat. Add the diced onion and sauté until soft, about 3-4 minutes. Add the minced garlic and sauté for another minute, until fragrant. Add the chopped bell peppers and cook for 3-4 minutes until softened. Stir in the tomatoes and cook for 3-5 minutes until they begin to break down. Add the shredded yucca to the pot. Season with salt and black pepper. Stir to combine. Pour in the coconut milk and 2 cups of water. Stir well. Cover and simmer on low heat for about 25 minutes, stirring occasionally. (Add more water if the mixture becomes too thick.)

About halfway through the cooking time, add the chopped green onions and minced serrano peppers. Once the yucca is mostly tender, add the lime juice and stir. Add the shrimp to the pot and cook for 10-15 minutes, until shrimp turn pink and are cooked through (avoid overcooking).

Spoon the stew over a serving of cooked white rice and garnish with fresh cilantro.

6 Servings, 675 Grams Each

Chicken Over Rice

Ingredients

40 oz chicken thighs, boneless and skinless, raw **BC#012352093326**

2 tbsp lemon juice

1 medium onion, sliced

1 medium red bell pepper, sliced

1 cup carrots, sliced or julienned

1 medium tomato, diced

1 cup fresh pineapple, chunks

3 tsp kosher salt

0.13 oz smoked paprika

2 tsp garlic powder

2 tbsp onion powder

1 tsp ground allspice

1/2 tsp ground black pepper

1 tbsp brown sugar, unpacked

2 tsp Kitchen Bouquet seasoning sauce

1 tbsp soy sauce (tamari)

2 tbsp olive oil

1.5 tbsp fresh ginger, minced

4 garlic cloves, minced

2 cups water

1/4 cup ketchup

1 oz Scotch bonnet pepper, whole

2 tsp fresh thyme

2 bay leaves

1 oz dry-roasted salted peanuts, finely ground

1.5 oz green onion tops, chopped (for garnish)

3 oz fresh pineapple slices (for garnish)

3 oz dry-roasted salted peanuts, roughly chopped (for garnish)

6 cups cooked jasmine rice (8 oz portions) See Sub Recipe

Instructions

Peel and mince the fresh ginger and garlic. Warm the water. Finely grind 1 oz of dry-roasted peanuts. Roughly chop the remaining 3 oz of peanuts for garnish. Slice the green onion tops and set aside for garnish. Slice 3 oz of pineapple and grill for a few minutes until marked (for garnish). Peel and slice the onion, then wash, de-seed, and slice the red bell pepper. Peel, slice, and wash the carrots. Wash, core, and dice the tomato. Peel, core, and cut the larger amount of pineapple into chunks.

In a large bowl, clean the chicken by rubbing it with lemon juice. Add the sliced onion, red pepper, and carrots to the bowl. In a separate bowl, combine the salt, smoked paprika, garlic powder, onion powder, ground allspice, brown sugar, Kitchen Bouquet, soy sauce, and mix to make a marinade. Add the marinade to the chicken and vegetables, stirring vigorously to coat evenly. (Optional: Marinate for up to 1 hour or proceed immediately.)

Heat the olive oil in a large skillet or Dutch oven over medium-high heat. Once hot, add the chicken and brown it for approximately 3 minutes on each side, until a deep golden brown color is achieved. Remove the chicken from the skillet and set aside on a plate.

Reduce the heat to medium, then add the minced ginger and garlic. Cook for 2-3 minutes, until fragrant. Add the onion, red pepper, and carrots, and cook for another 3 minutes, until the vegetables start to soften. Return the browned chicken to the pan.

Add the 2 cups of hot water and ketchup to the skillet, stirring to combine. Bring the mixture to a low boil. Poke holes in the Scotch bonnet pepper with a fork, then add it to the pot along with the fresh thyme and bay leaves. Reduce the heat to a simmer and cover the pot. Let it cook for 40 minutes.

After 40 minutes, remove the lid and increase the heat to medium-high to bring the stew to a boil. Once boiling, whisk in the finely ground peanuts and simmer until the broth thickens to your desired consistency. Remove from heat.

Serve the stew in bowls (14 oz per serving) over 8 oz of cooked jasmine rice. Garnish with chopped green onions, grilled pineapple slices, and/or roasted peanuts.



6 Servings, 620 Grams Each

CANTEEN  KITCHENS



Asian

Asian Shrimp and Udon Noodles

BC#012352086465

Ingredients:

- 2 Tbsp Soy Sauce (Tamari)
- 3 oz Dry Japanese Somen Noodles
- 2 Tbsp Mirin (Rice Cooking Wine)
- 0.5 oz Fresh Ginger, grated
- 3 oz Napa Cabbage, thinly sliced
- 0.67 tbsp Whole Sesame Seeds, dried
- 1 oz Fennel Bulb, thinly sliced
- 0.35 tsp Ground Black Pepper
- 1 Tbsp Olive Oil (for cooking)
- 0.25 oz Lime Juice, fresh
- 2 oz Raw Celery, thinly sliced
- 1 tsp Chopped Chives
- 1/4 tsp Crushed Red Pepper Flakes
- 4 oz Raw Shrimp, mixed species
- 0.08 oz Sesame Oil (for cooking)
- 1 Tbsp Vegetable Oil (Palm Kernel)
- 2.5 tsp Kosher Salt
- 1 Vegetarian Eggroll (1.5 oz)



Instructions:

1. Cook the Somen noodles according to package instructions. Drain and set aside.
2. In a small bowl, mix soy sauce (tamari), mirin, and grated ginger to create the sauce. Set aside.
3. In a large pot, bring water to a boil. Add the sliced Napa cabbage and cook for 1-2 minutes until slightly wilted. Remove and set aside.
4. In a small pan, toast sesame seeds over medium heat until they become golden brown. Set aside.
5. In a large wok or skillet, heat olive oil over medium-high heat. Add fennel slices and stir-fry for 2-3 minutes until slightly softened.
6. Add black pepper, lime juice, celery, chopped chives, crushed red pepper flakes, and the prepared sauce to the wok. Stir well.
7. Push the vegetables to the side of the wok, add vegetable oil (palm kernel), and cook the shrimp until they turn pink and opaque. Remove and set aside.
8. In the same wok, add sesame oil and the cooked Somen noodles. Toss to coat the noodles.
9. Assemble the bowl: Place a portion of the noodles in a bowl, and top with cooked shrimp, wilted Napa cabbage, and fennel slices.
10. Sprinkle toasted sesame seeds on top and garnish with a vegetarian eggroll.
11. Serve the Asian Shrimp and Udon Noodle Bowl hot.

1 Serving: 15 oz Noodles/Shrimp and 1 Eggroll

Chicken Fried Rice

BC#012352086298

Ingredients:

- 4 tbsp Canola Oil
- 8 oz Frozen Carrots, diced
- 20 oz White Jasmine Long Grain , cooked and cooled
- 8 oz Frozen Green Peas
- 20 oz Chicken Breast, skinless, boneless, diced
- 8 oz Sweet Onions, finely chopped
- 3 extra-large Eggs, beaten
- 4 tbsp Thai Fish Sauce
- 4 tbsp Soy Sauce (Tamari)
- 1.5 oz Young Green Onions, tops only, chopped
- 6 pieces Vegetarian Eggrolls, sliced

Instructions:***Prepare the Rice:***

1. Cook the White Jasmine Long Grain rice according to the package instructions. Once cooked, spread it out on a tray to cool.

Stir-Fry the Vegetables:

2. Heat 2 tbsp canola oil in a large wok or skillet over medium-high heat.
3. Add frozen carrots and cook for 2-3 minutes until they start to soften.
4. Stir in frozen green peas and continue to cook for an additional 2 minutes.
5. Push the vegetables to one side of the wok.

Cook the Chicken:

6. Add 2 tbsp canola oil to the empty side of the wok.
7. Add diced chicken breast and cook until browned and cooked through about 5-7 minutes.
8. Mix the cooked chicken with the vegetables.

Scramble the Eggs:

9. Push the chicken and vegetables to the side of the wok.
10. Pour the beaten eggs into the empty side of the wok. Allow them to set for a moment, then scramble until fully cooked.

Mix Everything:

11. Combine the scrambled eggs with the chicken and vegetables.
12. Add the cooked and cooled rice to the wok. Stir to combine all ingredients evenly.

Add Flavorful Sauces:

13. Pour Thai fish sauce and soy sauce over the rice mixture. Stir well to coat everything with the sauces.

Finish and Garnish:

14. Add finely chopped sweet onions, chopped young green onions, and sliced vegetarian eggrolls. Stir to combine.
15. Cook for an additional 2-3 minutes until everything is heated through.

Serve:

16. Divide the chicken fried rice among serving trays.
17. Garnish with additional chopped green onions if desired.



6 Servings, 13 oz Fried Rice and 1 Eggroll pre portion

Chicken Teriyaki Bowl

BC#012352086243

Ingredients:

Chicken Teriyaki:

25 oz Chicken thighs, boneless and skinless, cut into bite-sized pieces

20 tbsp Teriyaki Glaze

1 tbsp Granulated Garlic

1 tbsp Onion Powder

2 tbsp Soy Sauce (Tamari)

1 tbsp Olive Oil

Vegetable Stir-Fry:

10 oz Green Bell Pepper, sliced

10 oz Red Bell Pepper, sliced

10 oz Carrots, julienned

10 oz Celery, sliced

10 oz Broccoli, cut into small florets

10 oz Sweet Onions, sliced

Rice:

15 oz White Jasmine Long Grain

2.5 cups Water

1 tsp Kosher Salt

Eggroll:

5 Vegetarian Eggrolls (1.5oz each)

Instructions:

1. Cook the Rice:

1. Rinse the rice under cold water until the water runs clear.
2. In a saucepan, combine rice, water, and kosher salt.
3. Bring to a boil, then reduce heat, cover, and simmer until the rice is tender and water is absorbed.

2. Prepare the Chicken Teriyaki:

1. In a bowl, mix chicken pieces with teriyaki glaze, granulated garlic, onion powder, and soy sauce. Let it marinate for at least 15 minutes.
2. Heat olive oil in a skillet over medium-high heat. Add marinated chicken and cook until fully cooked and glazed.

3. Vegetable Stir-Fry:

1. In the same skillet, stir-fry the sliced bell peppers, carrots, celery, broccoli, and sweet onions until they are crisp-tender.

4. Prepare the Eggrolls:

1. Cook the vegetarian eggrolls according to the sub recipe until they are golden and crispy.

5. Assemble the Chicken Teriyaki Bowl:

1. In serving bowls, layer the cooked rice, chicken teriyaki, and vegetable stir-fry.

6. Serve with Eggrolls:

1. Place a crispy vegetarian eggroll on the side of the bowl.



5 Servings: 16 oz Stir Fry over 6 oz Rice with 1 Eggroll

General Tso Chicken Dinner

BC#012352086434

Ingredients:

For the General Tso Chicken:

- 5 sun-dried Hot Chile Peppers
- 3 tsp Cooking Shao Shing Wine
- 8 Tbsp Shortening Fryer ZTF for frying
- 18 oz Skinless, Boneless Chicken Breast, cut into bite-sized pieces
- 1.5 oz Corn Starch
- 2.7 oz All-Purpose White Flour
- 0.5 tsp Kosher Salt

0.08 tbsp Ground White Pepper

1 tbsp Olive Oil (for cooking)

For the General Tso Sauce:

- 4 Tbsp Soy Sauce (Tamari)
- 0.25 tbsp Sesame Oil
- 0.17 oz Granulated Sugar
- 0.5 tsp Chicken Base (Low Sodium, No MSG, Gluten-Free)
- 0.33 tbsp Rice Vinegar (Unseasoned)
- 0.75 cup Water
- 1 tbsp Olive Oil (for cooking)

For Serving:

- 10 oz Raw Short-Grain White Rice
- 20 oz Raw Broccoli, cut into small flower clusters

Instructions:

Prepare the General Tso Chicken:

1. In a bowl, combine corn starch, all-purpose flour, kosher salt, and ground white pepper.
2. Coat the chicken pieces with the flour mixture, shaking off excess.
3. Heat 8 tbsp of palm shortening in a wok or large skillet over medium-high heat.
4. Fry the coated chicken pieces in batches until they are golden brown and crispy. Remove and drain on paper towels.
5. In the same wok, remove excess oil, leaving about 1 tbsp. Add 1 tbsp olive oil.
6. Add sun-dried hot chile peppers to the wok and stir-fry briefly until fragrant.
7. Add Shao Shing wine and stir briefly.
8. Return the fried chicken to the wok and toss with the chile peppers and wine until well coated.

Prepare the General Tso Sauce: 9. In a separate bowl, mix soy sauce, sesame oil, granulated sugar, chicken base, rice vinegar, and water.

10. Pour the sauce over the chicken in the wok, stirring continuously until the sauce thickens and coats the chicken evenly. Remove from heat.

Prepare the Broccoli:

Steam or blanch the broccoli until it's tender-crisp. Set aside.

Cook the Rice:

Cook the White Jasmine Long Grain Rice according to package instructions.

Serve the General Tso Chicken Dinner:

Serve the General Tso Chicken over a bed of rice, with the steamed broccoli on the side.

Garnish with additional chile peppers if desired.

Package and label, Enjoy your delicious General Tso Chicken Dinner!



4 Servings: 6 oz Chicken/Sauce, 5 oz Rice and 5 oz Veggies

Peanut Sauce

BC#012352093241

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.



5 Servings, 350 Grams each

BC#012352091513

Ingredients:

•Beef Bulgogi:

- 24 oz (1.5 lbs) thinly sliced beef (ribeye or sirloin)
- 12 tablespoons soy sauce
- 6 tablespoons sugar
- 6 tablespoons sesame oil
- 6 cloves garlic, minced
- 2 teaspoons coarse black pepper
- 12 tablespoons grated Asian pear
- 6 green onions, chopped

•Sticky Rice:

- 1 1/2 cups short-grain white rice
- 3 cups water

•Kimchi Green Beans:

- 24 oz green beans, trimmed
- 12 oz kimchi, chopped
- 3 tablespoons sesame oil
- 3 cloves garlic, minced
- 1 tablespoon soy sauce
- 1 tablespoon gochujang (Korean red chili paste) or to taste (optional for added spice)

•Garnish

- 1/2 teaspoon sesame seeds

Instructions:

1. Prepare the Bulgogi:

•**Marinate:** In a large bowl, combine the following ingredients:

- 12 tablespoons soy sauce
- 6 tablespoons sugar
- 6 tablespoons sesame oil
- 6 cloves garlic, minced
- 2 teaspoons coarse black pepper
- 12 tablespoons grated Asian pear
- 6 green onions, chopped

•**Marinate:** Add 24 oz of thinly sliced beef to the marinade, ensuring the meat is well-coated. Cover and refrigerate for at least 1 hour to allow the flavors to develop.

•**Cook:** Grill or stir-fry the marinated beef over medium-high heat until fully cooked, about 3-5 minutes per side, depending on thickness.

2. Cook the Sticky Rice:

•**Rinse:** Rinse 1 1/2 cups of short-grain white rice under cold water until the water runs clear.

•**Cook:** Cook the rice using a rice cooker or on the stovetop with 3 cups of water. Once cooked, the rice should be sticky and soft.

3. Prepare the Kimchi Green Beans:

•Blanch the Green Beans:

- Bring a large pot of salted water to a boil.
- Add 24 oz of trimmed green beans and blanch for 2-3 minutes until they are bright green and slightly tender.
- Drain and immediately plunge them into an ice bath to stop the cooking process. Drain again.

•Sauté the Green Beans:

- Heat 3 tablespoons of sesame oil in a large pan over medium heat.
- Add 3 cloves of minced garlic and sauté until fragrant, about 1 minute.
- Add the blanched green beans, 1 tablespoon soy sauce, and 1 tablespoon gochujang (if using). Stir-fry for 2-3 minutes.
- Stir in 12 oz of chopped kimchi and cook for another 2-3 minutes, until the green beans are well coated and heated through.

4. Assemble the Portions:

•**Bulgogi:** Divide the cooked bulgogi into 6 equal portions, about 4 oz each.

•**Rice:** Divide the cooked sticky rice into 6 equal portions, about 4 oz each.

•**Kimchi Green Beans:** Divide the kimchi green beans into 6 equal portions, about 4 oz each.

•Garnish with Sesame Seeds

5. Serve:

•Tray each portion with 6 oz of bulgogi, 5.5 oz of sticky rice, and 6 oz of kimchi green beans. Seal and label



6 total servings across 6 packages (560 grams per package)

BC#012352086373

Ingredients:**For the Beef:**

- 8 oz Cooked Top Sirloin Steak, thinly sliced
- 2 tbsp Soy Sauce (Tamari)
- 2 tbsp Sesame Oil
- 2 cloves Garlic, minced

For the Stir Fry:

- 1 tbsp Sesame Seeds
- 1 Red Hot Chili Pepper, sliced
- 1 oz Young Green Onions, tops only, chopped
- 1.5 oz Whole Baby Corn, drained
- 2 oz Baby Bok Choy, chopped
- 1 oz Baby Zucchini, sliced
- 1 oz Red Bell Pepper, julienned
- 1 oz Carrots, julienned
- 1/2 cup Sugar Snap Peas

For the Sauce:

- 2 oz Gochujang Korean Chili Paste

For the Noodles:

- 8 oz Dry Rice Noodles

For Garnish:

- 16. 2 tbsp Chopped Fresh Basil
- 17. 0.25 cup Chopped Fresh Cilantro Leaves

For Serving:

- 2 pieces Vegetarian Eggrolls according to sub recipe

Instructions:**Prepare the Beef:**

1. In a bowl, combine the sliced cooked top sirloin steak with soy sauce, sesame oil, and minced garlic. Set aside to marinate.

Cook the Rice Noodles:

2. Cook the rice noodles according to the package instructions. Drain and set aside.

Prepare the Stir Fry:

3. In a wok or large skillet, heat sesame oil over medium-high heat.
4. Add sesame seeds, sliced red chili pepper, and chopped green onions. Stir-fry for a minute until fragrant.
5. Add baby corn, baby bok choy, baby zucchini, red bell pepper, julienned carrots, and sugar snap peas. Stir-fry for 3-4 minutes until the vegetables are tender-crisp.

Cook the Beef:

6. Push the vegetables to the side of the wok and add the marinated beef. Stir-fry the beef until it's cooked to your liking.

Make the Sauce:

7. In a small bowl, mix Gochujang Korean Chili Paste with a bit of water to create a sauce.
8. Pour the Gochujang sauce over the stir-fried beef and vegetables. Toss everything together to coat evenly.

Assemble the Dish:

9. Add the cooked rice noodles to the wok and toss them with the beef and vegetable mixture until well combined.
10. Garnish the stir fry with chopped fresh basil and cilantro.
11. Serve the Korean Barbecue Beef Stir Fry with Noodles hot, and enjoy the bold flavors!
12. Serve with vegetarian eggrolls on the side.

**2 Servings, 15oz with 1 Eggroll**

Orange Chicken Over Fried Rice with Eggroll

BC#012352086045

Orange Chicken:

Ingredients:

- 1 serving Popcorn Chicken
- 3 oz Orange Zesty Sauce
- 1 tbsp Shortening for frying
- 1.5 oz Canned Mandarin Oranges, drained
- 0.5 tbsp Young green onions (tops only), sliced

Instructions:

1. Fry Popcorn Chicken:

1. In a pan, heat the shortening over medium-high heat.
2. Fry the popcorn chicken according to the package instructions until golden brown and crispy.

2. Prepare Orange Glaze:

1. In a separate saucepan, warm the Orange Zesty Sauce and add the drained mandarin oranges. Simmer for a few minutes until the sauce thickens slightly.

3. Coat Chicken:

1. Toss the fried popcorn chicken in the orange glaze until evenly coated.

4. Garnish:

1. Sprinkle sliced young green onions on top of the orange-glazed popcorn chicken.

Fried Rice:

Ingredients:

- 1 oz White short-grain rice (uncooked)
- 1 cup Water
- 1 oz Frozen green peas
- 0.66 oz Carrots, diced
- 0.66 oz Sweet onions, diced
- 1 Tbsp Young green onions (tops only), sliced
- 1 Tbsp Olive oil
- 0.25 tsp Kosher salt
- 0.5 tbsp Shortening for frying

Instructions:

1. Cook Rice:

1. In a saucepan, combine rice and water. Bring to a boil, then reduce heat, cover, and simmer until the rice is cooked and the water is absorbed.

2. Prepare Vegetables:

1. In a wok or large skillet, heat olive oil over medium-high heat.
2. Add diced carrots, sweet onions, and frozen peas. Stir-fry until the vegetables are tender.

3. Scramble Egg:

1. Push the vegetables to one side of the wok and pour the beaten egg into the other side. Scramble the egg until cooked.

4. Combine Rice and Vegetables:

1. Add the cooked rice to the wok with vegetables and egg. Mix well.

5. Season and Garnish:

1. Season the fried rice with kosher salt and top with sliced young green onions.

Egg Roll:

Ingredients:

- 1 piece Vegetarian Egg Roll (1.5 oz)
- 0.5 tbsp Shortening for frying

Instructions:

1. Fry Egg Roll:

1. In a pan, heat the shortening over medium-high heat. Or follow Egg roll oven directions
2. Fry the vegetarian egg roll until it's golden brown and crispy.

2. Serve:

1. Plate the Orange Chicken over the Fried Rice,,and serve with a side of the crispy Vegetarian Egg Roll.



1 Serving: 8.5oz Orange Chicken, 10oz Fried Rice, Egg Roll

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

Pork Egg Rolls with Duck Sauce

BC#012352086151



Ingredients:

- 3 pieces Pork & Vegetable Eggrolls (3 oz each)
- 3 packets of Duck Sauce
- 3 tbsp Shortening Fryer ZTF

Instructions:

1. Heat Shortening:

1. In a deep fryer or a large, deep pan, heat the shortening over medium-high heat to 350°F (175°C).

2. Fry Egg Rolls:

1. Carefully place the pork and vegetable egg rolls into the hot shortening, one at a time.
2. Fry until they are golden brown and crispy, turning occasionally for even cooking. This usually takes about 5-7 minutes.

3. Drain and Rest:

1. Once the egg rolls are golden and crispy, use a slotted spoon to remove them from the hot oil.
2. Place them on a paper towel-lined plate to drain any excess oil.
3. Allow the egg rolls to rest for a few minutes to cool slightly.

4. Serve with Duck Sauce:

1. Place the pork egg rolls on a serving platter.
2. Open the duck sauce packets and serve them alongside the egg rolls for dipping.

5. Enjoy:

1. Enjoy your delicious and crispy pork egg rolls with the sweet and tangy duck sauce!

These pork egg rolls are a tasty and convenient appetizer or snack. The duck sauce adds a delightful flavor that complements the savory filling. Adjust the quantities based on your preferences and the number of servings you need.

1 Serving: 3 Egg Rolls, 3 Duck Sauce

Spicy Peanut Noodles and Chicken

BC#012352093821

Ingredients:

- 20 oz dry rice noodles
- 4 cloves garlic (minced)
- 1 tbsp fresh ginger root (grated)
- 1 tbsp olive oil (for cooking)
- 1 cup smooth peanut butter (without salt)
- 6 tbsp low-sodium soy sauce
- 1/2 cup water (heated)
- 2 tbsp unseasoned rice vinegar
- 1 tbsp sesame oil (for cooking)
- 2 tbsp Sriracha hot sauce
- 1/2 tsp crushed red pepper flakes
- 2 tsp chile garlic sauce
- 1.5 cups grated carrots
- 1.5 cups sliced sweet red bell peppers
- 1 lime (cut into 4 wedges)
- 4 tbsp fresh cilantro (chopped)
- 2 tbsp chopped oil-roasted unsalted peanuts
- 1 tbsp honey
- 20 oz Asian grilled chicken (prepared per sub recipe)



Preparation:

1. Prep ingredients:

1. Prepare the Asian grilled chicken (see sub recipe).
2. Cook rice noodles according to the package instructions.
3. Mince the garlic.
4. Grate the ginger.
5. Heat water until hot (this will help mix it into the sauce more easily).
6. Wash and cut the lime into 4 wedges.
7. Wash and finely chop the cilantro.
8. Chop the peanuts.
9. Steam or microwave the bell peppers and carrots until just soft.

2. Make the sauce:

1. Heat olive oil in a saucepan over low heat. Add the minced garlic and cook, stirring regularly, until golden brown and fragrant (take care not to burn the garlic).
2. Add grated ginger and cook for another minute.
3. Remove the garlic/ginger mixture from the heat and stir in the hot water, peanut butter, soy sauce, rice vinegar, sesame oil, Sriracha, honey, red pepper flakes, and chile garlic sauce. Whisk well to combine.

3. Assemble the dish:

1. Toss the cooked noodles with the grated carrots, sliced bell peppers, and the prepared sauce.
2. Divide the noodle mixture into serving dishes (about 12 oz per portion).
3. Top each serving with 5 oz of the grilled chicken.
4. Garnish with a lime wedge, chopped cilantro, and chopped peanuts.

4 Servings, 12oz each with 5oz Chicken on top of each

BC# 012352089657

Ingredients:

- 6.5 oz Chinese Cellophane Noodles (Mung Beans), dehydrated
- 1/4 cup Raw Lime Juice
- 2 1/3 tbsp Olive Oil
- 2 tsp Thai Fish Sauce
- 1 tsp Unpacked Brown Sugar
- 1 Red Hot Chili Pepper, thinly sliced
- 12 oz Beef Inside Skirt Steak, trimmed to 1/4" fat, cut into 5 oz pieces
- 5 oz Raw Carrots, peeled and julienned
- 6 oz Cucumber, peeled and julienned
- 8 oz Watermelon Radish, thinly sliced
- 3/4 oz Fresh Mint Leaves
- 1 cup Coriander (Cilantro) Leaves
- 2 oz Dry-Roasted Peanuts with Salt, chopped

**Instructions:**

- Preheat the grill to medium-high heat. Cook the noodles according to package directions, then drain them.
- In a small bowl, combine lime juice, 2 tablespoons of olive oil, Thai fish sauce, brown sugar, and sliced chili pepper.
- Rub the skirt steak pieces with the remaining 1 teaspoon of olive oil. Grill to your desired doneness, approximately 2 to 3 minutes per side for medium-rare, basting with 1 tablespoon of the dressing during the last 2 minutes of cooking. Transfer the cooked steak to a cutting board and let it rest for at least 5 minutes before slicing.
- Divide the cooked noodles among serving bowls. Using a julienne peeler, prepare the carrots, cucumber, and watermelon radish into thin strips. Arrange the julienned vegetables on top of the noodles along with the sliced steak.
- Garnish the bowls with fresh mint leaves, coriander leaves, and chopped peanuts. Serve with the remaining dressing on the side.

Servings:

- 4 servings packaged in 4 packages (322 grams per package) or 11.36 ounces per serving

Sticky Tofu Bowl

Ingredients:

BC# 012352089718

- 8 oz Jasmine Rice, dry
- 12 oz Extra Firm Tofu (Nasoya brand or similar)
- 4 tbsp Olive Oil
- 1 tsp Kosher Salt
- 1 Small Cucumber, thinly sliced
- 1/4 tsp Chinese Five Spice Powder
- 3/4 oz Seasoned Rice Wine Vinegar
- 8 oz Shiitake Mushrooms, thinly sliced
- 1/4 cup Soy Sauce (Tamari)
- 3 tsp Packed Brown Sugar
- 2 tsp Chile Garlic Sauce
- 1/4 cup Green Onions (Young Green Onions), tops only, chopped
- 1 tbsp Sesame Seeds, toasted
- 1/4 cup Coriander (Cilantro) Leaves, chopped

**Instructions:**

Preheat the oven to 450°F. Cook the jasmine rice according to package directions. Pat the tofu dry with paper towels and break it into small pieces on a rimmed baking sheet. Drizzle with 2 tablespoons of olive oil, then season with Chinese five-spice powder and 1/4 teaspoon of salt. Gently toss to combine and arrange in an even layer. Roast for 10 minutes.

While the tofu is roasting, toss the sliced cucumber with seasoned rice wine vinegar and 1/4 teaspoon of salt in a bowl. Set aside.

In a medium bowl, toss the sliced mushrooms with the remaining 2 tablespoons of olive oil and 1/4 teaspoon of salt. Scatter over the tofu on the baking sheet, then gently mix to combine. Continue roasting until the tofu and mushrooms are golden brown and crisp, for about 8 to 10 minutes more.

In the same bowl used for the mushrooms, whisk together soy sauce, brown sugar, and chili garlic sauce. Pour this mixture over the tofu and mushrooms, then roast for an additional 2 minutes.

Serve the tofu and mushrooms over the cooked jasmine rice. Top with marinated cucumber slices, chopped green onions, toasted sesame seeds, and chopped cilantro.

Servings:

4 servings, divided into 4 packages (289 grams per package) or 10.19 ounces per total portion

Veggie Fried Rice

BC#012352086502

Ingredient:

- 4 tbsp Canola Oil
- 8 oz Carrots, frozen and unprepared
- 8 oz Green Peas, frozen and unprepared
- 8 oz Sweet Raw Onions
- 3 extra-large Eggs, raw and fresh
- 4 tbsp Thai Fish Sauce
- 4 tbsp Soy Sauce (Tamari)
- 1.5 oz Young Green Onions (tops only)
- 6 Vegetarian Eggrolls (1.5 oz each)
- 6 oz Baby Bok Choy
- 6 oz Red Bell Peppers, raw
- 9 oz White Mushrooms, raw
- 20 oz Brown Medium-Grain Rice, raw



Instructions:

1. Cook the brown rice according to the package instructions. Set aside when done.
2. In a large wok or skillet, heat 2 tbsp of canola oil over medium-high heat.
3. Add the frozen carrots, green peas, and sweet raw onions. Stir-fry for about 5-7 minutes until the vegetables are tender.
4. Push the vegetables to the side of the wok, add an additional 1 tbsp of canola oil, and crack the eggs into the empty space. Scramble the eggs until they are fully cooked.
5. Combine the cooked eggs with the vegetables in the wok.
6. Add the Thai fish sauce and soy sauce to the mixture. Stir well to ensure even coating.
7. Stir in the young green onions, baby bok choy, red bell peppers, and white mushrooms. Cook for an additional 5-7 minutes until the vegetables are cooked but still crisp.
8. Finally, add the cooked brown rice to the wok. Stir-fry for an additional 5 minutes, ensuring all ingredients are well combined and heated through.
9. Adjust the seasoning if needed, and serve the delicious veggie fried rice hot

6 Servings: Portion 13 oz Fried Rice with 1 Eggroll on top for service and label.

Vegetable Lo Mein

BC#012352086519

Ingredients:***For the Lo Mein:***

- 3 tbsp Soy Sauce (Tamari)
- 1 oz Sesame Oil
- 24 oz Lo Mein Noodles
- 2 tbsp Cooking Shao Shing Wine
- 1 clove Garlic, minced
- 8 oz Carrots, julienned
- 8 oz Baby Zucchini, sliced
- 2 tbsp Olive Oil
- 0.25 tsp Kosher Salt
- 0.17 oz Granulated Sugar
- 6 oz Sweet Onions, thinly sliced
- 2 oz Young Green Onions, tops only, chopped
- 12 oz Baby Bok Choy, chopped
- 8 oz Broccoli Florets
- 6 oz Edible-Podded Peas
- 8 oz White Mushrooms, sliced
- 4 oz Red Bell Pepper, julienned
- 5 pieces Vegetarian Eggrolls

**Instructions:*****Prepare the Lo Mein Noodles:***

1. Cook the lo Mein noodles according to the package instructions. Drain and set aside.

Make the Lo Mein Sauce:

2. In a small bowl, mix soy sauce, sesame oil, and Shao Shing wine. Set aside.

Stir-Fry the Vegetables:

3. In a large wok or skillet, heat olive oil over medium-high heat.
4. Add minced garlic, julienned carrots, sliced baby zucchini, and a pinch of kosher salt. Stir-fry for 2-3 minutes until the vegetables are slightly tender.
5. Add granulated sugar, sliced sweet onions, chopped young green onions, baby bok choy, broccoli florets, edible-podded peas, sliced mushrooms, and julienned red bell pepper. Stir-fry for an additional 4-5 minutes until all the vegetables are cooked but still crisp.

Combine with Lo Mein Noodles:

6. Add the cooked lo Mein noodles to the vegetable mixture in the wok.
7. Pour the prepared lo Mein sauce over the noodles and vegetables.
8. Toss everything together until well combined and heated through.

Serve Vegetable Lo Mein:

9. Divide the vegetable lo Mein among serving plates.
10. Serve with vegetarian eggrolls on the side.

5 Servings, 18 oz Per serving with 1 Eggroll

CANTEEN  KITCHENS



Italian

****Ingredients**:****BC#012352091070**

- 16 oz Bowtie Pasta
- 2 tbsp Olive Oil (for cooking)
- 10 oz Portabella Mushrooms, sliced
- 2 cups Asparagus, woody ends removed, cut into 2-inch pieces
- 1 large Zucchini, sliced into half-moons
- 1 large Red Bell Pepper, julienned
- 2 cups Cherry Tomatoes, halved
- 1 tsp Black Pepper, ground
- 6 oz Cream Cheese
- 0.5 cup Parmesan Cheese, grated
- 10 Fresh Basil Leaves
- 2 oz Parmesan Cheese, shredded
- 3 tsp Kosher Salt
- 2 cloves Garlic, minced
- 4 slices French Garlic Bread

****Preparation Instructions**:******Prepare the Vegetables**:**

1. Wash and dry the mushrooms. Slice into thin strips.
2. Wash and remove woody ends of the asparagus. Cut into 2-inch pieces.
3. Wash, trim the ends, and slice the zucchini lengthwise, then into half-moon shapes.
4. Wash and halve the cherry tomatoes.
5. Wash, de-seed, and julienne the red bell pepper.

****Cook the Pasta**:**

1. In a large pot of salted water (1 tsp kosher salt), bring to a boil and cook 16 oz bowtie pasta according to package directions until al dente.
2. Reserve 1 cup of pasta water, drain the pasta, and return it to the pot.

****Cook the Vegetables**:**

1. Heat 2 tbsp olive oil in a large skillet over medium heat.
2. Add sliced mushrooms, julienned red pepper, asparagus, and zucchini. Cook for 5-6 minutes until tender.
3. Add halved cherry tomatoes and cook for an additional 3 minutes until soft.
4. Add minced garlic and cook for 1 minute until fragrant. Season with 2 tsp kosher salt and 1 tsp black pepper.

****Prepare the Sauce**:**

1. Add 6 oz cream cheese to the skillet and stir until it breaks apart.
2. Pour in the reserved pasta water and stir until the mixture becomes creamy.
3. Stir in 0.5 cup grated Parmesan cheese until combined.
4. Add the cooked bowtie pasta to the skillet and toss until everything is well-mixed and saucy.

****Assemble the Dish**:**

1. Portion the pasta into serving containers.
2. Garnish with fresh basil leaves and sprinkle with 2 oz shredded Parmesan cheese.

****Package and Label**:**

- Serve each portion with a slice of garlic bread.
- Package and label accordingly.

4 total servings across 4 packages (570 grams per package)

Braised Pork Ribs with Rigatoni

BC#012352093579

Ingredient List:

- 4 lb Pork - Spare Ribs St. Louis Style
- 1 tsp Kosher Salt
- 1 teaspoon, ground Spices, pepper, black
- 1 tablespoon Olive Oil, extra virgin
- 2 large Onions, raw
- 8 cloves Garlic, raw
- 2/4 cup Del Sol Sliced Cherry Peppers
- 56 oz San Marzano Tomatoes, canned
- 4 gram Spices, bay leaf
- 1 cup Thyme, fresh
- 2.5 cup Water, tap, municipal
- 1 lb Barilla Rigatoni Pasta
- 0.25 cup, chopped Parsley, fresh
- 5 oz Defina Grana Padano

Preparation Instructions:

- Peel and slice onions.
- Seed and crush canned tomatoes.
- Wash, dry, remove leaves and chop fresh parsley.
- Wash thyme sprigs (6).

Method:

- 1.Cut the rack of spare ribs between the bones into single ribs (or ask your butcher to do this for you). Season the rib pieces with salt and pepper. Heat the olive oil in a large, heavy braising pan over medium heat. Add as many of the ribs as will fit without touching. Cook, turning occasionally, until browned on all sides, about 10 minutes. Remove the ribs and drain on a baking sheet lined with paper towels. Repeat with the remaining ribs. Adjust the temperature throughout the browning, so the fat in the pan is sizzling, but the pieces of pork that stick to the pan don't burn.
- 2.Pour off all but about 4 tablespoons of fat from the casserole. Add the onions, garlic, and cherry peppers. Cook, stirring, until the onions are wilted and caramelized, about 4 minutes. Stir in the tomatoes, 2 bay leaves, and 6 sprigs of thyme. Bring to a boil, scraping the pan to loosen the brown bits stuck to the bottom. Tuck the spare ribs into the tomato sauce, season lightly with salt and pepper, and bring to a boil. Adjust the heat to simmering and cook, turning the spare ribs in the sauce occasionally, until the ribs are fork-tender, about 2 hours. Ladle some of the hot water into the casserole from time to time as necessary to keep the ribs covered with liquid.
- 3.To serve: When the ribs are almost tender, heat 6 quarts of salted water to a boil in an 8-quart pot. Stir the rigatoni into the boiling water. Return to a boil, stirring frequently. Cook the pasta, semi-covered, stirring occasionally, until done, about 10 minutes.
- 4.Drain the pasta, return it to the pot, and spoon in enough of the spare rib sauce to generously coat the pasta. Toss in the parsley and bring the sauce and pasta to a boil, tossing to coat the pasta with sauce. Check the seasoning, adding salt and pepper if necessary. Remove the pot from the heat and stir in 2/3 cup grated cheese. Transfer the pasta to a warm platter or individual plates and top with the spare ribs. Spoon a little of the remaining sauce over the pasta and serve immediately, passing additional sauce and, if you like, grated cheese separately.



6 Servings, 17.8 oz Each

Chicken Alfredo with Broccoli and Garlic Bread

BC#012352086014

Chicken Alfredo:

Ingredients:

- 40 slices French Garlic Bread
- 120 oz Barilla Fettuccine
- 40 servings Alfredo Sauce Mix
- 40 cups Water
- 120 oz Chicken breast, skinless, boneless, raw
- 5 tsp Kosher Salt
- 3 tbsp Black pepper, ground
- 24 tsp Italian Seasoning
- 80 oz Mozzarella cheese, whole milk
- 24 tbsp Parmesan cheese, grated
- 40 portions of Roasted Broccoli 5oz each

Instructions:

1. Cook the Fettuccine:

1. Bring a large pot of salted water to a boil.
2. Cook the Barilla Fettuccine according to the package instructions until al dente. Drain and set aside.

2. Prepare Alfredo Sauce:

1. In a saucepan, combine the Alfredo Sauce Mix with water, following the package instructions.
2. Simmer over medium heat until the sauce thickens. Set aside.

3. Season and Cook the Chicken:

1. Season the chicken breasts with salt, black pepper, and Italian seasoning.
2. In a skillet, cook the seasoned chicken over medium-high heat until fully cooked, approximately 4-5 minutes per side. 160° F. Slice the cooked chicken into thin strips.

4. Assemble Chicken Alfredo:

1. In a large mixing bowl, combine the cooked fettuccine and Alfredo sauce. Toss until the pasta is evenly coated.

5. Add Cheese:

1. Stir in the mozzarella cheese until it melts into the pasta mixture.

6. Serve:

1. Portion **16oz Pasta Alfredo** into individual serving trays. **40 portions**. Place sliced chicken on top

Roasted Broccoli:

Ingredients:

- 40 portions of Roasted Broccoli 5oz each

Instructions:

1. Roast Broccoli:

1. Preheat the oven to 425°F (220°C).
2. Toss the broccoli with olive oil, salt, and pepper.
3. Spread the broccoli in a single layer on a baking sheet.
4. Roast in the preheated oven for about 20-25 minutes or until the edges are crispy.

2. Serve:

1. Add **5oz roasted broccoli** to the Chicken Alfredo plates.

Garlic French Bread:

Ingredients:

- 40 slices of French Garlic Bread

Instructions:

1. Bake French Garlic Bread:

1. Toast the French Garlic Bread slices in the oven or a toaster until golden and crispy.

2. Serve:

1. Serve **one slice of the Garlic** French Bread alongside the Chicken Alfredo.



40 Servings, 16oz Alfredo, 5 oz Broccoli and 1 slice Garlic Bread

Chicken Parmesan Dinner

BC#012352086144

Ingredients:

- 0.17 cup Fresh basil, chopped
- 1 tsp Garlic, minced
- 0.33 tsp Ground black pepper
- 3 cups Panko crumbs
- 1 tsp Fresh thyme leaves
- 12 cups Spaghetti/marinara sauce
- 6 lbs Chicken breast, skinless, boneless, raw (cut into 4 oz portions)
- 24 oz Parmesan cheese, grated
- 16 oz Whole eggs, frozen, pasteurized (about 8 large eggs)
- 24 oz Mozzarella cheese, whole milk (shredded)
- 10 sprigs Fresh basil leaves (for garnish)
- 36 oz Penne pasta
- 1 Tbsp Kosher salt

24 servings of Roasted Squash Medley

24 Garlic breadsticks (7" each)



Instructions:

1.Preheat Oven:

1. Preheat your oven to 375°F (190°C).

2.Prepare Chicken:

1. In a bowl, mix chopped fresh basil, minced garlic, ground black pepper, and fresh thyme leaves.
2. Dip each chicken breast portion into the herb mixture, then into the panko crumbs, ensuring each piece is coated evenly.

3.Bake Chicken:

1. Place the coated chicken breasts on a baking sheet lined with parchment paper.
2. Bake in the preheated oven for about 25-30 minutes or until the chicken is cooked through and golden brown.

4.Cook Pasta:

1. Cook the penne pasta according to package instructions in a large pot of salted boiling water.
2. Drain and set aside.

5.Assemble Chicken Parmesan:

1. In a deep baking dish, spread a thin layer of spaghetti/marinara sauce.
2. Arrange the baked chicken breasts over the sauce.
3. Spoon more sauce over each chicken piece.
4. Sprinkle-grated Parmesan cheese over the chicken.
5. Sprinkle shredded mozzarella cheese on top.

6.Bake Chicken Parmesan:

1. Bake in the oven for an additional 15-20 minutes or until the cheese is melted and bubbly.

7.Prepare Garlic Breadsticks:

1. Bake or warm the garlic breadsticks according to package instructions.

8.Serve:

1. Serve the Chicken Parmesan over a bed of cooked penne pasta.
2. Garnish with fresh basil leaves.
3. Serve with roasted squash medley and garlic breadsticks on the side.

24 Servings: 1 pc. Chicken, 6oz Pasta, 4 oz Sauce, 5 oz Veggies and 1 Breadstick

Chicken Piccata Meal

Ingredients:

BC#012352086274

For Chicken Piccata:

- 2 cups Water
- 1 cup All-Purpose Flour
- 1 tsp Kosher Salt
- 1.5 tsp Dried Oregano
- 1.5 tsp Lemon Pepper Seasoning (Lawry's)
- 0.5 Tbsp Granulated Garlic
- 2 tsp Chicken Base (Low Sodium, No MSG, GF)
- 0.5 Tbsp Onion Powder
- 0.75 Tbsp Garlic Powder
- 125 oz or 7.81 lbs Chicken Breast, skinless, boneless, meat only
- 1 cup Capers, drained
- 0.5 cup Lemon Juice, fresh
- 1 cup Canola Oil
- 4 oz Sweet Onions, sliced
- 1 cup Water
- 16 fl oz Cooking Wine (white)
- 12 tsp Garlic, minced
- .5 Cup Fresh Parsley, chopped



For Side Dishes:

- 25 portions of Buttery Whipped Potatoes (**6.5 ounces each**)
- 25 portions of Sauteed Spinach with Garlic (**1/2 cup each**)

Instructions:

1. Prepare Chicken:

- In a bowl, mix flour, kosher salt, dried oregano, lemon pepper seasoning, granulated garlic, chicken base, onion powder, and garlic powder.
- Dredge each chicken breast in the flour mixture, ensuring it's evenly coated.
- Heat 8 tablespoons of canola oil in a large skillet over medium-high heat.
- Cook the chicken breasts until golden brown and cooked through, approximately 4-5 minutes per side. Remove and set aside.

2. Make Piccata Sauce:

- In the same skillet, add the remaining canola oil.
- Sauté sliced sweet onions until softened.
- Add minced garlic and cook until fragrant.
- Deglaze the skillet with cooking wine, scraping up any browned bits from the bottom.
- Stir in capers and lemon juice. Cook for 2-3 minutes.
- Return the cooked chicken to the skillet, coating it in the sauce. Cook for an additional 2-3 minutes.

3. Prepare Side Dishes:

- Heat the Buttery Whipped Potatoes according to the package instructions.
- Sauté Spinach with Garlic in a pan until wilted.

4. Serve:

- Plate each tray with a portion of Chicken Piccata, a side of Buttery Whipped Potatoes, and a serving of Sauteed Spinach with Garlic.
- Garnish with freshly chopped parsley.

25 Servings, 15.5 oz Per Portion, 1 Pc Chicken, 1 oz sauce, 6.5oz Potatoes and 1/2 C

Ingredients:

- 32 oz Potato Gnocchi
- 3 cups raw Kale (chopped)
- 3 cups raw Spinach (chopped)
- 3 cloves raw Garlic (minced)
- 2 tbsp unsalted Butter (divided)
- 2 tbsp all-purpose White Wheat Flour (enriched, bleached)
- 1.5 cups whole Milk (3.25% milkfat, with added vitamin D)
- 4 oz sharp Cheddar Cheese (sliced)
- 1 tbsp Lemon Zest
- 0.5 cup grated Parmesan Cheese
- 0.5 cup dry Plain Bread Crumbs (grated)

BC#012352093791**Preparation:****1. Prep Ingredients:**

1. Wash the kale, remove the woody stems, and finely chop.
2. Finely chop the spinach.
3. Mince the garlic.
4. Shred the cheddar cheese.
5. Melt one portion of the butter.

2. Cook Gnocchi & Greens:

1. Cook the gnocchi according to package instructions. For the last minute of cooking, add the kale and spinach. Drain well and return the gnocchi, kale, and spinach to the pot.

3. Prepare the Sauce:

1. In a saucepan, melt the remaining butter over medium heat. Add the minced garlic and cook for 30 seconds to 1 minute, until fragrant.
2. Stir in the flour and cook for 1-2 minutes, allowing the mixture to combine and cook.

4. Add Milk & Thicken:

1. Gradually pour in the milk while whisking constantly. Cook, stirring frequently, until the mixture thickens and starts to bubble.

5. Add Cheese & Lemon Zest:

1. Slowly add the cheddar cheese and lemon zest while continuing to stir. Allow the cheese to melt completely into the mixture.

6. Combine with Gnocchi:

1. Pour the cheese mixture over the gnocchi, kale, and spinach. Stir well to combine, then transfer the entire mixture into the prepared baking dish.

7. Prepare Topping:

1. Combine the melted butter with the bread crumbs and parmesan cheese. Stir well to mix, then sprinkle evenly over the gnocchi mixture.

8. Bake:

1. Bake at 400°F for 20 minutes or until bubbly and browned.

9. Serve:

1. Scoop 20 oz into containers, keep warm, and serve.

3 Servings, 567 Gram Each

Lasagna

BC#012352091278

- 12 dry lasagna noodles (10")
- 3.5 tsp kosher salt
- 16 tbsp salted butter
- 32 oz crimini (or brown/Italian) mushrooms
- 1.5 tsp ground black pepper
- 6 tbsp chopped shallots
- 8 garlic cloves, minced
- 6 tsp fresh thyme
- ½ cup all-purpose flour
- 5 cups whole milk (3.25% milkfat)
- 6 tsp Dijon mustard (Grey Poupon)
- 2 tsp lemon zest
- 1 extra-large egg
- 3.5 cups grated Parmesan cheese
- 2.5 cups whole-milk ricotta cheese
- 2 cups shredded mozzarella cheese (whole milk)
- 6 garlic breadsticks (7")



Preparation Instructions:

Step 1: Prepare the Lasagna Noodles

- Preheat oven to 375°F and position a rack in the middle.
- Boil 1 lb. of lasagna noodles in salted water until they're about 3 minutes shy of al dente, approximately 5 minutes.
- Drain and rinse under cold water, then set aside.

Step 2: Cook the Mushrooms

- Melt 6 tablespoons of butter in a large Dutch oven or heavy pot over medium-high heat.
- Add 2 lbs. of thinly sliced mushrooms, 1 tsp. kosher salt, and ½ tsp. pepper.
- Cook for 15-20 minutes, stirring often, until the mushrooms release their moisture, shrink, and brown.
- Transfer the mushrooms to a bowl and reserve the pot.

Step 3: Make the Sauce

- In the same pot, melt the remaining 10 tablespoons of butter over medium heat.
- Add 3 finely chopped shallots, 8 minced garlic cloves, and 2 tablespoons of thyme.
- Cook, stirring often, until softened and fragrant (7-10 minutes).
- Stir in ½ cup of flour, 2½ tsp. kosher salt, and 1 tsp. pepper. Cook for 1-2 minutes.
- Gradually whisk in 5 cups of whole milk and bring to a simmer, whisking constantly until thickened (1-2 minutes).
- Stir in 2 tablespoons of Dijon mustard and 2 teaspoons of lemon zest. Adjust seasoning if needed.

Step 4: Prepare Cheese Mixture and Assemble

- In a medium bowl, combine 1 egg, 3 cups of finely grated Parmesan, and 2 cups of ricotta. Season with salt and pepper.
- Spread ¾ cup of the sauce on the bottom of a 13x9" baking dish.
- Layer noodles (about 3½), trimming them as needed to fit.
- Spread a heaping ⅓ cup of the cheese mixture over the noodles, followed by ⅓ cup of mushrooms and ⅓ cup of sauce. Repeat the layering process.
- For the final layer, spread a thin ½ cup of sauce over the top and sprinkle with 8 oz. of grated mozzarella (about 1½ cups).

Step 5: Bake the Lasagna

- Bake for 40-50 minutes until the edges are golden brown and bubbling.
- For additional browning, broil the lasagna for 1-3 minutes, watching closely to avoid burning.
- Let the lasagna sit for 15 minutes
- Cut into 6 portions, Package and Label

6 total servings across 6 packages (785 grams per package)

Creamy Penne with Shrimp

BC#012352086335

Ingredients:**For the Creamy Penne:**

- 24 oz Penne Pasta
- 12 oz Shrimp, peeled and deveined
- 1 tsp Chili Powder
- 1 fl oz Lemon Juice
- 2 tbsp Olive Oil
- 0.5 oz Chipotle Peppers in Adobo Sauce (adjust to taste)
- 2 tsp Vegetable Base (NO MSG)
- 2 cups Water
- 16 oz Crushed Tomatoes (canned)
- 2 oz Tomato Paste
- 4 oz Sweet Onions, finely chopped
- 1 tbsp Olive Oil
- 0.5 tsp Garlic, minced
- 4 tbsp Heavy Whipping Cream
- 6 oz Mascarpone Cheese
- 3 tsp Kosher Salt (adjust to taste)
- 2 oz Parmesan Cheese, shredded
- 2 tbsp Fresh Basil, chopped

For Serving:

- 4 Garlic Breadsticks (7")

Instructions:**Cook the Penne Pasta:**

1. Cook the penne pasta according to the package instructions. Drain and set aside.

Prepare the Shrimp:

2. In a bowl, toss the shrimp with chili powder and lemon juice. Set aside to marinate.

Make the Tomato Sauce:

3. In a large saucepan, heat 2 tbsp olive oil over medium heat.
4. Add chopped sweet onions and minced garlic. Sauté until the onions are translucent.
5. Stir in crushed tomatoes, tomato paste, vegetable base, and water. Simmer for 15-20 minutes until the sauce thickens.

Cook the Shrimp:

6. In a separate pan, heat 1 tbsp olive oil over medium-high heat.
7. Add the marinated shrimp and cook until they turn pink and opaque about 3-4 minutes. Set aside.

Prepare the Creamy Sauce:

8. Add heavy whipping cream, mascarpone cheese, shredded Parmesan, and chopped basil to the tomato sauce. Stir until well combined and the cheese is melted.
9. Adjust the salt to taste.

Combine the Pasta and Shrimp:

10. Add the cooked penne pasta to the creamy tomato sauce. Toss to coat the pasta evenly.
11. Gently fold in the cooked shrimp.

Serve:

12. Divide the creamy penne with shrimp among serving trays with **15 oz portions**.
13. Garnish with additional Parmesan cheese and chopped basil.

Serve with Garlic Breadsticks:

14. Serve with garlic breadsticks on the side.

**4 Servings, 15 oz Pasta and 1 breadstick**

Ingredients

24 oz Chicken Breast, skinless, boneless, raw
1.25 tsp Kosher Salt (for chicken)
3 tsp Fresh Sage, whole leaves
6 slices Prosciutto di Parma - Boar's Head
1 tbsp Olive Oil (for cooking)
0.67 cup Chicken Stock, home-prepared
0.25 cup White Wine, Pinot Gris (Grigio)
3 tbsp Lemon Juice, raw
1 tsp Cornstarch
2 tbsp Unsalted Butter (for sauce)
2 cloves Garlic, raw
0.5 tsp Ground Black Pepper (for chicken and sauce)
4 tbsp Fresh Parsley, chopped (for garnish)
1 Lemon, raw (cut into wedges)
24 oz Egg Noodles, cooked
3 cups Carrots, raw, sliced or in strips
2 oz Salted Butter (for carrots)
1 tbsp Honey
1 tsp Kosher Salt (for carrots)
0.5 tsp Ground Black Pepper (for carrots)
1 clove Garlic, minced (for carrots)

BC#012352093470



Preparation Instructions

For the Roasted Carrots:

1. Wash, peel, and slice the carrots. Place them in a pot of water and bring to a boil. Cook for about 10 minutes, or until tender. Drain well.
2. In a large bowl, toss the cooked carrots with 2 oz of salted butter, 1 tablespoon of honey, minced garlic, 1 tsp kosher salt, and 0.5 tsp ground black pepper. Mix well.
3. Transfer the carrot mixture to a baking dish sprayed with non-stick cooking spray. Place the dish in a preheated 400°F oven and roast for about 45 minutes, or until the carrots are tender and lightly caramelized. Serve 4 oz per portion.

For the Chicken:

4. Rinse and trim any excess fat from the chicken breasts. Pat them dry with paper towels.
5. Wash, dry, and remove the leaves from 18 fresh sage leaves.
6. Slice each prosciutto slice in half lengthwise, creating 12 strips.
7. Wash, dry, and chop the parsley. Wash and wedge the lemon.

Cooking the Chicken:

8. Season both sides of each chicken breast with 1 tsp kosher salt and 0.5 tsp ground black pepper. Top each chicken breast with 3 sage leaves. Wrap 2 strips of prosciutto around each cutlet, securing the sage leaves inside.
9. Heat 1 tbsp of olive oil in a large skillet over medium heat. Add 3 wrapped chicken cutlets to the skillet and cook for 2 to 3 minutes per side, or until the chicken is cooked through and the prosciutto is crispy. Transfer the cooked chicken to a platter and cover with foil to keep warm.
10. Repeat the process with the remaining chicken breasts. Once all the chicken is cooked, remove the skillet from the heat.

For the Sauce:

11. In a small bowl, whisk together the chicken stock, white wine, lemon juice, and cornstarch until smooth.
12. In the same skillet, melt 2 tbsp of unsalted butter over medium heat. Add the garlic and cook for about 30 seconds, scraping any browned bits from the bottom of the skillet.
13. Stir in the broth mixture and the remaining 0.25 tsp kosher salt and 0.5 tsp ground black pepper. Bring the mixture to a boil, cooking for 2 minutes, or until the sauce has slightly thickened. Stir constantly to prevent lumps.

To Serve:

14. Spoon the sauce over each prosciutto-wrapped chicken cutlet. Garnish with freshly chopped parsley and lemon wedges.
15. Serve each portion with 6 oz of cooked egg noodles and 4 oz of roasted carrots.

4 Servings, 575 Grams Each

Italian Sausage Pasta Bake

BC#012352086182

Ingredients:

- 6 servings of Grilled Veggies (5 oz each)
- 6 Garlic 7" Breadsticks
- 9 oz Pasta (Penne)
- 6 Italian Sausage links (5/lb), raw
- 28 oz Crushed Tomatoes, canned
- 2 tsp Garlic, minced
- 1 oz Tomato Paste
- 12 oz Mozzarella Cheese, shredded (1 oz per serving)
- 1.5 cups Ricotta Cheese
- 1 Tbsp Fresh Basil, chopped
- 2 tsp Kosher Salt
- 2 tsp Ground Black Pepper
- 12 oz Sweet Onions, thinly sliced
- 1 tsp Dried Oregano Leaves
- 0.25 tsp Crushed Red Pepper Flakes (adjust to taste)
- 4 oz Parmesan Cheese, shredded (1 oz per serving)

Instructions:

1.Preheat Oven:

1. Preheat your oven to 375°F (190°C).

2.Cook Pasta:

1. Cook the penne pasta according to the package instructions until al dente. Drain and set aside.

3.Prepare Italian Sausage:

1. Remove the casing from the Italian sausage links.
2. In a pan, cook the sausage over medium heat until browned. Break it into crumbles with a spatula. Set aside.

4.Make Tomato Sauce:

1. In a saucepan, combine crushed tomatoes, minced garlic, tomato paste, sliced sweet onions, dried oregano, crushed red pepper flakes, kosher salt, and ground black pepper. Simmer for about 10 minutes.

5.Assemble Pasta Bake:

1. In a large mixing bowl, combine the cooked pasta, browned Italian sausage, and tomato sauce.
2. Add fresh basil, ricotta cheese, and half of the mozzarella and parmesan cheese. Mix well.

6.Layer in a Baking Dish:

1. Transfer the pasta mixture into a greased baking dish.
2. Sprinkle the remaining mozzarella and parmesan cheese on top.
3. Arrange the grilled veggies around the edges of the baking dish.

7.Bake:

1. Bake in the preheated oven for 25-30 minutes or until the cheese is melted and bubbly, and the edges are golden brown.

8.Garlic Breadsticks:

1. While the pasta bake is baking, heat or bake the garlic breadsticks according to the package instructions.

9.Serve:

1. Once done, remove the pasta bake from the oven. Portion 6 Servings hot in a tray labeled and enjoy with the garlic breadsticks!



6 Servings: 18 oz Pasta, 5 oz Veggies, 1 Breadstick

and Carrot Ragu

BC#012352091292

Ingredients:

- 3 lb beef short ribs (lean only, choice, raw)
- 2.5 tsp kosher salt
- 2 tsp ground black pepper
- 2 tbsp canola oil
- 1.5 cups chopped carrots
- 1 cup chopped onions
- 2/3 cup chopped celery
- 2 tbsp olive oil
- 4 garlic cloves, minced
- 2 tbsp tomato paste
- 4 fl oz white wine
- 28 oz canned crushed tomatoes
- 1 cup chicken stock (home-prepared)
- 2.5 oz fresh thyme
- 2 tsp ground cinnamon
- 1/2 tsp granulated sugar
- 1 tsp crumbled bay leaf
- 16.5 oz pappardelle egg pasta
- 2 tbsp salted butter
- 1 cup grated parmesan cheese
- 4 cups sautéed spinach with garlic (8 x 1/2 cup servings)

Directions:

1. Preheat Oven
 - Heat oven to 300°F.
2. Prepare Short Ribs
 - Pat short ribs dry and season generously with 2 tsp kosher salt and 2 tsp black pepper.
 - Heat 2 tbsp canola oil in a Dutch oven over medium-high heat until nearly smoking.
 - Brown the ribs on all sides (10-12 minutes).
 - Transfer ribs to a plate and discard the drippings.
3. Cook Vegetables
 - Add 1.5 cups chopped carrots, 1 cup chopped onions, 2/3 cup chopped celery, 2 tbsp olive oil, and a pinch of salt to the Dutch oven.
 - Reduce heat to medium-low and cook, stirring occasionally, until vegetables are softened (5-8 minutes).
 - Add 4 minced garlic cloves, cook and stir for 1 minute.
 - Stir in 2 tbsp tomato paste, and cook for 1 minute.
4. Deglaze & Add Liquid
 - Pour in 4 fl oz white wine, increase heat to medium-high, and deglaze the pan.
 - Reduce the wine slightly (2-3 minutes).
 - Add 28 oz crushed tomatoes, 1 cup chicken stock, thyme bundle, 2 tsp ground cinnamon, 1/2 tsp sugar, and 1 tsp crumbled bay leaf.
 - Bring the mixture to a boil.
5. Braise Short Ribs
 - Return the short ribs to the pot and bring to a simmer.
 - Cover the Dutch oven and transfer to the oven.
 - Bake for 3 hours, turning ribs once or twice, until meat is tender and falling off the bones.
6. Shred Meat & Chill Sauce
 - Transfer short ribs to a plate and let them cool for 30 minutes.
 - Discard bones, shred the meat, and return it to the sauce.
 - Cool the sauce completely, cover, and refrigerate overnight.
7. Skim Fat & Reheat Sauce
 - Skim fat from the surface of the cold sauce and discard.
 - Heat half of the sauce in a medium saucepan over medium heat.
 - Season with additional salt, if needed. (Store remaining sauce in the refrigerator for up to 3 days or freeze for up to 3 months.)
8. Cook Pasta
 - Cook 16.5 oz pappardelle pasta according to package instructions.
 - Drain, reserving 1/2 cup of pasta water.
 - Return pasta to the pot, add warmed sauce and 2 tbsp butter, and toss until butter is melted.
 - Stir in reserved pasta water to moisten the sauce as needed.
 - Top each serving with 1 cup grated parmesan cheese.



Spinach Preparation:

- Wash, dry, and remove stems from spinach.
- Mince garlic.
- In a large sauté pan over medium-high heat, add oil and garlic until fragrant.
- Add spinach and season with salt and pepper.
- Sauté until wilted, about 1 minute.
- Serve 1 cup per serving.

4 total servings across 4 packages (1100 grams per package)

Meal

BC#012352091063

****Ingredients**:**

- 16 oz Boneless, Skinless Chicken Breast, cubed
- 0.5 tsp Kosher Salt
- 0.5 tsp Black Pepper, ground
- 6 x 1/4 tsp Italian Seasoning
- 3 grams Smoked Paprika
- 1 oz All-Purpose Flour
- 0.5 oz Salted Butter
- 2 tbsp Olive Oil (for cooking)
- 3 tbsp Shallots, chopped
- 4 cloves Garlic, minced
- 1/4 tsp Crushed Red Pepper Flakes
- 0.25 cup Sun-Dried Tomatoes (packed in oil, drained)
- 3 oz Tomato Paste
- 2 cups Chicken Stock
- 20 oz Fresh Cheese Tortellini (refrigerated)
- 1 cup Heavy Cream
- 3 cups Fresh Spinach
- 0.5 cup Parmesan Cheese, grated
- 10 Fresh Basil Leaves
- 4 oz Parmesan Cheese, shredded
- 20 oz Roasted Squash Medley
- 4 Garlic Breadsticks (7")



****Prepare the Chicken**:**

1. Cube the chicken into small chunks and place in a medium bowl.
2. Season with 0.5 tsp kosher salt, 0.5 tsp ground black pepper, 6 x 1/4 tsp Italian seasoning, and 3 grams smoked paprika. Toss to coat.
3. Add 1 oz flour and gently toss to lightly coat the chicken.

****Cook the Chicken**:**

1. Heat a large skillet over medium heat. Add 0.5 oz butter and 1 tbsp olive oil.
2. When the oil is hot, add the seasoned chicken in an even layer.
3. Cook the chicken, tossing two or three times, until browned and cooked through (approx. 5-6 minutes). Remove from the skillet and set aside.

****Build the Sauce**:**

1. In the same skillet, add the remaining 1 tbsp olive oil.
2. Add 4 minced garlic cloves, 3 tbsp chopped shallots, and 0.25 cup sun-dried tomatoes. Sauté for 3 minutes, stirring often until softened.
3. Add 0.25 tsp crushed red pepper flakes and another pinch of salt and pepper.
4. Stir in 3 oz tomato paste and 2 cups chicken stock. Scrape up the browned bits on the bottom of the skillet.

****Cook the Tortellini**:**

1. Add 20 oz fresh cheese tortellini to the sauce.
2. Bring to a simmer and reduce heat to maintain a low simmer.
3. Cover and let cook for 3-4 minutes until tortellini is tender, stirring halfway through to ensure even cooking.

****Finish the Dish**:**

1. Remove the lid and stir in the cooked chicken, 3 cups fresh spinach, 1 cup heavy cream, and 0.5 cup grated Parmesan cheese.
2. Stir until everything is well combined.
3. Serve hot and garnish with fresh basil leaves and additional 4 oz shredded Parmesan cheese.

****Prepare the Roasted Squash Medley**:**

****Vegetable Prep**:**

1. Wash and cut squash in half lengthwise, then slice into half-moons.
2. Wash, de-seed, and julienne bell peppers.
3. Peel and julienne a red onion.
4. Mince garlic cloves.

****Cooking**:**

1. Heat oil in a large sauté pan over medium-high heat.
2. Add minced garlic, julienned bell pepper, and red onion. Sauté until onions are translucent, but not browned.
3. Add the sliced squash and sauté until crisp-tender (approximately 5-7 minutes).
4. Season with Italian seasoning, salt, and pepper to taste.

****Portion**:**

- Serve 5 oz of roasted squash medley per portion.

****Prepare the Garlic Breadsticks**:**

1. Follow package instructions to bake the garlic breadsticks.
2. Serve alongside the tortellini dish.

****Packaging and Serving**:**

- Portion the tortellini into containers.
- Add 5 oz of roasted squash medley and one garlic breadstick per serving.
- Package and label accordingly.

4 total servings across 4 packages (755 grams per package)

Pesto Chicken Pasta Meal

Ingredients:

BC#012352086236

For Pesto Sauce:

- 15 cloves Garlic, raw
- 18 Tbsp Fresh Parsley, chopped
- 2 cups Water
- 1 tsp Onion Powder
- 1 tsp Ground Black Pepper
- 1.67 tsp Kosher Salt
- 5 Tbsp Olive and Canola Oil Blend (75/25)
- 1 tsp Garlic Powder
- 0.25 cup Fresh Coriander (Cilantro) Leaves
- 2 oz Parmesan Cheese, shredded
- 4 oz English Walnuts
- 3.5 oz Ricotta Cheese (Part Skim Milk)

For Chicken and Pasta:

- 20 Garlic Breadsticks (7")
- 2 tsp Chicken Base (Low Sodium, NO MSG, GF)
- 20 oz Kale, raw
- 20 oz Penne Pasta
- 20 oz Roasted Broccoli
- 7.5 lbs Chicken Leg Meat and Skin, raw

Instructions:**Prepare Pesto Sauce:**

1. In a blender or food processor, combine 15 cloves of raw garlic, fresh parsley, water, onion powder, ground black pepper, kosher salt, olive and canola oil blend, garlic powder, coriander leaves, Parmesan cheese, walnuts, and ricotta cheese.
2. Blend until the mixture forms a smooth and creamy pesto sauce. Adjust salt and pepper to taste.

Cook Chicken and Pasta:

3. Preheat the oven to roast the broccoli and garlic breadsticks according to their package instructions.
4. Cook the penne pasta according to the package instructions. Drain and set aside.
5. In a skillet, cook the chicken leg meat until fully cooked and browned. Set aside.
6. In the same skillet, sauté kale until wilted. Set aside.

Assemble the Meal:

7. In individual serving plates, place a portion of cooked penne pasta.
8. Top the pasta with the cooked chicken leg meat, sautéed kale, and roasted broccoli.
9. Drizzle a generous amount of the prepared pesto sauce over the chicken and pasta.
10. Serve with roasted garlic breadsticks on the side.
11. Garnish with additional Parmesan cheese and fresh parsley if desired.

**20 Servings, 16oz Per Portion with 1 Breadstick**

Pesto Pasta with Grilled Chicken and Broccoli

Ingredients:

BC#012352086250

For Grilled Chicken:

- 18 oz Chicken Breast, skinless, boneless, diced
- 2 tsp Canola Oil
- 1 tsp Paprika
- 1 Tbsp Mrs. Dash Garlic Herb

For Pesto Pasta:

- 7.5 oz Penne Pasta
- 12 oz Broccoli, cut into small florets
- 15 oz Basil Pesto Sauce

For Garnish:

- 8.75 tsp Canola Oil (for drizzling)
- 5 Garlic Breadsticks (7")

Instructions:

Grill the Chicken:

1. In a bowl, combine diced chicken with canola oil, paprika, and Mrs. Dash Garlic Herb seasoning. Mix well to coat the chicken.
2. Preheat a grill or grill pan over medium-high heat.
3. Grill the seasoned chicken until fully cooked, with nice grill marks. Set aside.

Prepare the Pasta and Broccoli:

4. Cook the penne pasta according to the package instructions. Drain and set aside.
5. In a pot of boiling water, blanch the broccoli florets for 2-3 minutes until they are tender-crisp. Drain and set aside.

Combine Chicken, Pasta, and Broccoli:

6. In a large mixing bowl, combine the grilled chicken, cooked penne, and blanched broccoli.
7. Add the basil pesto sauce to the bowl. Toss everything together until the chicken, pasta, and broccoli are evenly coated with pesto.

Garnish and Serve:

8. Drizzle a little canola oil over the pasta for added flavor.
9. Warm the garlic breadsticks in the oven or according to the package instructions.
10. Serve the Pesto Pasta with Grilled Chicken and Broccoli in trays.
11. Garnish with additional pesto or grated Parmesan cheese if desired.
12. Serve with warm garlic breadsticks on the side.



5 Servings: 12 oz Chicken Pasta and 1 Breadstick

Roasted Vegetable Lasagna W/ Garlic Bread Stick

Ingredients:**Roasted Vegetable Filling:**

- 2.5 tsp Garlic powder
- 1 tbsp Ground black pepper
- 13.5 oz White mushrooms, sliced
- 2 oz Fresh parsley, chopped
- 2.5 tsp Dried basil leaves
- 2.5 tsp Dried oregano leaves
- 8 tbsp Olive oil
- 1.5 cups Red tomatoes, chopped
- 4 cups Whole milk Ricotta cheese
- 13.5 oz Frozen chopped spinach, thawed and drained
- 3 tsp Kosher salt
- 8 oz Shredded Parmesan cheese
- 7 oz Carrots, grated
- 40 oz Whole milk Mozzarella cheese, shredded
- 4 extra-large Eggs
- 24 tbsp Heavy whipping cream

Assembly:

- 48 oz Precooked Lasagna Pasta Sheets
- 52 oz Alfredo Sauce Mix
- 13 oz Baby zucchini, sliced

Accompaniment:

- 24 portions of Roasted Squash Medley (5 oz each)

Instructions:**1. Preheat Oven:**

1. Preheat the oven to 375°F (190°C).

2. Prepare Roasted Vegetable Filling:

1. In a large bowl, combine garlic powder, black pepper, sliced mushrooms, chopped parsley, dried basil, dried oregano, olive oil, chopped tomatoes, ricotta cheese, thawed and drained spinach, kosher salt, and shredded Parmesan. Mix well.

3. Prepare Alfredo Sauce:

1. Prepare the Alfredo Sauce Mix according to the package instructions.

4. Prepare Vegetable Mixture:

1. In a separate bowl, combine grated carrots, shredded mozzarella, eggs, and heavy whipping cream. Mix until well combined.

5. Roast Zucchini:

1. Toss sliced baby zucchini in olive oil, salt, and pepper. Roast in the oven until tender.

6. Assemble Lasagna:

1. In a deep baking dish, spread a thin layer of Alfredo sauce.
2. Arrange a layer of precooked lasagna pasta sheets over the sauce.
3. Spread a portion of the roasted vegetable filling evenly over the pasta sheets.
4. Drizzle some Alfredo sauce and sprinkle mozzarella mixture over the vegetables. Repeat the layers until all ingredients are used, finishing with a layer of Alfredo sauce and mozzarella mixture on top.

7. Bake:

1. Cover the baking dish with aluminum foil and bake for 45-50 minutes or until the lasagna is hot and bubbly.

8. Add Zucchini and Finish:

1. Remove the foil, arrange the roasted zucchini slices on top, and bake for an additional 10 minutes or until the cheese is melted and golden.

9. Let it Rest:

1. Allow the lasagna to rest for about 10 minutes before serving.

10. Serve:

- Slice the lasagna into **40 portions** and serve with a **5 oz side of Roasted Squash Medley**.

BC#012352086083**40 Servings: 1 Slice Lasagna, 5 oz Veggies and 1 Breadstick**

Shrimp Scampi Meal

BC#012352086472

Ingredients:

- 3.5 oz Raw Shrimp, mixed species
- 2 oz Salted Butter
- 1 tablespoon Olive Oil (salad or cooking)
- 0.5 fl oz Lemon Juice, raw
- 1 clove Garlic, minced
- 1 tbsp Fresh Parsley, chopped
- 2 tsp Kosher Salt
- 1 tsp Ground Black Pepper
- 1 fl oz Cooking Wine
- 1/4 tsp Crushed Red Pepper Flakes
- 4 oz Linguine Pasta
- 1 Garlic Breadstick (7 inches)



Instructions:

1. Cook the linguine pasta according to package instructions. Drain and set aside.
2. In a large skillet, heat olive oil and 1 oz of butter over medium-high heat.
3. Add the minced garlic and sauté for about 1 minute until it becomes fragrant.
4. Add the raw shrimp to the skillet and cook for 2-3 minutes on each side until they turn pink and opaque. Remove the shrimp from the skillet and set them aside.
5. In the same skillet, add the remaining butter, lemon juice, cooking wine, kosher salt, black pepper, and crushed red pepper flakes. Stir well to combine.
6. Add the cooked linguine to the skillet, tossing to coat the pasta evenly in the flavorful sauce.
7. Add the cooked shrimp back into the skillet and toss them with the pasta and sauce until everything is well combined and heated through.
8. Sprinkle fresh parsley over the top and give it a final gentle toss.
9. Serve the Shrimp Scampi over linguine, and don't forget to drizzle any remaining sauce over the top.
10. Serve with a side of garlic breadstick for a complete and delicious meal.

1 Serving: 11.5 oz Scampi Mix and 1 Breadstick

Spaghetti with Marinara and Breadstick

BC#012352090646

Ingredients:

- 1.5 oz canned tomato paste (with salt added)
- 12 oz canned crushed tomatoes
- 9 cups canned tomato puree (without salt added)
- 0.75 tsp dried basil leaves
- 8 tsp raw garlic
- 9 oz raw sweet onions
- 1 tsp kosher salt
- 1.5 tsp ground black pepper
- 2.25 tsp dried oregano leaves
- 3 lbs dry enriched spaghetti
- 2 tsp kosher salt
- 4 oz shredded Parmesan cheese
- 4 tbsp fresh parsley
- 12 garlic breadsticks (7")

Preparation Instructions:**Prepare the Sauce:**

1. Peel and chop the onions.
2. Combine the tomato paste, crushed tomatoes, tomato puree, chopped onions, garlic, basil, oregano, salt, and pepper in a food processor. Puree until smooth.
3. Heat the sauce in a pot. Cover and simmer for at least 30 to 45 minutes prior to serving.

Prepare the Pasta:

1. Cook 3 lbs of spaghetti according to package instructions with 2 tsp of kosher salt in the boiling water.
2. Drain the pasta and set aside.

To Serve:

1. Place **8 oz of cooked pasta** in the container.
2. Top the pasta with **6 oz of the marinara** sauce.
3. Sprinkle with shredded **Parmesan cheese** and fresh parsley.
4. Serve each portion with a garlic **breadstick** baked according to the manufacturer's instructions.

Package and label the servings as needed.



12 Servings with 8oz pasta, 6oz sauce, 1/3oz Parmesan and 1 breadstick

Spaghetti and House Made Meatballs

BC#012352086458

Ingredients:

For the Tomato Sauce:

- 1.5 oz Tomato Paste (canned, with salt added)
- 12 oz Crushed Tomatoes (canned)
- 9 cups Tomato Puree (canned, without salt added)
- 0.75 tsp Dried Basil Leaves
- 8 tsp Minced Garlic
- 9 oz Sweet Raw Onions
- 1 tsp Kosher Salt
- 1.5 tsp Ground Black Pepper
- 2.25 tsp Dried Oregano Leaves

For the Meatballs:

- 2.25 lbs Ground Beef (80% lean / 20% fat)
- 6 oz Panko Crumbs
- 8 x 1/4 tsp Italian Seasoning
- 0.75 tbs Dried Parsley
- 3 extra-large Eggs, raw and fresh
- 5 oz Grated Parmesan Cheese
- 1 tsp Kosher Salt
- 1.5 tsp Ground Black Pepper
- 6 oz Sweet Raw Onions, finely chopped
- 1.25 tsp Minced Garlic

For the Pasta:

- 48 oz Dry Enriched Spaghetti
- 2 tsp Kosher Salt
- 4 oz Shredded Parmesan Cheese
- 4 tbs Fresh Parsley, chopped

For Garlic Breadsticks:

- 12 Garlic Breadsticks (7 inches each)

Instructions:

Prepare Tomato Sauce:

1. In a large pot, combine tomato paste, crushed tomatoes, tomato puree, dried basil, minced garlic, sweet onions, kosher salt, black pepper, and dried oregano.
2. Bring the sauce to a simmer over medium heat, then reduce the heat to low and let it simmer for at least 30 minutes, stirring occasionally.

Make Meatballs:

3. Preheat the oven to 375°F (190°C).
4. In a large mixing bowl, combine ground beef, panko crumbs, Italian seasoning, dried parsley, eggs, grated Parmesan, kosher salt, black pepper, chopped onions, and minced garlic. Mix until well combined.
5. Shape the mixture into meatballs (about 1.5 inches in diameter) and place them on a baking sheet.
6. Bake the meatballs in the preheated oven for 20-25 minutes or until cooked through and browned on the outside.

Cook Spaghetti: 7. Bring a large pot of water to a boil, add 2 tsp of kosher salt, and cook the spaghetti according to package instructions. Drain.

Assemble: 8. Serve the cooked spaghetti topped with homemade meatballs and tomato sauce.

9. Sprinkle shredded Parmesan cheese and fresh chopped parsley over the top.

10. Serve with garlic breadsticks on the side.



12 Servings: 8 oz Pasta, 8 Meatballs, Sauce and 1 Breadstick

BC#012352091056

Ingredients

- 1 tbsp Olive Oil (for grilling)
- 1 tsp Kosher Salt (for pasta water)
- 24 oz Pappardelle Egg Pasta (8 x 3 oz portions)
- 2 tbsp Olive Oil (for sauce)
- 3 cloves Garlic, minced
- 4 fl oz Brandy
- 28 oz Tomatoes, cooked, red and ripe
- 0.5 tsp Granulated Sugar
- 0.25 tsp Crushed Red Pepper Flakes
- 1 tsp Black Pepper, ground
- 1 tsp All-Purpose Seasoning
- 0.5 tsp Lawry's Lemon Pepper Seasoning
- 12 oz Skirt Steak, outside, separable lean only, trimmed
- 0.75 cup Fontina Cheese, shredded
- 1.5 oz Gorgonzola Cheese, crumbled
- 0.75 cup Heavy Whipping Cream
- 1 tbsp Prepared Horseradish
- 0.33 cup Half-and-Half
- 3 cups Raw Spinach
- 10 Fresh Basil Leaves
- 4 slices French Garlic Bread



Preparation Instructions

****Marinate and Grill the Steak**:**

1. Brush the grill with olive oil and preheat to medium-high.
2. Season one side of the steak with 0.5 tsp all-purpose seasoning, 0.25 tsp black pepper, 0.25 tsp lemon pepper, and a pinch of kosher salt.
3. Grill steak seasoned-side down for 3 to 4 minutes. Flip and season the other side with the remaining 0.5 tsp all-purpose seasoning, 0.25 tsp black pepper, 0.25 tsp lemon pepper, and a pinch of kosher salt.
4. Continue cooking for an additional 3 to 4 minutes until medium rare.
5. Remove the steak from the grill and allow it to rest while preparing the sauce.

****Cook the Pasta**:**

1. Bring a large pot of water to a boil and add 1 tsp kosher salt.
2. Add 24 oz pappardelle pasta and cook according to package instructions.
3. Drain the pasta once cooked and set aside.

****Prepare the Sauce**:**

1. Heat 2 tbsp olive oil in a large skillet over medium heat.
2. Add minced garlic and sauté for 1 minute.
3. Turn off the heat and add 4 fl oz brandy. Turn the heat back on and reduce the brandy by half, approximately 1 minute.
4. Add 28 oz cooked tomatoes, 0.5 tsp sugar, crushed red pepper flakes, and a pinch of salt and black pepper.
5. Cook for 10 minutes, stirring occasionally.
6. Reduce the heat to low and stir in 0.75 cup fontina cheese and 1 tbsp gorgonzola cheese.
7. Stir in 0.75 cup heavy whipping cream and 1 tbsp prepared horseradish. Add 0.33 cup half-and-half if the sauce is too thick. Taste and adjust seasonings as needed.

****Assemble the Dish**:**

1. Add the spinach to the sauce and toss to coat.
2. Drain the pasta and mix with the sauce.
3. Slice the steak into 0.5-inch strips.
4. Divide the pasta into serving containers and top each portion with steak slices.
5. Garnish with fresh basil leaves and remaining gorgonzola crumbles.
6. Serve with French garlic bread slices on the side.

Package and Label

- Portion into containers and label accordingly for serving or packaging.

4 total servings across 4 packages (620 grams per package)

BC#012352093807

Ingredients:

- 12 x 3 pieces Barilla Manicotti
- 54 oz whole milk ricotta cheese
- 7 cups part-skim milk mozzarella cheese (low moisture)
- 2 cups grated parmesan cheese
- 2.5 cups raw spinach (chopped)
- 2.5 tbsp Italian seasoning
- 3 extra-large whole eggs (raw)
- 50 oz ready-to-serve spaghetti/marinara pasta sauce
- 36 oz raw Italian pork sausage

Preparation:

1. Prep ingredients:

1. Finely chop the spinach, removing any tough stems (tender stems are fine, but make sure they are well chopped).
2. Whisk the eggs together well.
3. Remove casing from the sausage, if applicable. Cook the sausage (without adding salt or oil) in a sauté pan until no longer pink. Allow to cool slightly.
4. Preheat the oven to 350°F.

2. Prepare the cheese filling:

1. In a large bowl, combine the ricotta cheese, parmesan cheese, chopped spinach, Italian seasoning, cooked Italian sausage, eggs, and 1/3 of the mozzarella. Mix well and keep cold.

3. Cook the manicotti:

1. Cook the manicotti according to package directions. Once cooked, rinse in cold water.

4. Stuff the manicotti:

1. Use a piping bag to fill the manicotti with the prepared cheese mixture.

5. Assemble the dish:

1. In a large baking tray, add half of the marinara sauce to the bottom. Place the stuffed manicotti in a single layer on top of the sauce. Cover with the remaining sauce and sprinkle with the remaining mozzarella cheese.

6. Bake:

1. Cover with aluminum foil and bake for 20 minutes. Remove the foil and bake uncovered for an additional 20 minutes, or until the cheese is melted and bubbling.

7. Serve:

1. Serve 3 manicotti per portion with a generous amount of marinara sauce.



12 Servings, 525 Grams Each

Traditional Beef Lasagna

BC#012352086076

Beef Lasagna:

Ingredients:

- 4.5 lbs Precooked Lasagna Pasta Sheets
- 26.5 cups Ready-to-serve spaghetti/marinara sauce
- 9 cups Whole milk Ricotta cheese
- 10 extra-large Eggs
- 9 Cups Whole milk Mozzarella cheese, shredded
- 4.5 lbs Ground beef (80% lean / 20% fat)
- 2 tsp Italian seasoning
- 2.5 Cups Grated Parmesan cheese
- 2 tsp Garlic powder
- 8 oz Sweet onions, finely chopped
- 4 Tbsp Fresh parsley, chopped
- 3 tsp Kosher salt
- 1 Tbsp Ground black pepper
- 40 portions Roasted Squash Medley (5 oz each)
- 40 Garlic Breadsticks (7" each)

Instructions:

1.Preheat Oven:

1. Preheat the oven to 375°F (190°C).

2.Cook Ground Beef:

1. In a large skillet over medium-high heat, cook the ground beef until browned. Drain excess fat.

3.Prepare Filling:

1. In a mixing bowl, combine the cooked ground beef, chopped onions, Italian seasoning, garlic powder, chopped parsley, kosher salt, and ground black pepper. Mix well.

4.Prepare Ricotta Mixture:

1. In another bowl, combine the ricotta cheese and eggs. Mix until smooth.

5.Assemble Lasagna:

1. In a deep baking dish, spread a thin layer of spaghetti/marinara sauce.
2. Arrange a layer of precooked lasagna pasta sheets over the sauce.
3. Spread a portion of the ground beef mixture evenly over the pasta sheets.
4. Dollop some ricotta mixture on top and sprinkle mozzarella cheese. Repeat the layers until all ingredients are used, finishing with a layer of sauce and mozzarella on top.

6.Bake:

1. Cover the baking dish with aluminum foil and bake in the preheated oven for 40-45 minutes or until the lasagna is hot and bubbly.

7.Add Cheese Topping:

1. Remove the foil and sprinkle grated Parmesan cheese over the top. Bake for an additional 10-15 minutes or until the cheese is melted and golden.

8.Let it Rest:

1. Allow the lasagna to rest for about 10 minutes before serving. Then cut it into **40 portions**

9.Roasted Squash Medley:

1. While the lasagna is baking, prepare the Roasted Squash Medley according to the instructions, **servicing 5 oz per portion.**

10.Garlic Breadsticks:

1. Bake the Garlic Breadsticks according to the package instructions.

11.Serve:

1. Slice the lasagna into portions and serve with a side of Roasted Squash Medley and a Garlic Breadstick.



40 Servings: 14 oz Lasagna, 5 oz Veggies and 1 Breadstick

Vegetarian Fettucini Alfredo with Broccoli and Garlic Bread

BC#012352089527

Alfredo:

Ingredients:

- 40 slices French Garlic Bread
- 120 oz Barilla Fettuccine
- 40 servings Alfredo Sauce Mix
- 40 cups Water
- 5 tsp Kosher Salt
- 3 tbsp Black pepper, ground
- 24 tsp Italian Seasoning
- 80 oz Mozzarella cheese, whole milk
- 24 tbsp Parmesan cheese, grated
- 40 portions of Roasted Broccoli 5oz each

Instructions:

1. Cook the Fettuccine:

1. Bring a large pot of salted water to a boil.
2. Cook the Barilla Fettuccine according to the package instructions until al dente. Drain and set aside.

2. Prepare Alfredo Sauce:

1. In a saucepan, combine the Alfredo Sauce Mix with water, following the package instructions.
2. Simmer over medium heat until the sauce thickens. Set aside.

3. Assemble Chicken Alfredo:

1. In a large mixing bowl, combine the cooked fettuccine and Alfredo sauce. Toss until the pasta is evenly coated.

4. Add Cheese:

1. Stir in the mozzarella cheese until it melts into the pasta mixture.

5. Serve:

1. Portion **16oz Pasta Alfredo** into individual serving trays. **40 portions**. Place sliced chicken on top

Roasted Broccoli:

Ingredients:

- 40 portions of Roasted Broccoli 5oz each

Instructions:

1. Roast Broccoli:

1. Preheat the oven to 425°F (220°C).
2. Toss the broccoli with olive oil, salt, and pepper.
3. Spread the broccoli in a single layer on a baking sheet.
4. Roast in the preheated oven for about 20-25 minutes or until the edges are crispy.

2. Serve:

1. Add **5oz roasted broccoli** to the Chicken Alfredo plates.

Garlic French Bread:

Ingredients:

- 40 slices of French Garlic Bread

Instructions:

1. Bake French Garlic Bread:

1. Toast the French Garlic Bread slices in the oven or a toaster until golden and crispy.

2. Serve:

1. Serve **one slice of the Garlic** French Bread alongside the Fettucini Alfredo.



40 Servings, 16oz Alfredo, 5 oz Broccoli and 1 slice Garlic Bread

BC#012352089558

Ingredients

20 cloves raw garlic
 10 cloves raw garlic
 36 tbsp fresh parsley
 4 cups water
 2 tsp onion powder
 2 tsp ground black pepper
 2 tsp ground black pepper
 3.33 tsp kosher salt
 10 tbsp olive and canola oil blend (75/25)
 2 tsp garlic powder
 0.25 cup fresh cilantro leaves
 4 oz shredded parmesan cheese
 8 oz English walnuts (14 halves)
 7 oz part-skim ricotta cheese
 20 garlic breadsticks (7")
 40 oz raw kale
 100 oz penne rigate pasta
 100 oz roasted broccoli
 •4 tsp vegetable base (no MSG)

Preparation Instructions

Chicken Pesto Pasta:

1.Prepare Chicken:

1. Preheat oven to 400°F.
2. Rinse chicken and pat dry with paper towels.
3. Season with onion powder, garlic powder, and pepper.
4. Place in a roasting pan or baking dish and bake for 25-35 minutes until the internal temperature near the bone reaches at least 140°F.

2.Make the Pesto:

1. Wash greens and remove woody stems.
2. Wash cilantro and parsley, removing leaves from stems.
3. Blanch kale by bringing a large, covered pot of water to a boil.
4. Prepare an ice bath with cold water and ice cubes.
5. Add greens to boiling water, cook until bright green (about 1 minute), and transfer to the ice bath.
6. When cool, drain and wring out excess liquid.
7. In a food processor, pulse walnuts and garlic until coarsely ground.
8. Add parsley, cilantro, chicken base, ricotta, and kale, and pulse until coarsely ground.
9. With the machine running, stream in water until the pesto is sufficiently loose.
10. Add Parmesan cheese and pulse to combine. Divide pesto in half.
11. Remove chicken from the oven, brush with half of the pesto, and return to the oven until the internal temperature reaches 165°F (10-15 minutes).
12. Remove from the oven and rub with the remaining pesto. Serve one breast per serving.

3.Prepare Pasta:

1. Wash, dry, and mince fresh parsley.
2. In a large stockpot over high heat, bring about 15 cups of water to a full rolling boil.
3. Add pasta and boil, stirring occasionally, for about 10-12 minutes until al dente.
4. Drain immediately and toss with 6 tbsp olive oil. Keep warm.
5. Mince fresh garlic.
6. In a small sauté pan over medium-high heat, heat the remaining 1 tbsp of oil.
7. When hot, add garlic, black pepper, and salt. Sauté until fragrant (about 30 seconds to 1 minute).
8. Remove from heat and stir into pasta, mixing evenly. Stir in fresh parsley and serve.

Roasted Broccoli:

- Wash broccoli.
- Preheat oven to 450°F.
- Toss broccoli with oil in a large bowl. Sprinkle with garlic powder, salt, and pepper.
- Transfer to a rimmed baking sheet. Roast for 15 minutes.
- Remove from the oven, toss with fresh garlic and red pepper, and return to the oven.
- Roast until broccoli begins to brown (about 8 minutes longer). Serve immediately.

Garlic Breadsticks:

- Bake according to the manufacturer's instructions.

- Package and Label



**20 Servings with 10oz mixed pasta, 5oz veggies and
 1 breadstick**

Vodka Cream Pasta

BC#012352093487

Ingredients

- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Salted Butter
- 2 cloves Garlic, raw, minced
- 3 tbsp Shallots, raw, chopped
- 1 cup Vodka (80 proof)
- 1 cup Chicken Stock, home-prepared
- 32 oz Crushed Tomatoes, canned
- 1 tsp Kosher Salt
- 1 tsp Ground Black Pepper
- 16 oz Penne Rigate (8 oz dry)
- 0.5 cup Heavy Whipping Cream
- 1 cup Fresh Basil, chopped
- 3 oz Shredded Parmesan Cheese
- 1 French Baguette (The Bread Guy), for serving



Preparation Instructions

1. Prep the Ingredients:

1. Mince the garlic.
2. Wash, dry, remove leaves, and roughly chop the basil.

2. Cook the Sauce:

1. Heat a large skillet over moderate heat. Add the olive oil, salted butter, garlic, and shallots. Sauté gently for 3-5 minutes, allowing the shallots to soften and develop their sweetness.
2. Add the vodka to the pan in a steady stream, about 3 turns around the pan. Let the vodka reduce by half, which should take 2-3 minutes.
3. Stir in the chicken stock and crushed tomatoes. Bring the sauce to a bubble, then reduce the heat to simmer. Season with kosher salt and ground black pepper.

3. Cook the Pasta:

1. While the sauce is simmering, cook the penne rigate in salted boiling water according to the package instructions until al dente. Drain the pasta, reserving a bit of the pasta water.

4. Finish the Sauce:

1. Stir the heavy whipping cream into the simmering sauce. Once the sauce returns to a bubble, remove it from the heat.

5. Combine Pasta and Sauce:

1. Add the drained pasta to the skillet with the sauce and toss to coat. Stir in the chopped fresh basil leaves.

6. Serve:

1. Portion the pasta into bowls. Sprinkle with shredded parmesan cheese and serve with warm crusty French baguette (about 3 oz per serving).

4 Servings, 540 Grams Each

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Indian

Ingredient List:**BC#012352093593**

- 0.25 cup Ghee, Organic, Clarified Butter
- 1 teaspoon, whole Spices, cumin seed
- 5 oz Red Onion
- 1 tablespoon Paste - Ginger Garlic
- 0.5 cup Tomato products, canned, puree, with salt added
- 1 tablespoon Fenugreek Leaves Dried
- 2 teaspoons Coriander Powder
- 1 teaspoon Spice - Garam Masala
- 1 teaspoon Spices, turmeric, ground (turmeric)
- 0.5 teaspoon Kashmiri Red Chilli Powder
- 2 hot chili peppers, green, raw
- 1 large whole (3" dia) Tomato, red, ripe, raw
- 1 tsp Kosher Salt
- 2 lb Cauliflower, raw
- 1 lb Potatoes, raw, skin
- 0.25 cup Ginger root, raw
- 1 cup Coriander (cilantro) leaves, raw
- 4 Naan Bread - Naan Teardrop 8.8oz

**Preparation Instructions:**

1. Peel and chop the red onion.
2. Wash and make a slit in the green chilies.
3. Wash, core, and chop the tomato.
4. Wash and cut cauliflower into large florets.
5. Wash, peel, and cube the potatoes.
6. Peel and julienne the fresh ginger.
7. Wash, dry, remove leaves, and chop the fresh cilantro.

Cooking Instructions:

1. Heat a large pan on medium-high heat and add the ghee. Once the ghee is melted, add the cumin seeds and sauté until the cumin starts to dance, about 30 to 45 seconds.
2. Add the red onions and sauté until golden, about 3 to 4 minutes.
3. Stir in the ginger-garlic paste and sauté for about 1 minute.
4. Add the tomato puree, fenugreek leaves, coriander powder, garam masala, turmeric powder, Kashmiri red chili powder, green chilies, chopped tomatoes, and salt. Mix well and cook covered on low heat for 3 to 5 minutes until the mixture forms a paste-like consistency.
5. Add the cauliflower florets and cubed potatoes, then stir to coat. Add 1/2 cup of water and mix again. Cover and cook on low heat until the cauliflower and potatoes are tender, about 15 minutes.
6. Garnish with julienned ginger and chopped cilantro.

Serving Suggestions:

Serve 18 oz of the dish with 1 warm naan bread.

4 Servings, 18 oz each plus the Naan

Ingredients

BC#012352092886

- **1 oz** Desiccated Coconut, unsweetened
- **0.25 oz** Fresh Cilantro, reserved for garnish
- **4 tbsp** Vegetable Oil (Soybean)
- **1 tsp** Yellow Mustard Seeds
- **1.5 tsp** Ginger Garlic Paste
- **8 oz** Onion, peeled and thinly sliced
- **2** Serrano Peppers, thinly sliced
- **2** Dried Hot Chile Peppers
- **0.75 tbsp** Ground Coriander
- **0.75 tbsp** Ground Cumin
- **0.25 tsp** Ground Turmeric
- **8 oz** Potatoes, cubed
- **8 oz** Cauliflower, trimmed into bite-sized pieces
- **8 oz** Broccoli, trimmed into bite-sized pieces
- **8 oz** Carrots, peeled and diced
- **8 oz** Zucchini, cubed
- **8 oz** Eggplant, cubed
- **4 oz** Green Beans, cut into 1-inch pieces
- **3 oz** Fresh Curry Leaves (garnish portion finely chopped)
- **0.5 oz** Sesame Seeds
- **4 oz** Red Bell Pepper, diced
- **4 oz** Yellow Bell Pepper, diced
- **2 tsp** Kosher Salt
- **0.2 oz** Granulated Sugar
- **12 oz** Coconut Milk, canned
- **0.25 tsp** Paprika
- **2** Naan Bread, teardrop-shaped

**Preparation****1. Prep Ingredients:**

1. Preheat oven to 350°F. Spread **1 oz desiccated coconut** on a baking sheet and toast for 6–8 minutes, or until golden brown.
2. Wash, dry, and chop **0.25 oz fresh cilantro** leaves for garnish.
3. Wash, dry, and finely chop a small portion of **3 oz fresh curry leaves** for garnish.
4. Peel and thinly slice **8 oz onion**.
5. Wash and slice **2 serrano peppers** and dice **4 oz each of red and yellow bell peppers**.
6. Cube **8 oz each of potatoes, zucchini, and eggplant**.
7. Cut **8 oz each of broccoli and cauliflower** into bite-sized pieces.
8. Peel and dice **8 oz carrots**, and cut **4 oz green beans** into 1-inch pieces.

2. Cook the Curry:

1. Heat **4 tbsp vegetable oil** in a large skillet over medium heat. Add **1 tsp mustard seeds** and cook until they start to pop.
2. Add **3 oz curry leaves, 2 dried chile peppers, 1.5 tsp ginger garlic paste, 8 oz onion, and 2 serrano peppers**. Sauté for about 2 minutes, stirring constantly.
3. Mix in **0.75 tbsp each of ground coriander and cumin** and **0.25 tsp turmeric**, cooking briefly until fragrant.
4. Add all prepared vegetables and cook, stirring, for 5 minutes.
5. Add **2 tsp salt, 0.2 oz sugar, and 12 oz coconut milk**, then cover and cook gently for about 10 minutes, or until vegetables are tender.

3. Garnish and Serve:

1. Stir in **0.25 oz fresh cilantro** and sprinkle with **0.25 tsp paprika**.
2. Garnish with **toasted coconut** and serve hot with **2 naan bread** on the side.

4 Servings, 635 grams each

Butter Chicken

Ingredients

- **2 oz** Greek Yogurt, plain, whole milk
- **2 tsp** Ginger Garlic Paste
- **0.5 tsp** Ground Turmeric
- **32 oz** Chicken Thighs, meat only, trimmed and cut into 1-inch cubes
- **2 oz** Salted Butter
- **0.13 tsp** Ground Cinnamon
- **0.04 tbsp** Curry Powder
- **0.13 tsp** Ground Cloves
- **0.04 tbsp** Ground Cumin
- **0.04 tbsp** Ground Coriander
- **0.25 tsp** Ground Cardamom
- **2 oz** Sour Cream
- **2 oz** Heavy Cream
- **0.5 cup** Half and Half
- **2 tsp** Kosher Salt
- **1 tsp** Garam Masala
- **0.25 tsp** Dried Fenugreek Leaves
- **0.17 oz** Granulated Sugar
- **1 tsp** Honey
- **1 cup** Tomato Puree (canned, unsalted)
- **1 cup** Tomato Paste (canned, unsalted)
- **8 oz** Sweet Onion, peeled and sliced
- **2 grams** Smoked Paprika
- **2** Naan Bread, teardrop-shaped

BC#012352092862



Preparation

1. Marinate the Chicken:

1. In a large bowl, mix together **2 oz Greek yogurt**, **2 tsp ginger garlic paste**, **0.5 tsp turmeric**, **2 tsp salt**, and **2 grams smoked paprika**.
2. Rub the mixture thoroughly onto the **32 oz chicken thigh cubes** and allow to marinate overnight in the refrigerator.

2. Roast the Chicken:

1. Preheat the oven to 375°F.
2. Arrange marinated chicken in a single layer on a sheet tray sprayed with nonstick spray.
3. Bake for 30 to 40 minutes, until cooked through.

3. Prepare the Sauce:

1. In a large saucepan, heat **2 oz salted butter** over medium heat.
2. Add **8 oz sliced sweet onion** and sauté until golden brown.
3. Add **2 tsp ginger garlic paste**, a splash of water, **1 cup tomato paste**, and **1 cup tomato puree**. Cook down until the sauce is thick and rich.

4. Finish the Sauce:

1. Stir in **2 oz sour cream**, **0.5 cup half and half**, and **2 oz heavy cream**.
2. Add all remaining dried spices: **0.13 tsp ground cinnamon**, **0.04 tbsp curry powder**, **0.13 tsp ground cloves**, **0.04 tbsp each of ground cumin and coriander**, **0.25 tsp ground cardamom**, **1 tsp garam masala**, **0.25 tsp dried fenugreek leaves**, and **0.17 oz sugar**.
3. Add **1 tsp honey** and continue cooking until the sauce is smooth and fragrant.

5. Combine and Simmer:

1. Add the roasted chicken pieces to the sauce, stirring to coat.
2. Adjust seasoning as needed, cover, and let simmer for at least 10 minutes to meld the flavors.

6. Serve:

1. Remove from heat and serve hot with **naan bread** on the side for dipping.

4 Servings, 500 grams each

Chicken Vindaloo

BC#012352092879**Ingredients**

- **27 oz** PERDUE® Fresh Whole Chicken, cut into curry-sized pieces
- **4 tsp** Kosher Salt
- **3 tbsp** Malt Vinegar
- **0.5 tsp** Ground Turmeric
- **5** Dried Red Chile Peppers
- **1** Cinnamon Stick
- **8 cloves** Raw Garlic
- **3 tsp** Dried Coriander Leaf
- **1 tsp** Whole Cumin Seeds
- **1 oz** Fresh Ginger Root
- **5 tbsp** Olive Oil
- **0.25 tsp** Whole Cloves
- **3 tsp** Ground Cardamom
- **8 oz** Raw Onion, peeled and finely chopped
- **40 oz** Potatoes, cubed and deep-fried
- **3 tbsp** Zero Trans Fat Shortening
- **0.5 cup** Green Chilies, canned, slit
- **0.5 oz** Granulated Sugar
- **1 oz** Fresh Cilantro Leaves, roughly chopped
- **2** Naan Bread, teardrop-shaped

**Preparation****1. Prep Ingredients:**

1. Cut the **27 oz chicken** on the bone into curry-sized pieces.
2. Peel and finely chop **8 oz onion**.
3. Wash and cube **40 oz potatoes**, then deep-fry until golden.
4. Wash, slit **0.5 cup green chilies**, and roughly chop **1 oz fresh cilantro** leaves.

2. Marinate the Chicken:

1. In a large bowl, mix **chicken pieces** with **4 tsp salt** and **0.5 tsp turmeric**. Set aside to marinate.

3. Prepare the Spice Paste:

1. In a mixer jar, combine **5 dried red chiles**, **1 cinnamon stick**, **8 cloves garlic**, **3 tsp dried coriander leaf**, **1 tsp whole cumin seeds**, and **1 oz ginger**. Add a bit of **water** and **3 tbsp malt vinegar**. Blend into a smooth paste.

4. Cook the Curry:

1. Heat **5 tbsp olive oil** in a non-stick pan over medium heat.
2. Add **0.25 tsp whole cloves** and **3 tsp ground cardamom**, and sauté for about 2 minutes.
3. Add the **chopped onions** and sauté until light brown.

5. Add the Chicken:

1. Add the **marinated chicken** to the pan, stirring well. Cook on high heat for 1 minute.
2. Add **¼ cup water**, mix well, cover, and cook on low heat for 5–10 minutes, or until the chicken is halfway cooked.

6. Add Spice Paste and Finish Cooking:

1. Add the **prepared spice paste** to the chicken, stirring to coat. Add a bit more **water** if needed, cover, and cook for an additional 5 minutes.

7. Add Potatoes and Chilies:

1. Add the **fried potatoes**, **slit green chilies**, and **0.5 oz sugar**. Mix thoroughly, cover, and cook for 8–10 minutes, until the chicken is completely cooked through.

8. Garnish and Serve:

1. Remove from heat, garnish with **chopped fresh cilantro**, and serve hot with **naan bread** on the side.

4 Servings, 735 grams each

Dal Masala and Naan

Ingredients

- 1 Dried Red Chile Pepper
- 1 Star Anise
- 1 tsp Garam Masala
- 1 tsp Ground Turmeric
- 5 grams Cardamom
- 2 grams Whole Cloves
- 8 oz Raw Onion, peeled and diced
- 10 cloves Fresh Garlic, crushed
- 1 oz Salted Butter
- 0.25 tsp Ground Ginger
- 1 tsp Ground Coriander
- 1 Cinnamon Stick
- 3 large Ripe Tomatoes, washed, cored, and diced
- 2 grams Bay Leaf
- 0.2 oz Fresh Cilantro Leaves, chopped
- 3.75 cups Water
- 1 1/4 cups Dry Split Peas, green, washed in cold water
- 2 Naan Bread, teardrop-shaped

BC#012352092893



Preparation

1. Cook the Split Peas:

1. In a large saucepan, add **5 split peas**, **3.75 cups water**, and **1 tsp turmeric**.
2. Bring to a boil, then cover and simmer for 30 minutes, or until the peas are tender.
3. Uncover and cook for an additional 2–3 minutes to reduce excess liquid.

2. Prepare the Spice Mix:

1. In a separate saucepan, melt **1 oz salted butter** over medium heat.
2. Add the whole spices: **1 dried red chile pepper**, **1 star anise**, **5 grams cardamom**, **2 grams whole cloves**, **1 cinnamon stick**, and **2 grams bay leaf**.
3. Sauté for a minute until the spices are aromatic.

3. Add Aromatics and Tomatoes:

1. Add the **diced onion**, **10 crushed garlic cloves**, **0.25 tsp ground ginger**, and **3 diced tomatoes**.
2. Fry gently for 5 minutes until the onions soften and the tomatoes break down.

4. Combine with Spices and Split Peas:

1. Add **1 tsp garam masala** and **1 tsp ground coriander** to the mixture, and cook gently for 1 minute to blend the spices.
2. Stir in the **boiled split peas** and mix thoroughly.

5. Garnish and Serve:

1. Remove from heat, garnish with **chopped fresh cilantro**, and serve hot with **naan bread**.

4 Servings, 605 grams each

Ingredients

- **16 oz** Dry Basmati Rice
- **2** Naan, teardrop-shaped, cut in half
- **1** Extra-Large Egg
- **0.25 oz** Fresh Cilantro, washed, dried, and chopped (for garnish)
- **1 tsp** Ground Cumin
- **3 oz** Whole Wheat Panko Bread Crumbs
- **1** Large Ripe Tomato, washed, cored, and diced
- **0.5 tsp** Chili Powder
- **1 tbsp** Ground Coriander
- **1 tsp** Ground Black Pepper
- **1 tsp** Kosher Salt
- **16 oz** Ground Turkey, 85% lean, 15% fat
- **8 oz** Canned Coconut Milk
- **3 tbsp** Tomato Paste
- **1 tbsp** Olive Oil
- **8 oz** Raw Onion, peeled and thinly sliced
- **1 tsp** Yellow Mustard Seeds
- **0.2 oz** Worcestershire Sauce
- **1** Serrano Pepper, washed, deseeded, and thinly sliced lengthwise
- **0.2 tbsp** White Wine Vinegar
- **1 tsp** Ground Turmeric
- **4 tsp** Ginger Garlic Paste
- **4 oz** Fresh Curry Leaves

BC#012352092909



Preparation

1. Steam the Rice:

1. Cook the **16 oz basmati rice** according to package instructions. Keep warm until serving.

2. Prepare the Meatballs:

1. In a large bowl, combine **16 oz ground turkey, 1 tsp kosher salt, 1 tsp ground black pepper, 0.2 oz Worcestershire sauce, 0.5 tsp ground turmeric, 1 tsp ginger garlic paste, 0.2 tbsp white wine vinegar, 1 extra-large egg, and 3 oz panko bread crumbs.**
2. Mix until smooth, then set aside to rest.

3. Make the Curry Base:

1. Heat **1 tbsp olive oil** in a pan over medium heat.
2. Add **1 tsp mustard seeds** and **8 curry leaves**, stirring until fragrant (watch out for popping mustard seeds).
3. Add the **sliced onion** and cook until soft and translucent.

4. Add Tomatoes and Spices:

1. Stir in the **diced tomato** and cook for 2 minutes until softened.
2. Add the **sliced serrano pepper, 0.5 tsp chili powder, 3 tsp ginger garlic paste, 1 tsp ground turmeric, 1 tbsp ground coriander, and 1 tsp ground cumin.** Stir well.
3. Add **3 tbsp tomato paste** and **8 oz coconut milk**, seasoning with **0.25 tsp each salt and pepper.** Cover and simmer for 5–7 minutes, until the curry turns a vibrant orange.

5. Cook the Meatballs:

1. Form the turkey mixture into 1 oz meatballs and gently place them in the curry sauce.
2. Cook uncovered for 2 minutes, then turn the meatballs to coat in the sauce.
3. Cover and simmer for another 3 minutes, then remove from heat.

6. Serve:

1. Plate **8 oz steamed basmati rice** with **12 oz** of the curry and meatballs (4–5 meatballs with sauce), garnished with **freshly chopped cilantro.**
2. Serve each portion with **1/2 naan** for dipping.

4 Servings, 600 grams each

BC#012352092916

Ingredients

- **3 oz** Raw Carrots, washed, peeled, and thinly sliced into strips
- **1** Serrano Pepper, washed, deseeded, and cut into thin strips
- **3 oz** Spring Onions (Scallions), washed and finely shredded, with tops reserved for garnish
- **4 oz** Raw Cabbage, washed, cored, and finely shredded
- **1 tbsp** Tamari Soy Sauce
- **6 oz** Raw Onion, peeled and sliced
- **6 oz** Bean Sprouts, washed
- **6 tbsp** Olive Oil
- **3 tsp** Kosher Salt
- **0.5 tsp** Ground White Pepper
- **14 oz** Dry Spaghetti Noodles
- **2** Naan, teardrop-shaped, to serve



Preparation

1. Prep the Noodles:

1. Boil **14 oz spaghetti noodles** in ample water until al dente. Drain and set aside to cool.

2. Stir-Fry Vegetables:

1. Heat **6 tbsp olive oil** in a wok over medium-high heat.
2. Add the **sliced onion** and stir-fry for 2 minutes.
3. Add the **carrots, serrano pepper, shredded cabbage**, and stir-fry for another 2 minutes, stirring and tossing continuously.

3. Add Noodles and Seasoning:

1. Add the cooked noodles to the wok, along with **1 tbsp soy sauce, 3 tsp kosher salt, and 0.5 tsp white pepper**.
2. Cook on high heat, tossing continuously for 2 minutes, until the noodles are heated through and coated with the flavors.

4. Add Bean Sprouts and Garnish:

1. Add **6 oz bean sprouts** and mix well. Garnish with **shredded spring onion greens**.

5. Serve:

1. Plate the stir-fried noodles hot, accompanied by **naan** for an additional hearty side.

4 Servings, 405 grams each

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Greek

Over Rice

BC#012352093777

Ingredients:

- 2 tbsp olive oil (salad or cooking)
- 1 large onion (raw)
- 25 oz ground beef (80% lean meat / 20% fat, raw)
- 0.5 tsp kosher salt
- 1.5 tbsp dried oregano (leaves)
- 2 tbsp canned tomato paste (with salt added)
- 10 oz eggplant (raw)
- 10 oz dry basmati rice
- 14 oz canned crushed tomatoes
- 0.5 cup red Merlot wine (table)
- 1.5 tsp chicken base (Low Sodium, NO MSG, GF)
- 1.5 cups tap water (municipal)
- 1 tsp ground black pepper
- 1.5 tsp kosher salt (remaining)
- 0.5 tsp ground cinnamon
- 0.25 tsp ground allspice



Preparation:

1. Prep Ingredients:

1. Wash the eggplant and cut it into small cubes (no more than 1/2 inch).
2. Peel and dice the onion.
3. Combine water and chicken base to make chicken stock.
4. Peel and mince the garlic.

2. Cook Aromatics:

1. Heat olive oil in a large pot with a lid over medium-high heat. Add the onions and cook for 2 minutes, stirring occasionally.
2. Add the minced garlic and cook for another 30 seconds to 1 minute, stirring regularly.

3. Brown the Beef:

1. Add the ground beef to the pot. Break it up with a spoon as it cooks. Cook until the beef is no longer pink.

4. Add Spices:

1. Stir in the oregano, cinnamon, allspice, and the smallest amount of salt. Cook, stirring often, for 1 minute.

5. Cook Tomato Paste:

1. Add the tomato paste and cook, stirring frequently, for 1-3 minutes.

6. Add Eggplant and Wine:

1. Add the eggplant cubes and stir to coat. Pour in the wine to deglaze the pot, scraping up any bits stuck to the bottom. Bring the wine to a simmer and cook until mostly evaporated.

7. Add Rice and Tomatoes:

1. Stir in the rice, coating it with the juices. Add the crushed tomatoes, chicken stock, and remaining salt and pepper. Bring to a gentle simmer.

8. Simmer and Rest:

1. Cover the pot with a lid, turn the heat down to low, and cook for 20 minutes without lifting the lid. After 20 minutes, remove the pot from the heat, keeping the lid on, and let it rest for an additional 10 minutes.

9. Toss and Serve:

1. Toss everything together to ensure it's well mixed. Portion approximately 15 oz into each serving container, label, and serve hot.

5 Servings, 15oz Each

Greek Style Chickpeas

Eggplant Over Rice

BC#012352093784

Ingredients:

- 2 tbsp olive oil (salad or cooking)
- 5 cloves garlic (raw)
- 1 sweet onion (raw)
- 2.5 tbsp dried oregano (leaves)
- 3 tbsp canned tomato paste (with salt added)
- 20 oz eggplant (raw)
- 0.5 cup red Merlot wine (table)
- 10 oz dry basmati rice
- 25 oz canned chickpeas (garbanzo beans, bengal gram), drained solids
- 20 oz canned crushed tomatoes
- 1.5 cups tap water (municipal)
- 1.5 tsp kosher salt
- 1 tsp ground black pepper
- 0.5 tsp ground cinnamon
- 0.25 tsp ground allspice
- 1.5 tsp vegetable base (NO MSG)

Preparation:

1. Prep Ingredients:

1. Wash the eggplant and cut it into small cubes (no more than 1/2 inch).
2. Peel and dice the onion.
3. Combine water and vegetable base to make vegetable stock.
4. Mince the garlic.

2. Cook the Aromatics:

1. Heat the olive oil in a large pot with a lid over medium-high heat. Add the onions and cook for 2 minutes, stirring occasionally.
2. Add the minced garlic and cook for an additional 30 seconds to 1 minute, stirring regularly.

3. Add Spices:

1. Stir in the oregano, cinnamon, and allspice. Cook, stirring often, until fragrant, about 30 seconds.

4. Cook the Tomato Paste:

1. Add the tomato paste and cook, stirring frequently, for 1-3 minutes.

5. Cook the Eggplant:

1. Add the eggplant cubes and stir to coat them in the spices. Pour in the wine to deglaze the pot, scraping up any bits stuck to the bottom. Bring the wine to a simmer and cook until most of the liquid has evaporated.

6. Add Rice and Other Ingredients:

1. Stir in the rice to coat it in the juices. Add the crushed tomatoes, chickpeas, vegetable stock, and remaining salt and pepper. Bring the mixture to a gentle simmer.

7. Simmer and Rest:

1. Cover the pot with a lid, turn the heat down to low, and cook the rice for 20 minutes without lifting the lid. After 20 minutes, remove the pot from the heat, leaving the lid on, and let it rest for an additional 10 minutes.

8. Toss and Serve:

1. After resting, toss everything together to ensure it's well mixed. Portion 18oz into each serving container, label, and serve hot.



5 Servings, 505 Grams Each

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Mexican/SW

Cheesy Chicken Quesadilla

BC#012352086281

Ingredients:

- 1 large Flour Tortilla (14")
- 3.25 oz Chicken Breast, skinless, boneless, and diced
- 1.5 oz Cheddar Cheese, shredded
- 1.5 oz Monterey Jack Cheese, shredded
- 0.5 oz Taco Seasoning Mix (original)
- 2 oz Pico De Gallo
- 1 oz Whole Buttermilk
- 0.25 oz Butter, salted
- 0.25 oz La Costena Chipotle Peppers in Adobo Sauce, minced
- .5 oz Fresh Cilantro Leaves, chopped
- 2 cups Water



Instructions:

1. Prepare Chicken:

1. In a skillet, cook diced chicken over medium heat until fully cooked. Add taco seasoning mix and stir until the chicken is well coated. Set aside.

2. Prepare Chipotle Cream Sauce:

1. In a small saucepan, melt butter over low heat. Add minced chipotle peppers and sauté for a minute.
2. Pour in the whole buttermilk and stir until well combined. Simmer for a few minutes until the sauce thickens slightly. Set aside.

3. Assemble Quesadilla:

1. Lay the large flour tortilla flat on a clean surface.
2. Sprinkle a layer of shredded cheddar cheese on one half of the tortilla.
3. Add the cooked and seasoned chicken on top of the cheese.
4. Sprinkle a layer of shredded Monterey Jack cheese over the chicken.
5. Spoon Pico de Gallo evenly over the cheese.
6. Drizzle the chipotle cream sauce over the entire filling.
7. Sprinkle fresh chopped cilantro on top.

4. Fold and Cook:

1. Fold the tortilla in half over the filling to create a half-moon shape.
2. Heat a skillet or griddle over medium heat.
3. Place the quesadilla on the skillet and cook for 2-3 minutes on each side or until the cheese is melted and the tortilla is golden brown and crispy.

5. Serve:

1. Remove the quesadilla from the skillet and let it rest for a minute before slicing it into wedges.
2. Serve the cheesy chicken quesadilla with additional Pico de Gallo and chipotle cream sauce.

1 Serving, 23 oz portion or 1 Quesadilla

Cheesy Chicken Quesadilla Meal

Ingredients:

- 1 x 14" flour tortilla BC#012352091544
- 3.25 oz chicken breast (broiler or fryers, skinless, boneless)
- 1.5 oz cheddar cheese
- 1.5 oz Monterey Jack cheese
- 0.5 x 2 tsp taco seasoning mix (dry, original)
- 2 oz Pace Pico de Gallo
- 1 oz whole buttermilk
- 0.25 oz salted butter
- 0.25 oz La Costena chipotle peppers in adobo sauce
- 0.5 oz fresh cilantro leaves
- 2 cups water (tap, municipal)
- 6.5 oz seasoned black beans from sub recipe
- 5.5 oz cilantro lime rice from sub recipe



Preparation Instructions:

1. Prep the Cilantro:

- Wash, dry, remove leaves, and chop **0.5 oz cilantro**.

2. Cook the Chicken:

- In a stockpot, cook **3.25 oz chicken breast** in **2 cups water** until tender.
- Drain the chicken from the liquid and place it in a mixer.
- Add **0.5 x 2 tsp taco seasoning** and mix until the seasoning is incorporated and the chicken is slightly shredded.

3. Make the Chipotle Sauce:

- In a mixing bowl, combine **1 oz buttermilk**, mayonnaise, and **0.25 oz chipotle peppers in adobo sauce**.
- Mix with a hand mixer until smooth and creamy.

4. Assemble the Quesadilla:

- On a preheated flat-top, melt **0.25 oz butter** and lay out **1 x 14" flour tortilla**.
- Top the tortilla with **1.5 oz cheddar cheese**, **1.5 oz Monterey Jack cheese**, shredded chicken, **0.5 oz cilantro**, **2 oz pico de gallo**, and chipotle sauce.

5. Cook and Serve:

- Cook until the cheese has melted and the tortilla is slightly crispy.
- Fold the tortilla in half and cut it into 4 pieces. Serve hot.

**1 total serving across 1 package (1245
grams per package)**

Cheesy Quesadilla

BC# 012352089794

Ingredients:

1 large flour tortilla (14-inch)
1.75 ounces cheddar cheese
1.75 ounces Monterey Jack cheese
0.25 teaspoons dry taco seasoning mix (original)
2 ounces Pico De Gallo
1 ounce whole buttermilk
0.5 ounce salted butter
0.25 ounce La Costena Chipotle Peppers in Adobo Sauce
0.5 ounce raw cilantro leaves
1 ounce fresh green bell pepper
1 ounce fresh red bell pepper
1 ounce raw onion



Preparation Instructions:

Wash, dry, and chop the cilantro leaves.

Wash the bell peppers, remove the seeds, and julienne them into thin strips.

Peel and julienne the onions into thin strips.

In a sauté pan over medium-high heat, add half a tablespoon of butter. Once melted, add the julienned bell peppers and onions. Sauté until they are crisp-tender.

Add the dry taco seasoning mix to the sautéed peppers and onions. Mix until the seasoning is well incorporated, then sauté for an additional 2 to 3 minutes until the vegetables are well seasoned.

Sauce:

In a mixing bowl, combine the buttermilk, mayonnaise, and chipotle peppers in adobo sauce. Use a hand mixer to blend until smooth and creamy.

On a preheated flat-top or skillet, spread the remaining butter and place the tortilla on it. Top the tortilla with cheddar cheese, Monterey Jack cheese, sautéed peppers and onions, chopped cilantro, Pico De Gallo, and the chipotle sauce mixture.

Cook until the cheese has melted and the tortilla is slightly crispy.

Fold the tortilla in half and cut it into 4 pieces. Serve with a side of Salsa

Servings:

This recipe makes 1 serving, packaged into individual portions, totaling 442 grams per package, or 15.59 ounces per serving

BC#012352091551

Ingredients:

- 1 x 14" flour tortilla
- 1.75 oz cheddar cheese
- 1.75 oz Monterey Jack cheese
- 0.5 tsp taco seasoning mix (dry, original)
- 2 oz Pace Pico de Gallo
- 1 oz whole buttermilk
- 0.5 oz salted butter
- 0.25 oz La Costena chipotle peppers in adobo sauce
- 0.5 oz fresh cilantro leaves
- 1 oz green bell pepper
- 1 oz red bell pepper
- 1 oz raw onion
- 6.5 oz seasoned black beans from sub recipe
- 5.5 oz cilantro lime rice from sub recipe



Preparation Instructions:

1. Prep the Vegetables:

- Wash, dry, remove leaves, and chop 0.5 oz cilantro.
- Wash, remove seeds, and julienne 1 oz green bell pepper and 1 oz red bell pepper.
- Peel and julienne 1 oz onion.

2. Sauté Vegetables:

- In a sauté pan over medium-high heat, melt 0.5 oz butter.
- Add the peppers and onions and sauté until crisp-tender.
- Add 0.5 tsp taco seasoning and mix until the seasoning is fully incorporated. Sauté for an additional 2–3 minutes.

3. Make the Chipotle Sauce:

- In a mixing bowl, combine 1 oz buttermilk, mayonnaise, and 0.25 oz chipotle peppers in adobo sauce.
- Mix with a hand mixer until smooth and creamy

4. **Assemble the Quesadilla:

- Preheat the flat-top grill. Place a small amount of butter on the grill, then lay the 14" flour tortilla flat.
- Top the tortilla with 1.75 oz cheddar cheese, 1.75 oz Monterey Jack cheese, sautéed onions and peppers, chopped cilantro, 2 oz pico de gallo, and the prepared chipotle sauce.

5. Cook the Quesadilla:

- Cook until the cheese melts and the tortilla becomes slightly crispy.
- Fold the tortilla in half and cut it into 4 pieces.

6. Serve:

- Serve the quesadilla with a side of salsa, 6.5 oz seasoned black beans, and 5.5 oz cilantro lime rice.

**1 total serving across 1 package (780
grams per package)**

Chicken Burrito Bowl

BC#012352086427

Ingredients:***For the Chicken:***

- 5 oz Skinless, Boneless Chicken Breast, cut into bite-sized pieces
- 0.25 tsp Taco Seasoning Mix
- 0.25 tsp Kosher Salt
- 0.25 tsp Ground Black Pepper
- 1 tbsp Olive Oil (for cooking)

For the Rice:

- 3 oz Raw White Jasmine Long Grain Rice

For the Salsa:

- 1 oz Thick & Chunky Salsa (PACE)

For the Black Beans:

- 5 oz Canned Low-Sodium Black Beans, drained and rinsed

For the Vegetables:

- 1.5 oz Fresh Green Bell Pepper, diced
- 1.5 oz Fresh Red Bell Pepper, diced
- 10.1.5 oz Sweet Raw Onions, diced
- 11.0.5 bunch Fresh Cilantro Leaves, chopped

For Garnish:

- 13. 0.25 Lime, cut into wedges

Instructions:***Cook the Chicken:***

1. In a bowl, toss the chicken pieces with taco seasoning, kosher salt, and black pepper until well coated.
2. Heat olive oil in a skillet over medium-high heat.
3. Cook the seasoned chicken in the skillet until it's browned and cooked through. Set aside.

Prepare the Rice: 4. Cook the short-grain white rice according to package instructions.

Assemble the Burrito Bowl: 5. In serving bowls, layer the cooked rice.

6. Add a portion of black beans on top of the rice.
7. Arrange the cooked chicken pieces over the beans.
8. Spoon a dollop of thick & chunky salsa over the chicken.
9. Scatter diced green bell pepper, red bell pepper, and sweet onions over the bowl.
10. Garnish with chopped cilantro leaves.
11. Serve the Chicken Burrito Bowl with lime wedges on the side.
12. Mix the ingredients in the bowl Top and label for service

1 Serving: 18 oz Portion

Chicken & Cheese Flautas

BC#012352086113

Ingredients:

2 Flautas (Chicken and Cheese Flauta)
8 gram Shortening Fryer ZTF
2 oz PACE Pico De Gallo
2 oz Cultured Sour Cream

Instructions:

Preheat the Oven:

Preheat your oven to 400°F (200°C).

Bake the Flautas:

Place the Chicken and Cheese Flautas on a baking sheet.

Bake in the preheated oven for 15-20 minutes or until they are golden brown and crispy.

Prepare the Shortening:

In a frying pan, heat the shortening over medium heat until it reaches 350°F (175°C).

Fry the Flautas:

Carefully place the baked flautas in the hot shortening.

Fry each side until it turns golden and crispy, approximately 2-3 minutes per side.

Use a slotted spoon to remove the flautas and place them on a paper towel-lined plate to absorb excess oil.

Prepare Pico De Gallo:

In a bowl, mix PACE Pico De Gallo to use as a refreshing salsa topping.

Serve with Sour Cream:



1 Serving: 2 Flautas, 2 oz Pico and 2 oz Sour Cream

Ingredient List:

- 18 oz Shredded Chicken
- 1.5 cups PACE Thick & Chunky Salsa
- 15 oz Black Beans (canned, low sodium)
- 1.5 cups Homemade Chicken Stock
- 1 tablespoon Chili Powder
- 2.5 oz Green Onions (tops and greens)
- 0.75 cup Whole-Grain Yellow Cornmeal
- 1 cup Shredded Cheddar Cheese
- 1 tablespoon Unsalted Butter
- 1 teaspoon Kosher Salt
- 1 teaspoon Ground Black Pepper
- 12 oz Cultured Sour Cream

BC#012352093630

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

1. Shred the chicken into bite-sized pieces.
2. Drain and rinse the black beans.
3. Wash and thinly slice the green onions, using both the white and green parts.
4. Place sour cream into a portion cup with a lid for easy serving.

2. Cook the Chicken Filling:

1. Preheat the oven to 400°F.
2. In a 10-inch cast-iron skillet, combine the shredded chicken, salsa, black beans, ½ cup of chicken stock, and chili powder.
3. Heat over medium heat, stirring occasionally, until the mixture comes to a simmer.
4. Stir in the sliced green onions and remove from the heat.

3. Prepare the Cornmeal Mixture:

1. In a medium pan, combine the cornmeal with the remaining 1 cup chicken stock and 1 cup water.
2. Bring to a simmer over medium heat, stirring constantly, until the mixture thickens (about 5 to 7 minutes).
3. Remove from heat and stir in the shredded cheddar cheese and unsalted butter.
4. Season the mixture with ¼ teaspoon salt and ¼ teaspoon ground black pepper.

4. Assemble the Dish:

1. Spread the cornmeal mixture evenly over the chicken and bean filling in the cast-iron skillet.

5. Bake and Serve:

1. Place the skillet in the preheated oven and bake for about 30 minutes, until the mixture is cooked through.
2. Remove from the oven and let stand for 15 minutes before serving.
3. Serve the dish with a 2 oz souffle cup of sour cream for added creaminess.

6 Servings, 340 Grams Each

Green Chile Chicken Casserole Meal

BC#012352086205

Ingredients:

For Green Chile Chicken Casserole:

- 20 oz Campbell's Cream of Chicken Soup, condensed
- 24 Corn Tortillas, ready-to-bake or -fry
- 1.5 oz Butter, salted
- 6 oz Sweet Onions, diced
- 2 Tbsp Garlic, minced
- 1 Jalapeno Pepper, finely chopped
- 1.3 cups Water
- 1.3 tsp Chicken Base (Low Sodium, No MSG, GF)
- 1.25 cups Green Chilies, canned
- 2 tsp Ground Cumin
- 1 tsp Kosher Salt
- 0.5 tbsp Black Pepper, ground
- 1 lb Pulled Smoked Chicken Meat
- 8 oz Cheddar Cheese, shredded
- 8 oz Monterey Jack Cheese, shredded

For Side Dishes:

- 8 units of Cilantro Lime Rice (**5.5 ounces each**)
- 8 units Seasoned Black Beans (**6.5 ounces each**)



Instructions:

1. Prepare Green Chile Chicken Mixture:

- Preheat the oven to 350°F (175°C).
- In a saucepan over medium heat, melt the butter. Sauté diced onions until translucent.
- Add minced garlic and chopped jalapeno. Cook until fragrant.
- Stir in condensed cream of chicken soup, water, chicken base, green chilies, ground cumin, kosher salt, and black pepper. Simmer for 5-7 minutes.
- Add pulled smoked chicken to the mixture and mix well.

2. Assemble the Casserole:

- In a baking dish, layer half of the corn tortillas, followed by half of the chicken mixture, and half of the shredded cheddar and Monterey Jack cheese.
- Repeat the layers with the remaining tortillas, chicken mixture, and cheese.

3. Bake:

- Bake in the preheated oven for 25-30 minutes or until the cheese is melted and bubbly.

4. Prepare Side Dishes:

- While the casserole is baking, heat the Cilantro Lime Rice and Seasoned Black Beans according to the sub recipes

5. Serve:

- Once the casserole is done, remove it from the oven and let it cool for a few minutes.
- Serve each portion of Green Chile Chicken Casserole with a side of Cilantro Lime Rice and Seasoned Black Beans in a tray and label
- Garnish with additional chopped cilantro

8 Servings, 25.9 oz Total, 14 oz Casserole, 6.5 oz Beans, and 5.5 oz Rice

BC#012352090387

Ingredients:

- 3 oz house-made chips
- 2 oz queso dip
- 2 oz PACE Thick & Chunky Salsa



Preparation Instructions:

1. Prepare the Chips:

1. Ensure the house-made chips are fresh and crispy. If necessary, bake or fry to restore crispiness.

2. Prepare the Queso Dip:

1. Heat the queso dip in a microwave-safe bowl or on the stovetop until warm and smooth.

3. Prepare the Salsa:

1. Pour the PACE Thick & Chunky Salsa into a serving bowl.

To Serve:

1. Place deli paper in container, and arrange the house-made chips in the container.
2. Place the warm queso dip in heat-safe souffle cup into tray
3. Place the salsa in a heat-safe souffle cup into tray

Package and label as needed.

1 Serving = 3 oz chips, 2oz queso and 2 oz salsa

BC#012352086342

Ingredients:**For Grilled Chile Flank Steak:**

5 oz Corn Cut Roasted
0.03 fl oz Orange Juice, raw
2 oz Brown Rice, medium-grain, raw
0.5 tbsp Ground Black Pepper
0.33 oz Green Bell Pepper, diced
0.33 oz Red Bell Pepper, diced
0.33 oz Yellow Bell Pepper, diced
1.5 tsp Chili Powder
1 tsp Ground Cumin
1 tbsp Olive Oil
0.25 tsp Kosher Salt
5 oz Flank Steak, choice, raw

For Garnish and Salsa:

0.25 cup Fresh Coriander (Cilantro) Leaves, chopped
0.5 oz Sweet Onions, diced
0.25 oz Lime Juice, raw
1.5 tsp Garlic, minced

For Cooking Rice:

0.5 cup Water

Instructions:**Prepare the Rice:**

1. In a saucepan, bring 0.5 cup of water to a boil. Add the brown rice, reduce heat, cover, and simmer until the rice is cooked according to package instructions.
2. Fluff the cooked rice with a fork and set aside.

Marinate and Grill the Flank Steak:

3. In a bowl, combine orange juice, chili powder, ground cumin, olive oil, and kosher salt to create a marinade.
4. Place the flank steak in a shallow dish and pour the marinade over it. Allow it to marinate for at least 30 minutes.
5. Preheat the grill or grill pan over medium-high heat.
6. Grill the marinated flank steak for 3-4 minutes per side or until cooked to your desired level of doneness.
7. Remove the steak from the grill and let it rest for a few minutes before slicing it thinly against the grain.

Prepare the Salsa:

8. In a bowl, combine chopped coriander, diced sweet onions, lime juice, minced garlic, and diced bell peppers to make a vibrant salsa. Mix well.

Assemble the Grilled Chile Flank Steak Dinner:

9. In a tray, place a serving of cooked brown rice.
10. Top the rice with slices of grilled flank steak.
11. Spoon the bell pepper salsa over the steak and rice.
12. Garnish with roasted corn.

**1 Serving, 13.58 oz**

BC#012352086595

Ingredients:

- 5.5 oz Cilantro Lime Rice
- 6.5 oz Seasoned Black Beans
- 2 oz PACE Pico De Gallo
- 3 each Flour Tortilla (6" Hand Pressed)
- 1.5 oz Fresh Cheese (Queso Fresco)
- 2 oz Raw Onions
- 2 Tbsp Red Wine Vinegar
- 0.5 oz Granulated Sugar
- 0.5 Pepper Jalapeno (raw)
- 0.25 tsp Ground Cumin
- 0.25 tsp Chili Powder
- 0.5 Lime Juice (raw)
- 1 Tbsp Extra Virgin Olive Oil
- 1 tsp Kosher Salt
- 1 Tbsp Coriander Leaves (Cilantro), raw
- 5 oz Chicken Breast (skinless, boneless, meat only, raw)



Instructions:

For Cilantro Lime Rice:

1. Cook the cilantro lime rice according to the package instructions.

For Seasoned Black Beans:

2. Heat the seasoned black beans in a saucepan over medium heat.

For Chicken:

3. Season the chicken breast with ground cumin, chili powder, and kosher salt.
4. In a skillet, heat olive oil over medium-high heat.
5. Cook the chicken breast until fully cooked, about 4-5 minutes per side. Once cooked, shred the chicken using forks.

For Assembling Tacos:

6. Warm the flour tortillas on a hot griddle or in the microwave.
7. Assemble each taco with a layer of cilantro lime rice, seasoned black beans, shredded chicken, PACE Pico De Gallo, sliced raw onions, fresh cheese (queso fresco), and sliced jalapenos.

For Garnish and Drizzle:

8. In a small bowl, mix red wine vinegar, granulated sugar, and lime juice to create a tangy dressing.
9. Drizzle the dressing over the assembled tacos.

Final Touch:

10. Garnish the tacos with fresh coriander leaves (cilantro) for added flavor.

1 Serving: 3 Tacos, 5.5 oz Rice, 6.5oz Beans and 2 oz Pico

BC#012352086571

Ingredients:

- 5oz Cilantro Lime Rice
- 5oz Seasoned Black Beans
- 5oz Beef, plate, inside skirt steak (lean only, trimmed to 1/4" fat)
- 2oz PACE Pico De Gallo
- 3 each Flour Tortilla (6" Hand Pressed)
- 1.5 oz Fresh Cheese (Queso Fresco)
- 2 oz Raw Onions
- 2 Tbsp Red Wine Vinegar
- 0.5 oz Granulated Sugar
- 0.5 Pepper Jalapeno (raw)
- 0.25 teaspoon Ground Cumin
- 0.25 tsp Chili Powder
- 0.5 oz Lime Juice (raw)
- 1 Tbsp Extra Virgin Olive Oil
- 1 tsp Kosher Salt
- 1 Tbsp Coriander Leaves (Cilantro), raw



Instructions:

1. Marinate the Steak:

1. Combine lime juice, olive oil, ground cumin, chili powder, sugar, vinegar and kosher salt in a bowl.
2. Coat the skirt steak with this marinade and let it marinate for at least 30 minutes.

2. Grill the Steak:

1. Preheat your grill to medium-high heat.
2. Grill the marinated steak for about 3-4 minutes per side or until it reaches your desired level of doneness.
3. Let the steak rest for a few minutes before slicing it thinly.

3. Prepare the Black Beans:

1. Prepare the black beans according to the sub-recipe instructions. **6.5 oz**

4. Make Cilantro Lime Rice:

1. Prepare the cilantro lime rice according to the sub-recipe instructions. **5.5 oz**

5. Prepare Toppings:

1. Dice the raw onions and jalapeno.
2. Crumble the queso fresco.

6. Assemble the Tacos:

1. Warm the flour tortillas.
2. Spread a layer of cilantro lime rice on each tortilla.
3. Top with seasoned black beans, grilled steak slices, PACE Pico De Gallo, diced onions, jalapeno, queso fresco, and fresh coriander leaves.

1 Serving: 3 Tacos, 5.5 oz Rice, 6.5oz Beans and 2 oz Pico

House Made Chips & Salsa

BC#012352086540

Ingredients:

For the Salsa:

- 4 medium-sized ripe Tomatoes, diced
- 4 oz Sweet Onions, finely chopped
- 1/4 cup Coriander (Cilantro) leaves, chopped
- 1 Jalapeno Pepper, finely diced (adjust to taste)
- 3 cloves Garlic, minced
- 0.5 oz Lime Juice
- 0.25 tsp Kosher Salt (adjust to taste)

For the Chips:

- 15 oz Corn Tortillas
- 5 Tbsp Shortening Fryer ZTF
- 1 tsp Kosher Salt

Instructions:

1. Prepare the Salsa:

- In a mixing bowl, combine diced tomatoes, chopped sweet onions, coriander leaves, diced jalapeno, minced garlic, lime juice, and kosher salt.
- Mix well, cover, and refrigerate for at least 30 minutes to let the flavors meld.

2. Make the Chips:

- Preheat your oven to 350°F (175°C).

3. Cut the Tortillas:

- Stack the corn tortillas and cut them into triangles.

4. Fry the Chips:

- In a large skillet, oil over medium-high heat.
- Fry the tortilla triangles in batches until golden brown and crispy. Drain on paper towels.

5. Season the Chips:

- While the chips are still warm, sprinkle kosher salt over them. Toss gently to coat evenly.

6. Serve:

- Allow the chips to cool slightly.
- Serve the homemade tortilla chips alongside the fresh salsa.



1 Serving: 6 oz Salsa and 3 oz Chips

Mac N Jack Casserole with Smoked Chicken

BC#012352086564

Ingredients:

For Mac n Jack Casserole:

- 1 lb Macaroni (dry, enriched)
- 2 oz Salted Butter
- 2.5 cups, fluid Heavy Whipping Cream (yields 2 cups whipped)
- 1 Extra Large Egg (whole, raw, fresh)
- 4 oz Cream Cheese
- 1 lb Cheddar Cheese
- 22 slices Pepper Jack Cheese (0.75 oz slices)
- .5 tsp Paprika
- .25 Tbsp Dried Parsley
- 1/4 tsp Crushed Red Pepper Flakes
- .25 tsp Onion Powder
- .25 tsp Ground Mustard Seed
- 0.5 tsp Kosher Salt
- .25 tsp Ground White Pepper

For Pulled Smoked Chicken: 1

- 20 oz Chicken Meat (Pulled Smoked)
- 5 oz Bullseye Original BBQ Sauce

Instructions:

For Mac n Jack Casserole:

1. Cook Macaroni:

1. Cook the macaroni according to the package instructions. Drain and set aside.

2. Make Cheese Sauce:

1. In a large saucepan, melt salted butter over medium heat.
2. Add the heavy whipping cream and whisk until it starts to simmer.
3. Stir in the cream cheese, cheddar cheese, and pepper jack cheese until melted and smooth.

3. Add Seasonings:

1. Mix in paprika, dried parsley, crushed red pepper flakes, onion powder, ground mustard seed, kosher salt, and ground white pepper. Stir until well combined.

4. Combine with Macaroni:

1. Add the cooked macaroni to the cheese sauce, stirring until the macaroni is evenly coated.

For Pulled Smoked Chicken:

5. Prepare Pulled Smoked Chicken:

5. In a bowl, combine pulled smoked chicken with Bullseye Original BBQ Sauce. Toss until the chicken is well coated.

Assemble the Mac n Jack Casserole with Pulled Smoked Chicken:

6. Serve:

6. Spoon the mac n jack cheese mixture into bowls.

7. Top with Pulled Smoked Chicken:

6. Add a generous portion of pulled smoked chicken on top of the mac n jack cheese mixture.

8. Garnish:

6. Garnish with additional shredded cheddar cheese, parsley, or a drizzle of BBQ sauce if desired.



1 Serving: 6 oz Salsa and 3 oz Chips

Shrimp Enchiladas W/ Zucchini & Corn

BC# 012352089701

Ingredients:

2 cups Coriander (cilantro) leaves, raw
15 oz Salsa Verde
1/4 cup Sour Cream
1 tbsp Olive Oil
8 oz Zucchini, sliced
16 oz Shrimp, peeled and chopped
1 tsp Dried Coriander Leaf
1/2 tsp Chili Powder
1 tsp Kosher Salt
2 cloves Garlic, minced
8 oz Corn
2 oz Queso Cotija
8 Corn Tortillas
2 oz Monterey Jack Cheese
1 oz Red Onion, chopped (for garnish)
1/2 Jalapeno Pepper, thinly sliced (for garnish)
1 cup Radishes, thinly sliced (for garnish)

**Instructions:**

Preheat the oven to 450°F. In a food processor, blend together 8 oz of cilantro leaves and salsa verde until smooth. Add sour cream and pulse until combined. Spread 1 cup of this mixture in a 7- by 11-inch baking dish, and transfer the remaining mixture to a medium bowl.

Heat olive oil in a large skillet over medium-high heat. Add zucchini and cook for 2 minutes. Add shrimp, coriander, chili powder, and 1/2 teaspoon salt. Cook, tossing, for 1 minute. Add minced garlic and cook for an additional minute. Remove from heat and toss with corn and crumbled queso cotija (ensure shrimp isn't fully cooked).

Wrap tortillas in a double layer of damp paper towels and microwave on High for about 1 minute until soft. Dip each tortilla in the reserved salsa mixture, shake off excess, then place on a cutting board. Top each tortilla with a heaping 1/4 cup of the shrimp-zucchini filling, roll up, and place seam side down in the baking dish. Repeat with remaining tortillas and filling.

Spoon any remaining salsa mixture over the enchiladas. Sprinkle with Monterey Jack cheese and bake for 8 to 10 minutes, until the cheese begins to brown. Serve topped with chopped red onion, cilantro, sliced radishes, and jalapeno slices.

Black Beans:**Ingredients:**

1 cup Onions, diced
1 cup Green Peppers, diced
4 cans (6.5 oz each) Seasoned Black Beans
1/4 cup Fresh Cilantro, chopped
1 tbsp Olive Oil
Dried spices (to taste)

Instructions:

In a small sauté pan, sauté onions and green peppers with olive oil until onions are translucent.

In a large mixing bowl, combine black beans and dried spices, gently folding to avoid breaking up the beans. Add sautéed onions and peppers.

Transfer the mixture to a 4-inch deep hotel pan sprayed with cooking spray. Add 2 cups of water, cover tightly with foil, and bake in a 325°F oven for approximately 20 minutes, or until heated through.

Remove the foil, sprinkle in chopped fresh cilantro, mix well, and serve.

Servings:

4 servings, with each serving packaged separately (669 grams per package) 23.6 ounces total per serving

Smoked Chicken Burrito

BC#012352086212

Ingredients:

- 2 oz Chicken Meat, Pulled, Smoked
- 1 oz Seasoned Black Beans
- 1 Flour Tortilla, 12"
- 1 oz PACE Pico De Gallo
- 1 oz Cheddar Cheese, shredded
- 1 oz Monterey Jack Cheese, shredded
- 0.06 cup Iceberg Lettuce, shredded
- 0.25 small Tomato, ripe, diced
- 2 oz Mexican Red Rice



Instructions:

1. Prepare the Ingredients:

1. Ensure that the smoked chicken is pulled into bite-sized pieces.
2. Warm the seasoned black beans and Mexican red rice according to package instructions.

2. Assemble the Burrito:

1. Lay the flour tortilla flat on a clean surface.
2. In the center of the tortilla, layer the pulled smoked chicken, seasoned black beans, Mexican red rice, PACE Pico De Gallo, shredded cheddar cheese, and shredded Monterey Jack cheese.

3. Add Fresh Ingredients:

1. Sprinkle shredded iceberg lettuce and diced tomatoes over the other ingredients.

4. Wrap the Burrito:

1. Fold in the sides of the tortilla and then roll it up tightly from the bottom to form a burrito.

5. Serve:

1. Serve the smoked chicken burrito hot at a minimum of 135° F in a labeled Tray

1 Serving: 1 Burrito

Ingredients:

BC#012352093838

- 6 oz frozen sweet yellow corn (kernels cut off cob)
- 1/4 medium sweet onion (peeled and finely diced)
- 1 jalapeno pepper (washed and minced)
- 2 tbsp fresh cilantro leaves (washed and chopped)
- 3/4 tbsp fresh lime juice
- 1/4 tsp kosher salt
- 24 oz cilantro lime rice (hot held, see sub recipe)
- 4 oz ripe red tomatoes (washed and rough-chopped)
- 4 x 2 oz guacamole chunky cups
- 4 x 7 oz sofritas (hot held, see sub recipe)
- 1 cup canned black turtle beans (drained and rinsed)



Preparation:

1. Thaw and prepare ingredients:

1. Thaw the frozen corn.
2. Peel and finely dice the onion.
3. Wash and mince the jalapeno.
4. Wash and finely chop the cilantro.
5. Wash and rough-chop the tomatoes.

2. Cook the rice: Prepare the cilantro lime rice according to the sub recipe and hold it hot.

3. Prepare the Sofritas: Prepare the sofritas according to the sub recipe and hold them hot.

4. Heat the beans: Drain and rinse the black turtle beans. Heat them in a saucepan over medium heat or in the microwave until warm. Hold hot.

5. Make the corn salsa: In a large bowl, mix together the thawed corn, minced jalapeno, diced onion, lime juice, chopped cilantro, and salt.

6. Build the bowls: To assemble, start with 6 oz of cilantro lime rice in the bottom of each bowl. Then, add 7 oz of sofritas, followed by 1/4 cup of beans, 1/4 cup of the corn salsa mixture, and 1 oz of chopped tomatoes. Serve with a 2 oz cup of guacamole on the side.

4 Servings, 6oz Cilantro Lime Rice, 7oz Sofritas, ¼ Cup Beans, ¼ Cup Corn and 1oz Tomatoes for a total of 520 Grams Each

Steak Fajita Bowl

BC#012352086007

Steak Fajita Bowl:

For the Steak Marinade:

Ingredients:

- 20 oz Beef flank steak, separable lean only, trimmed
- 3 tsp Garlic, minced
- 1 tsp Dried oregano leaves
- 1 tbsp Onion powder
- 1 tsp Garlic powder
- 0.5 cup Pineapple juice (unsweetened)
- 2 tsp Paprika
- 2 oz Worcestershire sauce
- 0.5 oz Lime juice

For the Cilantro Lime Rice:

Ingredients:

- 12 oz White Jasmine Long Grain
- 2.75 cups Water
- 2.75 tsp Chicken base (low sodium, no MSG, gluten-free)
- 1.5 oz Lime juice
- 3 tsp Garlic, minced
- 1 oz Salted butter
- 2 tsp Kosher salt

For the Fajita Bowl:

Ingredients:

- 8 oz Cheddar cheese, shredded
- 1 cup Corn kernels, boiled and drained
- 6 oz Onions, cooked and drained
- 8 oz Bell peppers (red), sliced
- 2 tbsp Fresh cilantro leaves (chopped)
- 12 oz Thick & Chunky Salsa

Instructions:

1. Marinate the Steak:

1. In a bowl, combine garlic, oregano, onion powder, garlic powder, pineapple juice, paprika, Worcestershire sauce, and lime juice.
2. Place the flank steak in a shallow dish and pour the marinade over it. Ensure the steak is well coated.
3. Marinate in the refrigerator for at least 1 hour or overnight.

2. Cook the Cilantro Lime Rice:

1. In a saucepan, combine rice, water, chicken base, lime juice, minced garlic, butter, and kosher salt.
2. Bring to a boil, then reduce heat, cover, and simmer until the rice is cooked and liquid is absorbed.
3. Fluff the rice with a fork and set aside. **5.5oz portion**

3. Cook the Steak:

1. Preheat a grill or stovetop pan over medium-high heat.
2. Grill the marinated steak for about 4-5 minutes per side or until it reaches your desired level of doneness.
3. Allow the steak to rest for a few minutes, then slice it thinly. **Divide into 4 portions**

4. Assemble the Fajita Bowl:

1. In each bowl, layer cilantro lime rice, sliced steak, shredded cheddar cheese, corn kernels, cooked onions, and sliced bell peppers. **¼ of each per bowl**
2. Top with fresh cilantro leaves and serve with **3oz Thick and chunky Salsa** on the side.

4 Servings 26.63oz each total



Steak Quesadilla

BC#012352090738

Ingredients

- 1 Flour Tortilla (14")
- 0.75 oz Cheddar Cheese
- 0.75 oz Monterey Cheese
- 1 tsp Taco Seasoning Mix
- 1 oz Pico De Gallo
- 1 oz Buttermilk
- 0.25 oz Salted Butter
- 0.25 oz Chipotle Peppers in Adobo Sauce
- 0.5 oz Fresh Cilantro
- 4 oz Beef Philly Steak
- 1 oz Green Bell Pepper
- 1 oz Red Bell Pepper
- 0.5 tbsp Canola Oil

Preparation Instructions



1. Prep Ingredients:

1. Wash, dry, and chop the cilantro.
2. Wash, de-seed, and julienne the bell peppers.

2. Cook Steak and Peppers:

1. In a large sauté pan over medium-high heat, add the canola oil.
2. Add the julienned bell peppers and beef Philly steak.
3. Season with taco seasoning.
4. Sauté until the meat is cooked through and the peppers are crisp-tender.

3. Make Chipotle Sauce:

1. In a mixing bowl, combine the buttermilk, mayonnaise, and chipotle peppers.
2. Mix with a hand mixer until smooth and creamy.

4. Assemble Quesadilla:

1. Preheat a flat-top grill.
2. Place the butter on the grill and lay out the tortilla.
3. Top the tortilla with cheddar cheese, Monterey cheese, beef mixture, chopped cilantro, pico de gallo, and chipotle sauce.
4. Cook until the cheese has melted and the tortilla is slightly crispy.

5. Finish and Serve:

1. Fold the tortilla in half.
2. Cut into 4 pieces.
3. Package and Label

Serving is one sandwich 15.5 ounces

Steak Quesadilla with Rice & Beans

Ingredients:**For the Quesadilla:**

- 1 large flour tortilla (14")
- 0.75 oz cheddar cheese
- 0.75 oz Monterey Jack cheese
- 1 tsp taco seasoning mix
- 1 oz PACE Pico De Gallo
- 1 oz whole milk
- 0.25 oz salted butter
- 0.25 oz La Costena Chipotle Peppers in Adobo Sauce
- 0.5 oz fresh cilantro leaves
- 1 serving (4 oz) Beef Philly Steak Breakaway
- 1 oz fresh green bell pepper
- 1 oz fresh red bell pepper
- 0.5 tbsp canola oil

For the Cilantro Lime Rice:

See sub recipe for 4 oz portion

For the Seasoned Black Beans:

See sub recipe for 4 oz portion

Preparation Instructions:

Seasoned Black Beans:**Quesadilla:****1. Prepare Quesadilla Ingredients:**

1. Wash, dry, remove leaves, and chop cilantro.
2. Wash, deseed, and julienne the bell peppers.
3. Slice the Beef Philly Steak Breakaway into thin strips.

2. Cook Quesadilla:

1. In a large sauté pan over medium-high heat, add canola oil.
2. Add the julienned bell peppers and sliced steak strips, season with taco seasoning, and sauté until the meat is cooked through and the peppers are crisp-tender.

3. Prepare Chipotle Sauce:

1. In a mixing bowl, combine buttermilk, mayo, and chipotle peppers. Use a hand mixer to blend until smooth and creamy.

4. Assemble and Cook Quesadilla:

1. Preheat a flat-top grill or large skillet.
2. Melt butter on the grill or skillet and lay out the flour tortilla.
3. Top the tortilla with cheddar and Monterey Jack cheeses, cooked steak and pepper mixture, chopped cilantro, PACE Pico De Gallo, and drizzle with chipotle sauce.
4. Cook until the cheese has melted and the tortilla is slightly crispy.
5. Fold the tortilla in half and cut into quarters.

To Serve:

•Serve the steak quesadilla with sides of cilantro lime rice and seasoned black beans.

Package and label as needed.

1 Serving = 1 Quesadilla, 4oz Cilantro Rice and 4oz Black Beans

BC#012352090776



BC# 012352089787

Ingredients:

3 oz Dry Jasmine Rice
1 oz Thick & Chunky Salsa (Pace brand or similar)
5 oz Low Sodium Canned Black Beans
1/2 tsp Dry Taco Seasoning Mix (original)
1/4 tsp Kosher Salt
1/4 tsp Ground Black Pepper
1.5 oz Fresh Green Bell Pepper, thinly sliced
1.5 oz Fresh Red Bell Pepper, thinly sliced
1.5 oz Sweet Onions, thinly sliced
1 tbsp Olive Oil
0.5 oz Fresh Coriander (Cilantro) Leaves, chopped
1/4 Lime, cut into wedges
5 oz Raw Sweet Potato, cubed
0.5 cup Cherry Tomatoes, halved
2 oz Chunky Guacamole
1 oz Cheddar Cheese, shredded

**Instructions:**

Prepare the jasmine rice according to package instructions, adding the salsa to the rice mixture before cooking. Keep the rice warm.

Heat the black beans. Keep them warm.

Wash and thinly slice the bell peppers and onions.

Wash, peel, and cube the sweet potatoes. Season them with taco seasoning, salt, and pepper. Arrange the seasoned sweet potatoes in a single layer on a sheet tray and roast in a preheated 400°F oven until golden brown and tender.

Heat olive oil over medium heat in a skillet. When the oil is hot, add the sliced peppers and onions. Cook until just tender.

To assemble the rice bowl, place 6 oz of cooked rice in a bowl. Top with 5 oz of heated black beans, 5 oz of roasted sweet potatoes, 3.5 oz of cooked peppers and onions mixture, 2.5 oz of halved cherry tomatoes, 2 oz of guacamole, and 1 oz of shredded cheddar cheese.

Garnish the bowl with fresh chopped cilantro and serve with a lime wedge on the side for squeezing over the bowl.

Servings:

1 serving packaged in 1 package (685 grams per package) or 24.16 ounces per total portion

Vegetarian Fajita Bowl

BC# 012352089800

Ingredients:

- 3 cloves of raw garlic, minced
- 1 teaspoon dried oregano leaves
- 1 tablespoon onion powder
- 1 teaspoon garlic powder
- ½ cup unsweetened canned pineapple juice
- 2 teaspoons paprika
- 2 ounces Worcestershire sauce
- ½ ounce fresh lime juice
- 8 ounces cheddar cheese
- 1.5 cups boiled and drained yellow sweet corn kernels
- 8 ounces cooked onions, drained
- 8 ounces raw red bell peppers, sliced
- ½ cup fresh cilantro leaves
- 12 ounces Thick & Chunky Salsa
- 16 ounces low-sodium canned chickpeas, drained
- 1 teaspoon Fajita seasoning
- ½ teaspoon Fajita seasoning
- 1 teaspoon paprika
- 1 teaspoon ground cumin
- 1 tablespoon olive oil
- 1 avocado
- ½ ounce fresh lime juice
- 1 lime
- ¼ cup fresh cilantro leaves
- 16 ounces Cilantro Lime Rice



Preparation instructions:

Prepare Cilantro Lime Rice:

- Wash the rice thoroughly three times before cooking.
- Wash, dry, and chop the cilantro.
- Wash, deseed, and mince the jalapeno.
- Peel, wash, and finely dice the onion.
- Wash and juice the limes.

- In a blender, combine cilantro, garlic, jalapeno, and 2 cups of stock. Blend until smooth and set aside.
- Heat olive oil in a large frying pan over medium-high heat. Add the onion and cook until softened, about 2 minutes.
- Add the rice and salt, stir to coat in oil, and cook until the rice becomes opaque, about 2 minutes.
- Carefully pour the cilantro mixture and the remaining stock into the rice, and stir to combine.
- Bring the mixture to a boil, then reduce heat to low to simmer. Cover and cook until the rice is tender, about 15 minutes.
- Turn off the heat and let the rice rest covered for 5 minutes. Then, add lime juice, fluff with a fork, and serve.

Marinated Chickpeas:

- Marinate chickpeas in Worcestershire sauce, lime juice, minced garlic, and pineapple juice, seasoned with oregano, paprika, garlic powder, and onion powder overnight.
- The next day, remove chickpeas from the marinade and pat them dry. Place them in a single layer on a baking sheet and roast in a preheated oven at 400°F until golden brown and crisp.

Bell Peppers and Onions:

- Wash, remove seeds, and julienne the bell peppers.
- Peel and julienne the onions.
- Sauté them with Fajita seasoning until crisp-tender.

Roasted Corn:

- Toss corn with a small amount of oil, ground cumin, paprika, and Fajita seasoning. Place in a single layer on a baking sheet and roast in a 400°F oven until golden brown.

Assembly:

- Place 4 ounces of Cilantro Lime Rice in the bottom of each container.
- Divide each bowl into 6 sections:
- Top one section with 4 ounces of sautéed onions and peppers.
- In another section, place 4 ounces of roasted chickpeas.
- In another section, place 3 ounces of roasted corn.
- In another section, place 1.5 ounces of cubed avocado.
- In another section, place 2 ounces of cheddar cheese.
- In the last section, place 3 ounces of Thick & Chunky Salsa.
- Garnish each container with fresh cilantro leaves and lime wedges.

Servings:

4 servings, divided into 4 packages (each package weighing 675 grams) or 23.81 ounces per serving

CANTEEN  KITCHENS



Calzones & Pizza

Ingredients:

- 0.25 clove raw garlic
- 4 oz canned crushed tomatoes (undrained)
- 1 self-rising pizza dough crust (7")
- 3 oz whole milk mozzarella cheese
- 2.5 oz whole milk ricotta cheese
- 0.13 tbsp fresh basil, chopped
- 0.13 tsp kosher salt
- 1 tbsp fresh parsley, chopped
- 0.25 tbsp olive oil
- 1 oz shredded Parmesan cheese
- 0.25 cup ready-to-serve marinara sauce

Sauce
BC#012352090660

**Preparation Instructions:****Prepare the Sauce:**

1. Pulse the garlic in a food processor until finely chopped.
2. Thoroughly drain the canned crushed tomatoes in a mesh sieve, discarding the juices. The weight in the recipe is the undrained amount; the drained portion should be approximately 2 oz.
3. Transfer the drained tomatoes to the food processor and add the olive oil, basil, and a small amount of salt. Pulse until the tomatoes break down into a slightly chunky sauce, about 12-15 times. This sauce will be served on the side.

Prepare the Filling:

1. Mix together the ricotta, Parmesan, and mozzarella cheeses in a bowl.
2. Fold in the chopped parsley and finely chopped garlic.

Assemble the Calzone:

1. Ensure the pizza dough is completely thawed. Dock the dough and stretch it out.
2. Spread 2 oz of the prepared sauce over the crust.
3. Place the cheese filling on one half of the crust.
4. Fold the other side of the crust over the filling.
5. Braid the edges to seal in the filling and cut three small slits across the top of the calzone.
6. Place the calzone in a preheated pizza oven and bake until the crust is golden brown and the filling is heated through. 350 Degrees for roughly 15 minutes

To Serve:

1. Serve the calzone with a 4 oz side of the prepared marinara sauce.
- Package and label as needed.

1 Serving = 1 Calzone and 4 oz Cup of Marinara

Ingredients

1 oz PAM Cooking Spray (original) **BC#012352093418**
2 x 7" Self-Rising Pizza Crusts
1.33 cups Whole Milk Mozzarella Cheese (shredded)
4 oz Pizza Sauce (canned, ready-to-serve)
2 oz Pepperoni (pork, beef, sliced)
2 oz Spicy Italian Sausage (crumbled, for pizza topping)
2 oz Onion (peeled and diced)
2 oz Green Bell Pepper (washed, de-seeded, and diced)
2 oz White Mushrooms (washed, dried, and diced)
1.5 tbsp Salted Butter
0.5 oz Italian Basil Pesto
2 oz Shredded Parmesan Cheese
0.33 cup Grated Parmesan Cheese
0.25 cup Fresh Basil (chopped, for garnish)



Preparation Instructions

1. Preheat the Oven:

Preheat the oven to 425°F. Lightly grease a jumbo muffin tin with PAM cooking spray.

2. Prepare the Pizza Dough:

Divide each of the two pizza dough crusts in half. Flatten each half into a rough disc using your fingers. Gently press each disc into the bottom of one of the muffin cups, ensuring it fits snugly. Repeat this for all muffin cups. Cover the tin with plastic wrap and place in a warm spot to allow the dough to rise for about 1 hour, or until doubled in size.

3. Prepare the Vegetables:

Peel and dice the onion.

Wash, de-seed, and dice the green bell pepper.

Wash, dry, and dice the mushrooms.

In a sauté pan over medium heat, add the butter and basil pesto. Once the butter is melted, add the diced onions, bell pepper, and mushrooms. Sauté until the vegetables are tender-crisp, about 5 minutes.

4. Assemble the Pizzas:

Once the dough has risen, press it down gently in the middle and push it up along the sides of the muffin cups to form a crust.

Place about 1/3 cup shredded mozzarella cheese and 0.5 oz of shredded Parmesan cheese into each cup. Then, add approximately 1 ounce of pizza sauce on top of the cheese.

5. Add the Toppings:

Top each mini pizza with a combination of pepperoni, crumbled spicy Italian sausage, and the sautéed vegetables. Sprinkle the grated Parmesan evenly over the top of each pizza.

6. Bake:

Place the muffin tin in the preheated oven (placing it directly on a pizza stone, if available). Bake for 10 to 15 minutes, or until the pizzas are browned and puffed up. The pizzas may rise past the muffin cups or bubble over slightly, but don't worry; they will deflate once removed from the oven.

7. Serve:

Carefully remove the mini pizzas from the muffin tin. Garnish with fresh chopped basil, if desired.

4 Servings, 250 Grams Each

Ingredients:

Marinara

BC# 012352089763

- 1/4 clove Raw Garlic
- 4 ounces Crushed Tomatoes (canned, drained)
- 2 slices Pepperoni (pork, beef)
- 1 Self-Rising Pizza Dough (7" crust)
- 2 ounces Whole Milk Mozzarella Cheese
- 1.5 ounces Whole Milk Ricotta Cheese
- 1/4 tablespoon Fresh Basil, chopped
- 1/8 teaspoon Kosher Salt
- 1 tablespoon Fresh Parsley
- 1/4 tablespoon Olive Oil
- 1 ounce Shredded Parmesan Cheese
- 1/4 cup Ready-to-Serve Spaghetti/Marinara Sauce



Preparation Instructions:

In a food processor, pulse the garlic until finely chopped. Drain the canned tomatoes in a mesh sieve, discarding the juices. Transfer the drained tomatoes to the food processor. Add olive oil, basil, and a pinch of salt. Pulse until the tomatoes break down into a slightly chunky sauce, about 12-15 times. Set aside this side of sauce.

In a bowl, mix together ricotta, parmesan, and mozzarella cheeses. Fold in the chopped parsley and garlic.

Chop the pepperoni into thin strips and fold them into the cheese mixture.

Ensure that the pizza dough is completely thawed. Dock the dough and stretch it out. Spread 2 ounces of the prepared sauce over one half of the crust.

Place the prepared cheese and pepperoni filling on one side of the crust. Fold the other half of the crust over the filling.

Braid the edges to seal in the filling. Make three small slits across the top of the calzone.

Place the calzone in a preheated pizza oven and bake until the crust is golden brown and cooked through.

Serve the calzone with a 4-ounce side of the remaining house-made marinara sauce

Servings:

This recipe makes 1 serving, with each package weighing approximately 565 grams or 20 ounces total per serving

Pepperoni Calzone & Fries

BC#012352086526

Ingredients:

For the Pepperoni Calzone:

- 1 clove Garlic, minced
- 4 oz Crushed Tomatoes (canned)
- 2 oz Pepperoni slices
- 1 Pizza Dough (7" Self Rising)
- 2 oz Mozzarella Cheese, shredded
- 1.5 oz Ricotta Cheese
- 2 Tbsp Fresh Basil, chopped
- 1/8 tsp Kosher Salt
- 1 Tbsp Fresh Parsley, chopped
- 1 Tbsp Olive Oil
- 1 oz Parmesan Cheese, shredded

For the Fries:

- 5 oz Colossal Crisp Fries

Instructions:

1. Preheat the Oven:

- Preheat your oven to 425°F (220°C).

2. Prepare the Calzone Filling:

- In a bowl, combine minced garlic, crushed tomatoes, pepperoni slices, shredded mozzarella, ricotta cheese, chopped basil, kosher salt, and chopped parsley. Mix well.

3. Roll Out the Pizza Dough:

- Roll out the pizza dough on a floured surface to about 7 inches in diameter.

4. Assemble the Calzone:

- Place half of the prepared filling on one side of the rolled-out pizza dough, leaving a border around the edges.
- Fold the other half of the dough over the filling and seal the edges by pressing them together.

5. Brush with Olive Oil:

- Brush the top of the calzone with olive oil for a golden finish.

6. Bake:

- Place the calzone on a baking sheet and bake in the preheated oven for 15-20 minutes or until the crust is golden brown.

7. Prepare the Fries:

- While the calzone is baking, prepare the Colossal Crisp Fries according to the sub recipe.

8. Serve:

- Once the calzone is cooked and the fries are crispy, remove them from the oven.
- Sprinkle shredded Parmesan cheese over the calzone and serve it with the Colossal Crisp Fries.



1 Serving: 1 Calzone and 5 oz Fries

BC#012352093661

Ingredients:

- 4 x 7" Self-Rising Pizza Dough Crusts
- 16 oz Pizza Sauce (canned, ready-to-serve)
- 1.5 cups Shredded Whole Milk Mozzarella Cheese
- 4 oz Pepperoni (pork, beef)
- 2 oz Shredded Parmesan Cheese
- 1 tablespoon Olive Oil (salad or cooking)
- 1 teaspoon Italian Seasoning
- 1 tablespoon Grated Parmesan Cheese

**Preparation Instructions:****1. Prepare the Oil Mixture:**

1. Whisk together the olive oil, Italian seasoning, and grated Parmesan in a small bowl. Set aside.

2. Prepare the Dough:

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper and set aside.
2. Remove the pizza dough from the freezer and allow it to thaw completely.
3. Once thawed, place the dough on a lightly floured surface and stretch it slightly to form a circle.

3. Assemble the Hand Pies:

1. Spoon 2 oz of pizza sauce onto the center of each dough circle and spread it out evenly.
2. Place 1.5 oz of shredded mozzarella cheese and 1 oz of pepperoni in the center of the dough.
3. Sprinkle a generous amount of shredded Parmesan cheese over the toppings.
4. Carefully fold one side of the dough over the filling and press the edges together to seal.
5. Use a fork to press gently along the edges to further seal the hand pie.

4. Bake the Hand Pies:

1. Brush the tops of the hand pies with the prepared oil mixture, and make a small slit on top of each pie to allow steam to escape.
2. Place the hand pies on the prepared baking sheet and bake for approximately 20 minutes or until the dough is golden brown.

5. Serve:

1. Serve 1 hand pie per portion, with a 2 oz cup of pizza sauce for dipping.

4 Servings, 400 Grams Each

Sausage Calzone & Side Marinara

Ingredients:

BC# 012352089831

- 1/4 clove Raw Garlic, finely chopped
- 2 oz Crushed Tomatoes (canned), drained
- 1 Self-Rising Pizza Dough (7-inch crust)
- 2 oz Whole Milk Mozzarella Cheese
- 1.5 oz Whole Milk Ricotta Cheese
- 2 tbsp Fresh Basil, chopped
- 1/8 tsp Kosher Salt
- 1 tbsp Fresh Parsley
- 1/4 tbsp Olive Oil
- 1 oz Shredded Parmesan Cheese
- 1/4 cup Ready-to-Serve Spaghetti/Marinara Sauce
- 2 oz Cooked Italian Pork Sausage



Instructions:

In a food processor, pulse garlic until finely chopped. Thoroughly drain canned tomatoes in a mesh sieve, discarding the juices. The weight mentioned in the recipe is for the undrained amount; the drained portion should be approximately 2 ounces. Transfer the drained tomatoes to the food processor. Add olive oil, basil, and a small amount of salt. Pulse until the tomatoes break down into a slightly chunky sauce, about 12-15 times. This will serve as the side of sauce.

In a mixing bowl, combine ricotta, parmesan, and mozzarella cheeses. Fold in chopped parsley and chopped garlic.

Chop the cooked Italian pork sausage into bite-sized pieces and fold them into the cheese mixture.

Ensure the pizza dough is completely thawed, then dock the dough and stretch it. Spread 2 ounces of sauce over half of the crust.

Place the prepared filling on one half of the crust and fold the other half over it.

Braid the edges to seal in the filling and make three small slits across the top of the calzone.

Place the calzone in a pizza oven and bake until completely cooked; the crust should be golden brown.

Serve with a 4-ounce side of the prepared house-made marinara sauce.

Servings:

1 serving packaged in 1 package (565 grams per package) or 20 ounces total per serving

Veggie Calzone & Fries

BC#012352086533

Ingredients:

For the Veggie Calzone:

- 1 clove Garlic, minced
- 1 tsp Chives, chopped
- 1 Pizza Dough (7" Self Rising)
- 2.5 oz Mozzarella Cheese, shredded
- 1.5 oz Ricotta Cheese
- 1.5 oz Broccoli, chopped
- 1 oz Red Bell Pepper, diced
- 0.5 oz Sweet Onion, diced
- 1 oz Spinach, chopped
- 1 oz White Mushrooms, sliced
- 1 tbsp Olive Oil
- 0.5 tsp Kosher Salt
- 0.5 tsp Black Pepper, ground
- 1 oz Parmesan Cheese, shredded
- 2 oz Pasta Sauce (ready-to-serve)

For the Fries:

- 5 oz Colossal Crisp Fries

Instructions:

1. Preheat the Oven:

- Preheat your oven to 425°F (220°C).

2. Prepare the Veggie Filling:

- In a pan, sauté minced garlic, chives, broccoli, red bell pepper, sweet onion, spinach, and white mushrooms in olive oil until tender. Season with salt and black pepper. Set aside.

3. Roll Out the Pizza Dough:

- Roll out the pizza dough on a floured surface to about 7 inches in diameter.

4. Assemble the Calzone:

- Spread the ricotta cheese over one half of the rolled-out pizza dough.
- Add the sautéed veggie mixture on top of the ricotta.
- Sprinkle shredded mozzarella over the veggies.
- Fold the other half of the dough over the filling and seal the edges by pressing them together.

5. Brush with Olive Oil:

- Brush the top of the calzone with olive oil for a golden finish.

6. Bake:

- Place the calzone on a baking sheet and bake in the preheated oven for 15-20 minutes or until the crust is golden brown.

7. Prepare the Fries:

- While the calzone is baking, prepare the Colossal Crisp Fries according to the sub recipe.

8. Serve:

- Once the calzone is cooked and the fries are crispy, remove them from the oven.
- Sprinkle shredded Parmesan cheese over the calzone and serve it with a side of pasta sauce and Colossal Crisp Fries.



1 Serving: 1 Calzone and 5 oz Fries

Ingredients:**BC#012352091001**

- 1 crust 7" Pizza Dough, Self Rising
- 1 oz Catsup (Ketchup)
- 1 tsp Mustard, prepared, yellow (or 1 packet)
- 3 tbsp Mayonnaise, regular Salad Dressing
- 0.25 oz Pickle Relish, sweet
- 4 oz Ground Beef, 85% lean meat / 15% fat, raw
- 1 tsp Seasoning - All Purpose
- 0.75 cup Shredded Cheddar Cheese
- 0.25 oz Onions, raw
- 8 slices Pickles, cucumber, dill or kosher dill
- 4 slices cooked, baked Pork, cured, bacon, cooked
- 1 tbsp Catsup (Ketchup)
- 2 tsp Mustard, prepared, yellow (or 1 packet)

**Preparation Instructions:****Prep:**

- Thaw and dock the pizza dough.
- Mix together the larger amounts of ketchup and mustard with the mayonnaise and pickle relish.
- Peel and julienne the red onion.
- In a sauté pan over medium heat, cook the ground beef, seasoning with all-purpose seasoning. Cook until browned, then drain all grease.
- Cook the bacon slices until crisp, drain well, and crumble.

Cooking:

- Preheat the oven to 425°F or preheat a pizza oven.
- Slightly stretch the pizza dough.
- Spread the mayonnaise mixture over the dough, leaving a ring along the outer edge.
- Top with cooked ground beef.
- Sprinkle with shredded cheddar cheese.
- Sprinkle the top with red onions.
- Place into the oven and cook until the crust is golden brown and bubbly.

Final Touches:

- Remove the pizza from the oven and arrange pickle slices around the top of the pizza.
- Using the smaller amounts of ketchup and mustard, squeeze or drizzle circles of condiments over the top.

1 Serving: 603 Grams or 21.27 Ounces

Cheese Personal Pizza

BC#012352087448

Ingredients:

- 1 (7-inch) Pizza Dough Self Rising
- 2.5 oz Sauce, pizza, canned, ready-to-serve
- 3 oz Cheese, mozzarella, whole milk
- 1/4 tsp Italian Seasoning
- 1/3 tbsp Cheese, parmesan, grated
- 1 oz Cheese, parmesan, shredded
- 1 oz Cheese, provolone

Instructions:



1. Preheat your oven to the temperature specified on the pizza dough package.
2. Roll out the pizza dough on a lightly floured surface until it reaches the desired thickness.
4. Place the rolled-out dough on a pizza pan or baking sheet. Spread the pizza sauce evenly over the dough, leaving a small border around the edges.
5. Sprinkle the mozzarella cheese evenly over the sauce.
6. Sprinkle the Italian seasoning over the cheese.
7. Sprinkle the grated parmesan cheese over the pizza. Add the shredded parmesan cheese evenly over the top.
8. Lastly, place the provolone cheese slices evenly on top of the pizza.
9. Bake in the preheated oven according to the instructions on the pizza dough package, typically until the crust is golden brown and the cheese is melted and bubbly.
10. Remove from the oven and let it cool for a moment, slice and box with a label

1 Serving =1 Pizza

Pepperoni Pizza

BC#012352085994

Pepperoni Personal Pan Pizza:

Ingredients:

- 1 Pizza Dough Self Rising (7" diameter)
- 2.5 oz Pizza Sauce (canned, ready-to-serve)
- 3 oz Mozzarella cheese, whole milk
- 1.5 oz Pepperoni (pork, beef)
- 1/4 tsp Italian Seasoning
- 1 tbsp Parmesan cheese, grated



Instructions:

1. Preheat your oven to the temperature specified on the Pizza Dough Self Rising package.
2. Roll out the pizza dough on a floured surface to fit a 7" pizza pan or a baking sheet.
3. Place the rolled-out dough on the pan.
4. Spread the pizza sauce evenly over the dough, leaving a small border around the edges for the crust.
5. Sprinkle the mozzarella cheese over the sauce, covering the entire surface of the pizza.
6. Distribute the pepperoni slices evenly over the cheese.
7. Sprinkle Italian seasoning over the top for added flavor.
8. Bake in the preheated oven according to the instructions on the pizza dough package or until the crust is golden and the cheese is melted and bubbly.
9. Once out of the oven, sprinkle grated Parmesan cheese over the hot pizza.
10. Let the pizza cool for a few minutes before slicing and placing in the container for sale.

1 Serving =1 Pizza

BC#012352091568

Ingredients:

- **1 x 7" self-rising pizza dough crust**
- **2.5 oz canned pizza sauce, ready-to-serve**
- **3 oz whole milk mozzarella cheese**
- **1/4 tsp Italian seasoning**
- **0.33 tbsp grated parmesan cheese**
- **1.5 oz cooked Italian pork sausage**



Preparation Instructions:

- 1. Preheat oven** to the appropriate temperature (typically 425°F or as per dough package instructions).
- 2. Thaw the dough** if frozen, allowing it to come to room temperature.
- 3. Stretch and dock** the dough by pressing it out evenly to form a pizza base, then use a fork to poke small holes across the dough to prevent air bubbles.
- 4. Top the pizza** with **2.5 oz pizza sauce**, **3 oz mozzarella cheese**, **1.5 oz Italian sausage**, **1/4 tsp Italian seasoning**, and **0.33 tbsp grated parmesan**.
- 5. Place in the hot oven** and bake for 10 to 15 minutes, or until the crust is golden brown and the cheese is melted and bubbly.
- 6. Remove, cool slightly, slice, and serve.**
- 7. Package and label for service**

1 total serving across 1 package (400 grams per package)

Supreme Personal Pizza

BC#012352089909

Ingredients:

- 1 self-rising pizza dough crust (7")
- 2.5 oz canned ready-to-serve pizza sauce
- 3 oz whole milk mozzarella cheese
- 1 oz pepperoni (pork, beef)
- 1/4 tsp Italian seasoning
- 0.33 tbsp grated Parmesan cheese
- 0.5 oz raw onions
- 0.5 oz fresh green bell pepper
- 0.5 oz sliced black olives
- 1 oz cooked Italian pork sausage



Preparation Instructions:

1. Preheat the Oven:

1. Preheat your oven to the recommended temperature. 375 Degrees

2. Prepare the Dough:

1. Thaw the pizza dough if frozen.
2. Stretch out the dough and dock it (prick with a fork to prevent bubbles).

3. Assemble the Pizza:

1. Spread 2.5 oz of pizza sauce evenly over the stretched dough.
2. Sprinkle the mozzarella cheese over the sauce.
3. Arrange the pepperoni slices on top.
4. Sprinkle with Italian seasoning and grated Parmesan cheese.
5. Scatter the raw onions, green bell pepper slices, black olive slices, and cooked Italian sausage evenly over the pizza.

4. Bake:

1. Place the prepared pizza in the preheated oven.
2. Bake for approximately 10 to 15 minutes, or until the crust is golden brown and the cheese is melted and bubbly.

5. Serve:

1. Remove from the oven and let it cool slightly before slicing and serving.

Package and label as needed.

1 Serving = 1 Pizza

CANTEEN  KITCHENS



A la Carte Hot Sides With Labels

Baked Potato Plain

BC#012352090769

Ingredients:

1 large potato (white, flesh, and skin, baked; 3" to 4-1/4" diameter)

1 oz salted butter

0.5 tbsp extra virgin olive oil

1 tsp kosher salt

1 tsp ground black pepper



Preparation Instructions:

1. Preheat your oven to 400 degrees Fahrenheit.
2. Thoroughly wash the potato and place it on a baking sheet.
3. Dry the potato, then rub it with olive oil.
4. Generously sprinkle the potato with kosher salt and ground black pepper.
5. Bake the potato for 45 minutes or until it is soft to the touch.
6. Remove the potato from the oven, cut it open, and top it with 1 oz of salted butter.
7. Package the prepared potato and label it accordingly.

1 Serving = 1 Potato

Ingredients:

Salad

BC#012352093913

- 1 lb raw carrots
- 3 Medjool dates (pitted)
- 1/4 cup raw pistachios
- 1/3 cup fresh cilantro leaves
- 1/4 cup fresh spearmint leaves
- 2 tbsp olive oil (for salad or cooking)
- 2 tbsp fresh lemon juice
- 1 tbsp tahini (from roasted sesame seeds)
- 6 oz canned chickpeas (drained and rinsed)

Preparation:

1. Prepare the ingredients:

1. Wash and julienne the carrots.
2. Pit the dates and finely chop them.
3. Chop the pistachios into small pieces.
4. Wash and finely chop the cilantro and spearmint leaves.
5. Grate or finely mince garlic (optional if you prefer garlic in the dressing).
6. Drain and rinse the chickpeas.

2. Make the dressing:

1. In a bowl, whisk together olive oil, lemon juice, tahini, honey (optional), garlic, cumin, and a pinch of salt until well combined.

3. Assemble the salad:

1. In a large bowl, combine the carrots, chickpeas, dates, pistachios, cilantro, and mint. Toss everything together.



Ingredients:

BC#012352093883

- 2 cups whole milk (3.25% milkfat with added vitamin D)
- 2 cups tap water (8 fl oz)
- 1/2 tsp kosher salt
- 1 cup whole-grain yellow cornmeal
- 4 tbsp unsalted butter
- 1/2 tsp ground black pepper
- 4 oz cheddar cheese
- 2 tsp low-sodium, MSG-free chicken base
- 2 oz grated parmesan cheese



Preparation:

1. Prep the ingredients:

1. Shred the cheddar and parmesan cheeses.
2. Combine the water and chicken base to form the broth.

2. Cook the polenta: In a pot, whisk together the cold milk, chicken broth, salt, and cornmeal.

3. Bring to a boil: Place the pot over medium-high heat and bring the mixture to a boil, whisking frequently. Once boiling, reduce the heat to low and cover.

4. Simmer: Let the polenta simmer on low heat for about 20 minutes, stirring every 3-4 minutes to prevent sticking and burning.

5. Finish the dish: Remove the pot from the heat. Stir in the butter and pepper, then gradually stir in the cheeses, making sure each addition melts fully before adding more.

6. Serve: Spoon 8 oz of the polenta into a serving container and serve hot.

5 Servings, 8oz Each

Colossal Crispy Fries

BC# 012352089541

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 5oz to container and label



1 Serving = 5 oz

Ingredients:

BC#012352093906

- 3 tbsp unsalted butter
- 1/2 cup chopped shallots
- 2 cloves garlic (minced)
- 2 cups heavy whipping cream (yields 2 cups whipped)
- 1/2 tsp kosher salt
- 1/4 tsp ground black pepper
- 1/8 tsp ground nutmeg
- 1/2 cup grated parmesan cheese
- 2 lbs frozen spinach (chopped or leaf)



Preparation:

- 1.Prepare the spinach:** Thaw the frozen spinach and squeeze out as much excess water as possible (you'll need 2 lbs of drained spinach).
- 2.Prepare the aromatics:** Finely chop the shallots and mince the garlic. Shred the parmesan cheese.
- 3.Cook the shallots:** In a large skillet, melt the butter over medium-low heat. Add the shallots and cook, stirring frequently, for about 4 minutes, or until they become soft and translucent.
- 4.Add the garlic:** Stir in the minced garlic and cook for another minute, until fragrant.
- 5.Simmer the cream:** Add the cream, salt, pepper, and nutmeg to the skillet. Bring the mixture to a gentle simmer. Let it simmer uncovered for about 10 minutes, stirring occasionally, until the cream thickens and can coat the back of a spoon.
- 6.Finish the sauce:** Once the cream has thickened, add the grated parmesan cheese and stir until fully melted. Then, add the thawed spinach and mix well to combine. If the spinach causes the mixture to become too watery, reduce the heat to medium-low and continue cooking until it thickens again.
- 7.Serve:** Portion the spinach mixture into 6 oz servings and enjoy.

7 Servings, 6oz Each

Grilled Veggies

BC# 012352089862

Ingredients:

- 10 oz Sweet Red Bell Peppers, sliced
- 15 oz Yellow Bell Peppers, sliced
- 10 oz Sweet Onions, sliced
- 5 oz Red Onions, sliced
- 20 oz Carrots, julienned
- 15 oz Broccoli, cut into small florets
- 20 oz White Mushrooms, sliced
- 10 oz Cauliflower, cut into small florets
- 6 tablespoons Olive Oil
- 0.5 tablespoon Ground Black Pepper
- 1 Tablespoon Kosher Salt
- 1 Tablespoon Chili Powder
- 2 teaspoons Ground Cumin
- 0.5 teaspoon Red or Cayenne Pepper
- 2 teaspoons Garlic, minced

**Instructions:****1. Preheat the Grill:**

1. Preheat your grill to medium-high heat.

2. Prepare Vegetables:

1. In a large mixing bowl, combine all the sliced and julienned vegetables.

3. Make Spice Mix:

1. In a small bowl, mix the black pepper, kosher salt, chili powder, ground cumin, red or cayenne pepper, and minced garlic.

4. Coat Vegetables:

1. Drizzle the olive oil over the vegetables and toss them to ensure they are evenly coated.

5. Season:

1. Sprinkle the spice mix over the vegetables and toss again to evenly distribute the spices.

6. Grill:

1. Place the seasoned vegetables on the preheated grill. Grill for about 8-10 minutes, turning occasionally, until they are tender and have a nice char.

7. Serve:

1. Once grilled to perfection, transfer the veggies to the meal tray hot.

12.5/8oz Portions

House Made Chips

BC#012352089534

Ingredients:

- 1 cup Potato Chip Natural Fry Raw
- 0.5 Tbsp Shortening ZTF for frying
- 1 tsp Kosher Salt

Instructions:

1. Prepare the Potatoes:

1. Use Lamb Weston Potato Chip Natural Fry Raw

2. Preheat the Oil:

1. In a deep frying pan or a deep fryer, heat vegetable oil to around 350°F (175°C).

3. Fry the Potato Slices:

1. Carefully add the potato slices to the hot oil in batches to avoid overcrowding. Fry until they turn golden brown and crispy, which usually takes about 2-3 minutes per batch.

4. Drain Excess Oil:

1. Once the potato slices are crispy and golden, use a slotted spoon to remove them from the oil. Place them on a paper towel-lined plate to absorb any excess oil.

5. Season with Salt:

1. While the chips are still warm, sprinkle them with kosher salt. Toss gently to ensure an even coating.

6. Cool and Serve:

1. Allow the homemade chips to cool for a few minutes before serving. They will continue to crisp up as they cool. Add to container and label



1 Serving = 1 Cup

Ingredients:

BC#012352093890

- 2 1/2 cups all-purpose white flour (enriched, bleached)
- 1 1/2 cups whole-grain yellow cornmeal
- 1/3 cup granulated sugar
- 2 tbsp double-acting baking powder (straight phosphate)
- 2 tsp kosher salt
- 2 cups whole milk (3.25% milkfat with added vitamin D)
- 3 extra-large whole eggs (fresh)
- 1 tbsp unsalted butter
- 8 oz cheddar cheese
- 8 tbsp chopped spring onions (scallions)
- 2 jalapeño peppers

**Preparation:****1. Prep the ingredients:**

1. Wash and chop the jalapeños, removing the stems and seeds.
2. Wash and thinly slice the spring onions.
3. Whisk the eggs to lightly beat them.
4. Melt the butter.
5. Bring the eggs and milk to room temperature.
6. Grate the cheddar cheese.

2. Make the dry mix: In a large bowl, combine the flour, cornmeal, sugar, baking powder, and salt. Whisk thoroughly to ensure even mixing.

3. Make the wet mix: In a medium bowl, whisk together the milk, eggs, and melted butter until well combined.

4. Combine wet and dry ingredients: Pour the wet ingredients into the dry ingredients and stir gently until just combined. Avoid overmixing.

5. Add the mix-ins: Stir in the cheddar cheese, chopped jalapeños, and spring onions. Let the batter rest for 20-25 minutes.

6. Preheat and prepare the pan: While the batter rests, preheat your oven to 350°F. Spray a 9x13" baking pan with non-stick cooking spray.

7. Bake the cornbread: Pour the batter into the prepared pan and bake for 30-35 minutes, or until a toothpick inserted comes out clean. Allow the cornbread to cool before cutting it into 12 even squares.

8. Serve: Serve warm or at room temperature.

12 Servings, 118 Grams Each

Ingredients:

BC#012352093876

- 2 tbsp olive oil (for salad or cooking)
- 2 tbsp unsalted butter
- 1 1/2 tsp kosher salt
- 4 cloves garlic (minced)
- 2 tsp fresh thyme (minced)
- 4 tbsp fresh parsley (chopped)
- 3/4 tsp ground black pepper
- 30 oz brown mushrooms (Italian or Crimini, raw)



Preparation:

1. Prep the ingredients:

1. Clean and trim the mushrooms, then cut them into quarters.
2. Mince the garlic.
3. Wash and mince the thyme leaves.
4. Wash and chop the parsley.
5. Melt the butter and mix it with the olive oil.
6. Preheat the oven to 450°F.

2. Prepare the mushrooms: Place the mushrooms on a rimmed baking sheet and drizzle them with the olive oil and butter mixture.

3. Season the mushrooms: Sprinkle with salt and pepper, then toss everything to ensure the mushrooms are well coated.

4. Roast the mushrooms: Spread the mushrooms in a single layer on the sheet pan. Bake in the preheated oven for 10 minutes.

5. Add herbs and garlic: Remove the mushrooms from the oven and toss them with the minced garlic, thyme, and parsley. Spread them back into a single layer on the sheet pan.

6. Finish roasting: Return the mushrooms to the oven and bake for an additional 10 minutes, or until they are caramelized and soft.

7. Serve: Remove the mushrooms from the oven and place 5 oz into a serving container.

4 Servings, 5oz Each

Sweet Potato Casserole - Side

BC#012352091179

Ingredients:

- 32 oz** raw sweet potatoes (unprepared)
- 0.25 cup** canola oil
- 3 tsp** kosher salt (divided)
- 0.75 cup** salted butter (divided)
- 1 cup** granulated sugar
- 2** extra-large whole eggs (raw, fresh)
- 1 tsp** vanilla extract
- 0.5 cup** chopped pecans
- 0.5 cup** packed brown sugar
- 0.25 cup** all-purpose white flour (enriched, bleached)
- 0.5 tsp** kosher salt
- 2 tbsp** salted butter



Preparation Instructions:

Step 1: Roast Sweet Potatoes

- Preheat the oven to **425°F** (220°C) and line an **11"x7"** (or **2-quart**) baking dish with foil.
- Rinse and scrub the sweet potatoes to remove any dirt, then pat them dry. Using a fork, poke holes all over the potatoes. Drizzle with canola oil and season with **3 teaspoons** of kosher salt.

Step 2: Bake

- Transfer the potatoes to the prepared baking pan and roast uncovered until cooked through and easily pierced with a fork or paring knife, about **60 to 65 minutes**.

Step 3: Prepare the Mixture

- Once cooked, transfer the potatoes to a large heatproof bowl. Discard the foil and grease the pan with **0.75 cup** of butter. Reduce the oven temperature to **375°F** (190°C).
- When the potatoes are cool enough to handle, remove the skins.
- In the bowl of a stand mixer fitted with the whisk attachment (or in a large bowl using an electric mixer), beat the potatoes and granulated sugar on medium speed until well incorporated and mashed.
- Add **0.75 cup** of butter and beat until fluffy, about **2 minutes**.
- Add the eggs, vanilla extract, and **0.75 tsp** of kosher salt, and beat until the mixture almost doubles in volume, about **5 minutes**.
- Pour the mixture into the prepared pan and spread evenly with a spatula.

Step 4: Bake Casserole

- Bake the casserole until the center is set but still slightly jiggly and the edges are beginning to brown, about **35 minutes**. Let it cool slightly.

Step 5: Prepare Brown Sugar Crust

- In a medium bowl, combine the chopped pecans, brown sugar, flour, and **0.5 tsp** of kosher salt, breaking up any clumps of sugar with your fingers.
- Drizzle in **2 tbsp** of melted butter and toss with a fork until combined.

Step 6: Final Bake

- Sprinkle the brown sugar mixture evenly over the sweet potato mixture.
- Continue baking the casserole until the crust is firm and starts to brown, about **10 minutes** more.
- Let cool for **10 minutes** before serving.

6 total servings across 6 packages (280 grams per package)

BC#012352091186

Ingredients:

- **1 head** raw cauliflower (large, 6-7" diameter)
- **3 tbsp** olive oil (salad or cooking)
- **3 tbsp** salted butter (melted)
- **1 tsp** garlic powder
- **1 tsp** kosher salt
- **0.5 tsp** paprika
- **0.5 tsp** black pepper (ground)



Preparation Instructions:

Step 1: Preheat and Prepare

- Preheat the oven to **425°F (220°C)** and line a baking sheet with parchment paper.

Step 2: Cut Cauliflower

- Slice the head of cauliflower into **1/2"** thick steaks, breaking up any wedges into even, bite-sized pieces.

Step 3: Toss with Oil and Butter

- Add the cauliflower to the center of the prepared baking sheet. Drizzle with olive oil and melted butter, then toss to combine thoroughly.

Step 4: Season

- In a small bowl, combine the garlic powder, kosher salt, paprika, and black pepper. Sprinkle the seasoning mixture over the cauliflower and toss to ensure even coating.

Step 5: Bake

- Spread the seasoned cauliflower evenly on the baking sheet and bake in the preheated oven for **15-20 minutes**, or until the cauliflower reaches your desired level of crispiness.

Notes

- Baking time may vary slightly depending on the size of your florets or slices.
- You can substitute oil for butter if you prefer to avoid using butter.

6 total servings across 6 packages (152 grams per package)

Melting Potatoes - Side

BC#012352091193

Ingredients:

- **32 oz** raw potatoes (flesh and skin, preferably Yukon Gold "Butter" potatoes)
- **1.5 tsp** kosher salt
- **0.25 tsp** black pepper (ground)
- **2 tbsp** olive oil (salad or cooking)
- **1 cup** chicken stock (home-prepared)
- **3 cloves** garlic (raw)
- **1.5 tbsp** fresh rosemary
- **1.5 tsp** fresh thyme
- **4 tbsp** salted butter



Preparation Instructions:

Step 1: Preheat and Prepare Potatoes

- Preheat the oven to **425°F (220°C)**. In a medium bowl, season the potatoes with kosher salt and black pepper, tossing to combine.

Step 2: Sauté in Skillet

- In a large ovenproof skillet over medium-high heat, add the butter and olive oil. Cook until the butter is melted and starting to bubble. Add the seasoned potatoes and cook undisturbed until golden brown, about **3 to 5 minutes**. Flip the potatoes and cook the second side until golden brown, approximately **5 minutes more**. Stir in the chicken stock, garlic, rosemary, and thyme.

Step 3: Bake

- Transfer the skillet to the preheated oven and bake until the potatoes are tender and the liquid has slightly reduced, about **20 to 25 minutes**.

Step 4: Serve

- Transfer the cooked potatoes to a serving platter. Drizzle with the pan juices and top with additional rosemary and/or thyme as desired.

**4 total servings across 4 packages (310
grams per package)**

Potato Wedges

BC#012352086106

Ingredients:

- 5 lbs Raw potatoes, skin-on (cut into wedges)
- 1 Tbsp Garlic powder
- 1 Tbsp Onion powder
- 2 Tbsp Paprika
- 1 Tbsp Fresh rosemary, finely chopped
- 2 Tbsp Fresh parsley, finely chopped
- 0.5 tbsp Ground black pepper
- 2 tsp Kosher salt
- 5 Tbsp Canola oil

Instructions:

1.Preheat Oven:

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

2.Prepare Potatoes:

1. Wash the potatoes thoroughly and cut them into wedges. Leave the skin on for added texture.

3.Seasoning Mixture:

1. In a large bowl, combine garlic powder, onion powder, paprika, chopped fresh rosemary, chopped fresh parsley, ground black pepper, and kosher salt. Mix well.

4.Coat Potatoes:

1. Add the potato wedges to the bowl with the seasoning mixture.
2. Drizzle the canola oil over the potatoes.
3. Toss the potatoes until they are evenly coated with the seasoning mixture and oil.

5.Arrange on Baking Sheet:

1. Line a baking sheet with parchment paper or foil for easy cleanup.
2. Arrange the seasoned potato wedges on the baking sheet in a single layer, ensuring they are not crowded.

6.Bake:

1. Bake in the preheated oven for about 30-35 minutes or until the potato wedges are golden brown and crispy. Flip the wedges halfway through the cooking time for even browning.

7.Serve:

1. Once cooked, remove the potato wedges from the oven.
2. Sprinkle additional salt and pepper if needed.
3. Serve the potato wedges hot as a delicious side dish.



1 Serving: 5.5 oz Wedges

Roasted Broccoli

BC# 012352089879

Ingredients:

- 6.25 lbs Broccoli, cut into florets
- 2 tablespoons Garlic, minced
- 6 tablespoons Olive Oil
- 2 teaspoons Kosher Salt
- 1 tablespoon Ground Black Pepper
- 1 teaspoon Crushed Red Pepper Flakes (adjust to taste)

Instructions:

1. Preheat the Oven:

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

2. Prepare Broccoli:

1. Cut the broccoli into bite-sized florets.

3. Toss with Garlic and Oil:

1. In a large mixing bowl, toss the broccoli florets with minced garlic and olive oil until evenly coated.

4. Season:

1. Sprinkle kosher salt, ground black pepper, and crushed red pepper flakes over the broccoli. Toss again to ensure even seasoning.

5. Spread on Baking Sheet:

1. Spread the seasoned broccoli in a single layer on a baking sheet. Make sure not to overcrowd the pan to allow for even roasting.

6. Roast in the Oven:

1. Roast the broccoli in the preheated oven for about 20-25 minutes or until the edges are crispy and golden brown. Toss halfway through the cooking time for even roasting.

7. Serve:

1. Once roasted to perfection, transfer 5oz portions to serving tray hot



20/5oz Portions

Roasted Brussel Sprouts with Balsamic & Honey - Side

BC#012352091209

Ingredients:

- **24 oz** raw Brussels sprouts
- **3 tbsp** olive oil (salad or cooking)
- **0.75 tsp** kosher salt
- **0.5 tsp** black pepper (ground)
- **1 tbsp** balsamic vinegar
- **0.33 tbsp** honey



Preparation Instructions:

Prep:

- Wash the fresh Brussels sprouts, remove the stems and any ragged outer leaves, and cut them in half.

Step 1: Preheat and Prepare

- Preheat the oven to **425°F** (220°C) and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil.

Step 2: Toss and Roast

- Directly on the prepared baking sheet, toss the Brussels sprouts with **2 tablespoons** of olive oil, kosher salt, and black pepper. Roast, stirring once halfway through, until they are tender and golden brown, about **20 minutes**.

Step 3: Drizzle and Serve

- After roasting, drizzle the remaining **1 tablespoon** of olive oil, balsamic vinegar, and honey over the Brussels sprouts. Toss to coat evenly. Taste and adjust seasoning if necessary, then serve.

**4 total servings across 4 packages (185
grams per package)**

Ingredients:

BC# 012352089484

- 5 lbs Squash, summer, zucchini, includes skin, raw (sliced)
- 5 lbs Fresh Yellow Squash (sliced)
- 2 lbs Peppers, bell, sweet, red, raw (sliced)
- 1 lb Red Onion (sliced)
- 2 Tbsp Garlic, raw (minced)
- 6 tbsp Olive Oil
- 1 oz Italian Seasoning
- 2 Tbsp Kosher Salt
- 2 Tbsp Ground Black Pepper

**Instructions:****1.Preheat the Oven:**

1. Preheat your oven to 400°F (200°C).

2.Prepare Vegetables:

1. Wash and slice the zucchini, yellow squash, red bell peppers, and red onion.

3.Mix Spices:

1. In a small bowl, mix minced garlic, olive oil, Italian seasoning, kosher salt, and ground black pepper to create a flavorful spice mix.

4.Coat Vegetables:

1. Place the sliced vegetables in a large mixing bowl and coat them evenly with the prepared spice mix.

5.Arrange on Baking Sheet:

1. Spread the seasoned vegetables evenly on a baking sheet, ensuring they are in a single layer.

6.Roast in the Oven:

1. Roast the vegetables in the preheated oven for about 25-30 minutes or until they are tender and slightly caramelized. Stir occasionally for even roasting.

7.Serve:

1. Once roasted to perfection, remove from the oven and transfer the roasted squash medley to a serving Tray

40/5 oz Servings

Ingredients:

BC# 012352089855

- 4 pounds Spinach, raw
- 3 teaspoons Garlic, minced
- 3 tablespoons Olive Oil
- 0.5 teaspoon Ground Black Pepper
- 1 teaspoon Kosher Salt

**Instructions:****1. Prepare Spinach:**

1. Rinse the spinach thoroughly and pat it dry. Trim any tough stems if needed.

2. Sauté Garlic:

1. In a large pan or skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for about 1-2 minutes until it becomes fragrant. Be careful not to let it brown.

3. Add Spinach:

1. Add the spinach to the pan in batches, allowing each batch to wilt before adding more. Use tongs to toss the spinach in the garlic-infused oil.

4. Season:

1. Sprinkle the ground black pepper and kosher salt over the spinach. Continue tossing and cooking until all the spinach is wilted and seasoned evenly.

5. Serve:

1. Once the spinach is tender and well-cooked, remove the pan from heat. Transfer the sautéed spinach to the hot meal tray.

12/4oz Portions

CANTEEN  KITCHENS



Soup

Chili

BC#012352093845

Ingredients:

- 2 tbsp olive oil (for salad or cooking)
- 3 tbsp unsalted butter
- 1 medium onion (2 1/2" diameter, peeled and chopped)
- 2 lb skinless, boneless chicken breast (raw, diced into 1" pieces)
- 1 tbsp chili powder
- 1 tsp ground cumin
- 2 large Gala apples (washed, cored, and chopped)
- 1/4 cup all-purpose white wheat flour (enriched, bleached)
- 3 3/4 tsp low-sodium, MSG-free chicken base
- 3 3/4 cups tap water (8 fl oz per cup)
- 3/4 cup whole milk (3.25% milkfat with added vitamin D)
- 15 oz can pinto beans (drained and rinsed)
- 15 oz can red kidney beans (drained and rinsed)
- 3 oz cheddar cheese (shredded)
- 1 cup fresh parsley (chopped)
- 3 oz Kraft Mexican Style Cheddar Jack shredded cheese (for garnish)

Preparation:

1. Prep the ingredients:

1. Peel and chop the onion.
2. Wash, core, and chop the apples.
3. Dice the chicken into 1" pieces.
4. Drain and rinse the pinto and kidney beans.
5. Shred the cheddar cheese.
6. Combine the water and chicken base to make the broth.
7. In a small bowl, whisk the flour and broth together to ensure no lumps remain.
8. Wash, dry, and chop the parsley for garnish.

2. Cook the aromatics: In a large pot, heat the olive oil and butter over medium-high heat. Add the chopped onions and sauté until soft, about 5 minutes.

3. Cook the chicken: Add the diced chicken, chili powder, and cumin to the pot. Stir occasionally and cook until the chicken is almost cooked through, about 5 minutes.

4. Add the apples: Stir in the chopped apples and cook for another 3 minutes, until the apples begin to soften.

5. Make the base: Slowly add the flour/broth mixture, whisking constantly to prevent lumps. Then, add the milk and stir.

6. Simmer and add cheese: Bring the mixture to a simmer. Gradually stir in the cheddar cheese, adding a little at a time and stirring after each addition to ensure it melts.

7. Add the beans: Stir in the pinto and kidney beans. Allow the chili to simmer for 20 minutes.

8. Serve: Scoop 14 oz portions of the chili into containers. Garnish with a sprinkle of the Mexican Cheddar Jack cheese and fresh parsley. Serve hot.



6 Servings 14oz Each

BC#012352092985

Ingredients:

- 40 cups water
- 8 oz green onion tops, thinly sliced (green parts only)
- 24 oz yellow onions, peeled and diced
- 24 oz celery, washed and diced
- 100 oz potatoes, washed, peeled, diced, and pre-steamed until slightly softened
- 85 oz mild cheddar cheese, shredded
- 3 cloves garlic, minced
- 4 tablespoons cornstarch (for slurry)
- 25 oz cooked bacon, cut into pieces
- 25 oz heavy cream
- 15 teaspoons ham base (no MSG)
- 3 teaspoons black pepper, ground
- 25 teaspoons low-sodium chicken base (no MSG, gluten-free)

**Preparation Instructions:****1.Prepare Bacon and Vegetables:**

1. In a large stockpot over medium heat, cook bacon pieces until browned and crisp. Add diced yellow onions, carrots, and celery, and sauté until onions become translucent. Add minced garlic and sauté briefly until fragrant.

2.Create Broth Base:

1. Dissolve both ham and chicken bases in water. Add this mixture, along with the heavy cream, to the stockpot with the bacon and vegetables. Stir well and bring to a boil.

3.Simmer and Thicken:

1. Reduce heat to low and add pre-steamed potatoes. Simmer for 30-40 minutes. Meanwhile, prepare a cornstarch slurry by mixing cornstarch with water. Gradually add the slurry to the soup, stirring until the soup reaches the desired thickness.

4.Finish with Cheese:

1. Stir in shredded cheddar cheese until melted and fully incorporated. Taste and adjust seasoning if needed.

5.Garnish and Serve:

1. Serve the soup hot, garnished with thinly sliced green onion tops.

30 Servings, 397 grams each

Beef Barley Vegetable

Ingredients:

- 40 cups water
- 40 teaspoons Better than Bouillon Roasted Beef Base
- 5 cups pearly barley, raw
- 80 oz top sirloin steak, separable lean only, trimmed to 1/8" fat, raw, diced
- 20 oz onions, peeled and diced
- 30 oz celery, washed and diced
- 40 oz carrots, peeled and diced
- 2 tablespoons black pepper, ground
- 1 teaspoon kosher salt
- 2 cloves garlic, minced
- 6 oz fresh parsley, chopped
- 80 oz diced tomatoes with juice
- 4 tablespoons olive oil
- 3 grams bay leaves
- 40 oz frozen mixed vegetables (unprepared)

BC#012352092992

**Preparation Instructions:****1. Brown Beef:**

1. Season diced beef with salt and black pepper. Heat olive oil in a large stockpot over medium-high heat. Add the beef and brown it until well-seared on all sides.

2. Prepare Vegetables:

1. Dice the celery, carrots, and onions into small pieces. Add the diced vegetables to the browned beef and sauté until the onions become translucent.

3. Add Garlic and Seasoning:

1. Stir in the minced garlic, additional salt, and black pepper. Sauté for an additional minute to release the garlic's fragrance.

4. Add Tomatoes and Beef Stock:

1. Add the diced tomatoes with juice to the pot, followed by the dissolved beef base and water. Stir to combine.

5. Simmer the Soup:

1. Bring the mixture to a full boil, then reduce the heat to a strong simmer. Allow the soup to cook for 30-45 minutes, or until the beef becomes tender.

6. Cook Barley:

1. Add the pearly barley to the pot, reduce the heat to low, and let the soup simmer for another 35-50 minutes, or until the barley is tender and fully cooked.

7. Add Mixed Vegetables and Parsley:

1. Stir in the frozen mixed vegetables and fresh parsley. Continue simmering for an additional 10-15 minutes until the vegetables are heated through.

8. Adjust Seasoning and Serve:

1. Taste the soup and adjust seasoning as necessary. Serve hot, garnished with extra parsley if desired.

38 Servings, 379 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**

Butternut Squash Soup

BC#012352091223

Ingredients:

- **3 lb** raw butternut squash
- **3 tbsp** olive oil (salad or cooking)
- **16 tbsp** chopped shallots
- **4 cloves** raw garlic
- **1 tbsp** maple syrup
- **0.01 tsp** ground nutmeg
- **2 tsp** black pepper (ground)
- **32 oz** Kitchen Basics vegetable stock
- **2 tbsp** salted butter
- **2.5 oz** roasted pumpkin seeds (with salt, about 85 seeds)
- **6.5 oz** raw apples (with skin)
- **1 tbsp** salted butter
- **2 tsp** brown sugar (packed)
- **0.5 tsp** ground cinnamon



Preparation Instructions:

Prep:

- **Garnishes:** Toast pumpkin seeds until lightly golden brown and crisp, then season with salt. Wash, core, and dice apples, leaving the skin on. In a sauté pan over medium heat, add the smaller listed amount of butter, melt, and then add apples. Season with cinnamon and roast until crisp-tender; keep warm.

Step 1: Preheat and Prepare Squash

- Preheat the oven to **425°F** (220°C) and line a rimmed baking sheet with parchment paper. Halve the butternut squash vertically and remove the seeds. Place the squash cut side up on the baking sheet, drizzle with **1 tablespoon** of olive oil, and rub the oil over the inside. Sprinkle with salt and pepper.

Step 2: Roast Squash

- Turn the squash cut side down and roast until tender and cooked through, about **40 to 50 minutes**. Allow to cool for about **10 minutes**.

Step 3: Sauté Shallots and Garlic

- In a large soup pot, warm **1 tablespoon** of olive oil over medium heat. Add the chopped shallots and **1 teaspoon** of salt. Cook, stirring often, until softened and golden, about **3 to 4 minutes**. Add the garlic and cook until fragrant, about **1 minute**.

Step 4: Blend the Soup

- Transfer the sautéed shallots and garlic to a blender. Scoop out the butternut squash flesh and add it to the blender, discarding the skin. Add the maple syrup, nutmeg, and a few twists of freshly ground black pepper. Pour in **3 cups** of vegetable broth (do not exceed the maximum fill line) and blend until creamy.

Step 5: Adjust Consistency

- If you prefer a thinner soup, stir in the remaining cup of broth. Add **1 to 2 tablespoons** of butter or olive oil, to taste, and blend again. Taste and adjust seasoning with more salt and pepper, if necessary.

Step 6: Serve

- If the soup is hot from blending, pour it into serving bowls. If not, return it to the soup pot and warm over medium heat, stirring often. Top individual bowls with toasted pumpkin seeds and roasted apples.

5 total servings across 5 packages (558 grams per package)

Chicken Noodle

BC#012352092930

Ingredients:

- 30 cups water
- 30 teaspoons low-sodium chicken base (no MSG, gluten-free)
- 60 oz chicken (8-piece cut, approx. 3-3.5 lbs)
- 20 oz celery, washed and diced
- 20 oz carrots, washed, peeled, and diced
- 10 oz onions, peeled and diced
- 3 grams bay leaves
- 6 tablespoons fresh parsley, washed, dried, and chopped
- 4 teaspoons fresh thyme, chopped
- 4 oz salted butter
- 3 teaspoons black pepper, ground
- 3 teaspoons kosher salt
- 50 oz egg noodles, cooked to al dente and immediately cooled in an ice bath
- 2 cloves garlic, minced



Preparation Instructions:

1. Brown the Chicken:

- In a large skillet over medium-high heat, brown chicken pieces until well browned. Set aside.

2. Prepare Vegetables:

- In a large stockpot, melt butter over medium-high heat. Add diced onions, carrots, celery, and minced garlic. Sauté until onions are translucent and other vegetables are slightly tender.

3. Combine Ingredients:

- Add the browned chicken pieces (with skin removed) to the pot. Pour in water, chicken base, thyme, and bay leaves. Stir to combine and bring to a boil.

4. Simmer and Debone:

- Reduce heat and simmer for 20-25 minutes or until chicken is fully cooked and easily falls off the bones. Remove chicken bones from the stock.

5. Finish and Serve:

- Add cooked egg noodles and chopped parsley to the pot. Adjust seasoning with salt and black pepper as needed. Heat to serving temperature and serve immediately.

25 Servings, 359 grams each

Ingredients:

- 1 tsp dried basil (leaves)
- 1/2 tsp dried parsley
- 1/2 tsp dried oregano (leaves)
- 1/2 tsp dried thyme (leaves)
- 1/4 tsp ground black pepper
- 1 medium onion (2 1/2" diameter, diced)
- 1/2 cup chopped raw carrots
- 2 large celery stalks (11"-12" long, diced)
- 3 cloves garlic (minced)
- 5 tsp low-sodium, MSG-free chicken base
- 5 cups tap water (8 fl oz per cup)
- 1 1/2 tsp low-sodium soy sauce (shoyu)
- 1 tsp ready-to-serve hot sauce or pepper sauce
- 1/2 lb skinless, boneless chicken breast (raw)
- 1 1/2 cups tap water (8 fl oz per cup)
- 1 1/2 tsp low-sodium, MSG-free chicken base
- 3/4 cup white long-grain rice (raw, enriched)
- 3/4 lb skinless, boneless chicken thighs (raw)
- 1/2 tsp ground mustard seed

BC#012352093852**Preparation:****1. Prep the ingredients:**

1. Peel and dice the onion.
2. Wash and dice the carrots and celery.
3. Mince the garlic.
4. Combine the larger amount of chicken base with the larger amount of water to make the chicken broth.

2. Cook the vegetables: In a large pot, melt the butter over medium heat. Add the onions, carrots, and celery. Cook, stirring occasionally, until the vegetables are soft and begin to color. Add the garlic and cook for another minute.

3. Simmer the soup: Add the basil, parsley, oregano, thyme, mustard seed, and black pepper, followed by the soy sauce, hot sauce, chicken, and chicken broth. Bring the soup to a low simmer, cover, and cook for 20-30 minutes, until the chicken is cooked through.

4. Cook the rice: In a separate saucepan, combine the smaller amount of chicken base with the smaller amount of water to make chicken broth. Bring the broth to a boil over medium-high heat. When the liquid is boiling, add the rice and stir briefly. Bring it back to a boil, then cover and reduce the heat to low. Cook for 15 minutes, then remove from heat and let it sit, covered, for an additional 10 minutes.

5. Shred the chicken: Once the chicken is cooked through, remove it from the pot and shred it using two forks or a mixer with the paddle attachment.

6. Combine and serve: Add the cooked rice to the soup, adjust the seasoning to taste, and pour into serving containers (14 oz per portion).

6 Servings, 14oz 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**

Chicken Tortilla

Ingredients:

- 32 cups water
- 32 teaspoons low-sodium chicken base (no MSG, gluten-free)
- 32 oz onions, peeled and diced
- 32 oz red bell peppers, washed, de-seeded, and diced
- 16 oz celery, washed and diced
- 4 cloves garlic, minced
- 140 oz shredded chipotle chicken
- 8 tablespoons olive oil
- 120 oz frozen yellow corn kernels
- 120 oz canned black beans, drained and rinsed
- 200 oz crushed canned tomatoes
- 1 tablespoon black pepper, ground
- 3 teaspoons kosher salt
- 50 flour tortillas (4-inch), divided (half cut into strips for garnish, half cut into small pieces)
- 10 oz sliced nacho jalapeños, drained

BC#012352092954



Preparation Instructions:

1.Prepare Tortilla Strips:

1. Preheat deep fryer to 350°F.
2. Place half of the tortilla strips in the fryer basket and fry until golden brown. Drain well and set aside for garnish. Cut the remaining tortillas into small pieces for adding to the soup.

2.Prepare Vegetables and Stock:

1. In a large stockpot over medium-high heat, add olive oil. Sauté diced onions, celery, bell peppers, and sliced jalapeños until onions are translucent. Add minced garlic and sauté until fragrant.
2. Whisk chicken base into water until completely dissolved. Pour into the stockpot and bring to a boil.

3.Add Soup Ingredients:

1. Stir in corn, black beans, shredded chipotle chicken, crushed tomatoes, and small tortilla pieces. Return to a boil, then reduce heat and simmer for 60 minutes, stirring occasionally. Cover the pot.

4.Season and Serve:

1. Add black pepper, kosher salt, and adjust seasoning as needed. Portion 14 oz servings and garnish with fried tortilla strips on the side in a small bag.

60 Servings, 379 grams each

Ingredients:

BC#012352093869

- 7 tbsp olive oil (for salad or cooking)
- 10 cloves garlic (finely chopped)
- 3 1/2 tbsp fresh ginger root (peeled and grated)
- 1 3/4 lb chicken thighs (boneless and skinless, sliced)
- 13 cups tap water (8 fl oz per cup)
- 13 tsp low-sodium, MSG-free chicken base
- 1 2/3 cups tap water (8 fl oz per cup)
- 6 2/3 tbsp Thai fish sauce
- 2 1/4 cups canned coconut milk
- 20 oz vermicelli pasta (10" long)
- 2 limes (cut into wedges)
- 4 tbsp chopped spring onions (scallions)
- 4 tbsp fresh cilantro leaves (chopped)
- 10 tbsp red curry paste

Preparation:**1. Prep the ingredients:**

1. Finely chop the garlic.
2. Peel and grate the ginger.
3. Thinly slice the chicken thighs.
4. Combine the larger amount of water with the chicken base to create the chicken broth.

2. Cook the aromatics: In a large pot, heat the olive oil over medium heat. Add the garlic, grated ginger, and red curry paste. Cook for about 5 minutes, stirring occasionally, until the mixture is fragrant and darkened but not burned.

3. Cook the chicken: Add the sliced chicken to the pot and cook, stirring frequently, until the chicken turns opaque and is no longer pink (about 3-5 minutes).

4. Make the broth: Add the chicken broth, remaining water, fish sauce, and coconut milk to the pot. Bring the mixture to a simmer and cook for 10 minutes.

5. Cook the noodles: Add the vermicelli pasta to the simmering broth and cook for an additional 2 minutes, until the noodles are tender.

6. Serve: Remove the pot from the heat. Pour the soup into containers, with 14 oz per serving. Garnish with lime wedges, chopped spring onions, and fresh cilantro.

**12 Servings, 14oz Each**

Corn Chowder

Ingredients:

- 10 cups water
- 20 teaspoons low-sodium chicken base (no MSG, gluten-free)
- 16 oz onions, peeled and diced
- 16 oz celery, washed and diced
- 24 oz green bell peppers, washed, de-seeded, and diced
- 48 oz potatoes, washed and diced
- 48 oz fresh red tomatoes, washed, cored, and diced
- 80 oz frozen yellow corn kernels
- 30 slices thick-sliced hickory-smoked bacon, cut into lardons
- 15 cups whole milk (3.25% milkfat)
- 12 tablespoons white all-purpose flour
- 1.5 tablespoons black pepper, whole
- 4 teaspoons kosher salt
- 0.5 oz fresh cilantro, washed, stems removed, and chopped
- 1 oz fresh parsley, washed and chopped
- 5 tablespoons olive oil
- 6 oz salted butter
- 1 clove garlic, minced

BC#012352093043**Preparation Instructions:****1. Prep Ingredients:**

1. Dissolve chicken base in boiling water and set aside.
2. In a sauté pan over medium-low heat, melt butter. Add flour and stir continuously to make a roux, cooking until glossy and smooth, about 8 minutes. Remove from heat and allow to cool to room temperature.
3. In a large stockpot over medium-high heat, cook bacon lardons until crisp. Remove with a slotted spoon and set aside, reserving bacon drippings in the pot.

2. Brown the Corn:

1. Add olive oil to the stockpot with bacon drippings and heat until very hot. Add corn, stirring occasionally, until browned. Remove half of the corn and puree in a blender or food processor, then set both pureed and whole corn aside.

3. Build the Soup Base:

1. In the stockpot, add diced onions, minced garlic, and green peppers to the bacon drippings. Sauté until onions are translucent. Stir in both pureed and whole corn, diced potatoes, reserved broth, salt, and black pepper. Bring to a boil, reduce heat, cover, and simmer for 10 minutes.

4. Thicken the Chowder:

1. Whisk in the prepared roux, stirring vigorously until fully incorporated and thickened. Add hot milk and diced tomatoes, stirring well. Return to a gentle boil.

5. Finish and Serve:

1. Stir in fresh cilantro and parsley, then reduce heat to a simmer and cook for an additional 15 minutes. Adjust seasoning as needed and keep hot until service.

32 Servings, 431 grams each

Creamy Tomato

Ingredients:

- 2 oz salted butter
- 3 cups chopped onions
- 1 clove garlic, minced
- 56 oz canned crushed tomatoes with juice
- 2 cups chicken stock (homemade preferred)
- 1/2 cup fresh basil, leaves removed and chiffonade
- 1 tablespoon granulated sugar (adjust to taste)
- 1/2 teaspoon black pepper, ground
- 1 cup heavy whipping cream
- 1/3 cup grated Parmesan cheese
- 1.25 oz shredded Parmesan cheese

BC#012352092947



Preparation Instructions:

1. Prep Ingredients:

1. Peel and dice the onion, and mince the garlic. Remove basil leaves from stems and chiffonade.

2. Sauté Onions:

1. In a nonreactive pot or enameled Dutch oven, melt butter over medium heat. Add chopped onions and sauté for 10-12 minutes, stirring occasionally, until softened and golden. Add minced garlic and sauté for 1 minute until fragrant.

3. Add Soup Base:

1. Add crushed tomatoes with their juice, chicken stock, basil, sugar, and black pepper. Stir to combine, bring to a boil, then reduce heat to a simmer. Partially cover and let simmer for 10 minutes.

4. Blend to Desired Consistency:

1. For a smooth soup, use an immersion blender directly in the pot, or transfer the soup in batches to a blender. Blend until smooth, taking care not to overfill and pulse initially. Return blended soup to the pot and heat over medium.

5. Finish Soup:

1. Stir in heavy cream and grated Parmesan cheese. Return to a gentle simmer, then season with additional salt and pepper to taste, if needed.

6. Serve:

1. Ladle the soup into warm bowls, and garnish with shredded Parmesan and extra fresh basil.

5 Servings, 369 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#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

Ingredients:

BC#012352093012

- 24 cups water
- 24 teaspoons vegetable base (no MSG)
- 16 ounces raw onions, peeled and diced
- 16 ounces raw celery, washed, trimmed, and diced
- 24 ounces raw carrots, washed and diced
- 24 ounces raw potatoes, washed and diced with skin on
- 16 cups frozen yellow corn kernels
- 16 ounces frozen green peas
- 100 ounces diced tomatoes with juice
- 2 tablespoons Italian seasoning
- 2 cloves garlic, minced
- 2 tablespoons olive oil

**Preparation Instructions:****1. Prep Ingredients:**

1. Peel and dice the onion, and mince the garlic. Wash, trim, and dice the celery, and wash and dice the carrots and potatoes.

2. Sauté Vegetables:

1. In a large stockpot, heat the olive oil over medium heat. Add the diced onion, carrots, and celery, and cook until the onions are tender and translucent, about 5 minutes. Add the minced garlic and cook until fragrant, about 1 minute.

3. Build Soup Base:

1. Stir in the Italian seasoning and cook for another 2 minutes to blend flavors.

4. Simmer Soup:

1. Add the diced potatoes, tomatoes with juice, water, vegetable base, corn, and peas. Stir to combine, then bring to a boil. Reduce the heat to low, cover, and let simmer for 30 minutes or until vegetables are tender.

30 Servings, 369 grams each

Ingredients:

BC#012352093005

- 90 ounces ground beef (85% lean)
- 24 ounces raw onions, peeled and diced
- 1 cup canned tomato paste (no salt added)
- 50 ounces canned red tomatoes in juice
- 1 cup canned tomato puree (no salt added)
- 3 cloves garlic, minced
- 3 teaspoons ground black pepper
- 1 tablespoon chili powder
- ½ teaspoon cayenne pepper
- 90 ounces canned red kidney beans, drained and rinsed
- 90 ounces canned pinto beans, drained and rinsed



Preparation Instructions:

1.Sauté Beef and Onions:

1. In a large pot over medium heat, sauté the ground beef and diced onions until the beef is fully cooked and the onions are translucent. Drain any excess fat. Add the minced garlic and cook for an additional minute until fragrant.

2.Add Tomato Base:

1. Stir in the tomato paste, tomato puree, and $\frac{3}{4}$ of the water (adjust water amount if a thicker or thinner chili is desired) into the beef mixture.

3.Season and Simmer:

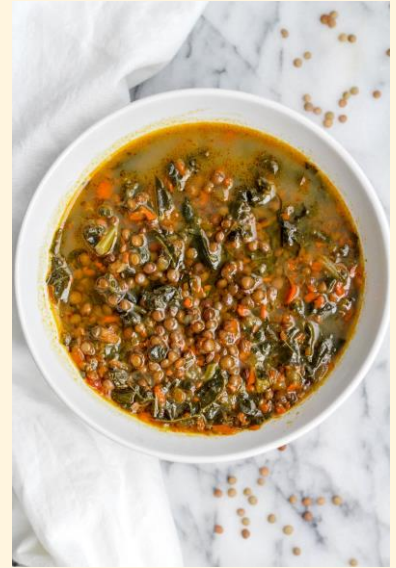
1. Add the remaining seasonings—black pepper, chili powder, and cayenne pepper—along with the drained beans. Stir well to combine, and bring the mixture to a boil. Reduce the heat to low, cover, and simmer for 1 hour, stirring occasionally to blend flavors.

24 Servings, 429 grams each

BC#012352092978

Ingredients:

- 8 ounces raw kale, washed and chopped
- 1 teaspoon ground black pepper
- 1 ¼ cups raw lentils, rinsed
- ½ teaspoon dried thyme leaves
- 10 ounces onion, peeled and diced
- 8 ounces celery, washed and diced
- 10 ounces carrots, washed, peeled, and diced
- 16 ounces canned red tomatoes in juice
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 3 grams bay leaves (about 2-3 leaves)
- 10 cups water
- 10 teaspoons vegetable base (MSG-free), dissolved in water
- ¼ teaspoon crushed red pepper or cayenne pepper

**Preparation Instructions:****1. Prep Ingredients:**

1. Peel and dice the onion, wash and dice the celery, wash, peel, and dice the carrots, and mince the garlic.
2. Rinse lentils thoroughly. Dissolve vegetable base in water to prepare the stock.

2. Sauté Aromatics:

1. In a large stockpot, heat olive oil over medium-high heat. Add the diced onion, carrots, and celery, and sauté for 6-7 minutes until onions are soft and translucent. Add minced garlic and sauté for another 1-2 minutes until fragrant.

3. Build the Soup Base:

1. Add the vegetable stock, rinsed lentils, canned tomatoes, bay leaves, thyme, black pepper, and crushed red pepper. Stir to combine, and bring the mixture to a simmer.

4. Simmer the Soup:

1. Reduce heat to medium-low and partially cover the pot. Keep the soup at a low simmer for 25-30 minutes, stirring occasionally, until the lentils are tender.

5. Add Kale and Final Seasoning:

1. Stir in the chopped kale and cook for an additional 5 minutes or until the greens are tender. Taste and adjust with more salt and pepper as needed. Remove bay leaves before serving.

8 Servings, 397 grams each

Ingredients:

- 24 cups water
- 24 teaspoons low-sodium, MSG-free, gluten-free chicken base
- 16 ounces fresh spinach
- 12 ounces onion, diced
- 12 ounces celery, diced
- 16 ounces carrots, peeled and diced
- 1 tablespoon olive oil
- 3 grams bay leaves (about 2-3 leaves)
- 1 tablespoon whole black peppercorns
- 3 teaspoons kosher salt
- 32 ounces boneless, skinless chicken breast
- 3 tablespoons Italian seasoning
- 32 ounces dry orzo pasta (about 4 cups)
- 16 ounces spicy Italian sausage (cooked and broken into chunks)
- 2 cloves garlic, minced

BC#012352093036**Preparation Instructions:****1. Prep Ingredients:**

1. Dice the onion and celery, and peel and dice the carrots.
2. Mince the garlic.
3. Cook the chicken in a 350°F oven until it reaches an internal temperature of 165°F, then dice into small pieces.
4. Cook the orzo pasta until al dente, then rinse immediately in cold water to stop the cooking process.

2. Sauté Vegetables:

1. In a large stock pot over medium-high heat, add olive oil, garlic, diced celery, onions, and carrots. Sauté until onions are translucent, about 5-7 minutes.

3. Add Spinach:

1. Add spinach to the pot, stirring frequently to prevent burning, until it wilts, about 3-5 minutes.

4. Build the Broth:

1. Stir in chicken base, water, and bay leaves. Increase heat and bring the mixture to a boil.

5. Add Proteins and Seasonings:

1. Add the sausage chunks, diced chicken, kosher salt, Italian seasoning, and whole black peppercorns. Reduce heat and let the soup simmer for about 30 minutes, allowing the flavors to meld.

6. Finish with Pasta:

1. Add the cooked orzo to the pot and simmer until the pasta is warmed through, about 5 minutes.

7. Season and Serve:

1. Taste the soup and adjust seasonings as needed. Serve hot.

20 Servings (approximately 498 grams per serving)

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

Lemony Chicken Orzo

Ingredients:

- 1 whole lemon, halved
- 2 tablespoons olive oil
- 8 ounces fennel bulb, thinly sliced
- 1 cup chopped onion
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 3 cloves garlic, minced
- 1/2 teaspoon dried oregano leaves
- 1/4 teaspoon red pepper flakes (optional for extra heat)
- 4 cups homemade chicken stock
- 2 cups water
- 1.5 pounds boneless, skinless chicken breast
- 8 ounces dry orzo pasta (approximately 1 cup)
- 20 ounces cannellini beans, drained and rinsed
- 3 cups chopped kale, stems removed
- 3.5 ounces shredded Parmesan cheese (for serving)

BC#012352093074

**Preparation Instructions:****1. Prepare Ingredients:**

1. Thinly slice the fennel bulb.
2. Halve the lemon crosswise.
3. Peel and chop the onion.
4. Mince the garlic.
5. Drain and rinse the cannellini beans.
6. Wash, de-stem, and roughly chop the kale.

2. Sear the Lemon:

1. Heat a large pot over medium heat. Place lemon halves cut side down in the pot, searing until lightly golden, about 4 minutes. Remove and set aside.

3. Sauté Vegetables:

1. Add olive oil to the pot, then add fennel and onion. Season with salt and pepper. Cook, stirring occasionally, until vegetables begin to turn golden on the edges, around 12 minutes.

4. Add Aromatics and Broth:

1. Stir in minced garlic, oregano, and red pepper flakes. Cook until fragrant, 1-2 minutes. Pour in chicken stock and water, scraping up any browned bits from the bottom of the pot.

5. Cook Chicken:

1. Add chicken breasts to the pot and bring the mixture to a simmer. Cook until the chicken is fully cooked, approximately 10 minutes. Transfer chicken to a plate and allow to cool slightly.

6. Cook Orzo and Beans:

1. Bring the soup to a boil, add orzo and cannellini beans, and cook until orzo is tender, about 8-10 minutes.

7. Shred Chicken and Finish Soup:

1. While the orzo cooks, shred the chicken using two forks. Once the orzo is ready, return the shredded chicken to the pot and turn off the heat. Fold in the chopped kale until it wilts. Squeeze the juice from the seared lemon halves into the soup, discarding any seeds. Adjust seasoning with additional salt and pepper to taste.

8. Serve:

1. Ladle soup into bowls and top with a sprinkle of shredded Parmesan cheese.

7 Servings (approximately 369 grams per serving)

Ingredients:**BC#012352092961**

- 30 cups water
- 30 teaspoons vegetable base (MSG-free)
- 12 ounces onion, peeled and diced
- 12 ounces celery, diced
- 12 ounces carrots, washed and diced
- 12 ounces cabbage, washed, cored, and shredded
- 30 ounces potatoes, skin on, diced
- 30 ounces zucchini, ends removed, diced
- 75 ounces canned great northern beans, drained and rinsed
- 50 ounces canned tomatoes in tomato juice
- 40 ounces elbow macaroni, cooked according to package instructions
- 4 tablespoons olive oil
- 3 grams bay leaves (about 2-3 leaves)
- 1 tablespoon ground black pepper
- 3 tablespoons Italian seasoning
- 1.5 teaspoons dried thyme leaves
- 3 teaspoons kosher salt
- 2 cloves garlic, minced

**Preparation Instructions:****1. Prep Ingredients:**

1. Peel and dice the onions, dice the celery and carrots, and wash and dice the zucchini. Wash, core, and shred the cabbage.
2. Cook elbow macaroni according to package directions; set aside.
3. Mince the garlic.

2. Make the Vegetable Stock:

1. Dissolve the vegetable base completely in water to form the stock.

3. Sauté Vegetables:

1. In a large stock pot over medium-high heat, add olive oil and sauté the onions, celery, and carrots until they begin to soften, about 5-7 minutes. Season with kosher salt and black pepper.

4. Add Stock, Tomatoes, and Beans:

1. Pour in the prepared vegetable stock, tomatoes (with juice), and drained beans. Bring to a simmer and cook until vegetables are tender, about 10-15 minutes.

5. Add Remaining Ingredients:

1. Stir in the cabbage, potatoes, zucchini, Italian seasoning, bay leaves, thyme, and cooked macaroni. Continue to cook until all vegetables are tender and flavors meld, approximately 20 minutes.

6. Taste and Adjust Seasoning:

1. Taste the soup and adjust seasoning with additional salt and pepper if needed.

32 Servings across 32 packages, 379 grams

Ingredients:

- 36 cups warm water
- 18 teaspoons ham base (MSG-free)
- 18 teaspoons vegetable base (MSG-free)
- 16 ounces onion, peeled and diced
- 2 cloves garlic, minced
- 24 ounces potatoes, skin on, diced
- 16 ounces celery, diced
- 16 ounces carrots, peeled and diced
- 3 teaspoons kosher salt
- 1 tablespoon whole black peppercorns
- 2 ounces fresh parsley, washed and chopped
- 6 ounces salted butter
- 35 ounces diced Black Forest ham
- 75 ounces canned navy beans, drained and rinsed
- 3 grams bay leaves (about 2-3 leaves)

BC#012352093050

**Preparation Instructions:****1. Prep Ingredients:**

1. Peel and dice the onion, wash and dice the celery, wash, peel, and dice the carrots, and mince the garlic.
2. Drain and rinse the navy beans, wash and chop the parsley, and dice the ham and potatoes.
3. In a large bowl, dissolve the ham and vegetable base in warm water to create the stock.

2. Sauté Aromatics:

1. In a large stockpot over medium-high heat, melt the butter. Add carrots, onion, celery, and garlic, and sauté until softened, about 5-7 minutes.

3. Add Stock and Beans:

1. Pour in the prepared stock, add bay leaves and navy beans, and bring the mixture to a boil. Reduce heat and simmer for 30 to 45 minutes, allowing flavors to meld.

4. Add Potatoes, Ham, and Parsley:

1. Stir in the diced potatoes, ham, and fresh parsley. Continue simmering for another 30 to 45 minutes, until potatoes are tender.

30 Servings, 369 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**

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**

Sweet Potato Chili

BC#012352091230

Ingredients:

- **1 tbsp** olive oil (salad or cooking)
- **20 oz** raw sweet potato
- **18 oz** raw ground turkey (93% lean, 7% fat)
- **1 medium** onion (about 2-1/2" dia)
- **1 medium** sweet red bell pepper (approx. 2-3/4" long, 2-1/2" dia)
- 1 poblano pepper
- **4 cloves** raw garlic
- **2 tbsp** unsweetened cocoa powder
- **3 tsp** chili powder
- **2 tsp** ground cumin
- **2 tsp** kosher salt
- **1 tsp** dried oregano (leaves)
- **1 tsp** ground black pepper
- **30 oz** diced fire-roasted tomatoes
- **30 oz** low-sodium canned black beans
- **15 oz** canned pinto beans (drained solids)
- **32 oz** Kitchen Basics vegetable stock
- **0.25 cup** whole-grain yellow corn flour (masa harina)
- **0.5 cup** tap water (8 fl oz)
- **0.5 cup** raw coriander (cilantro) leaves
- **1 lime** (about 2" dia)
- **1 cup** chopped green onions (tops only)
- **6 oz** cheddar cheese
- **1 lime** (about 2" dia)
- **6 oz** cultured sour cream
- **6 oz** tri-colored tortilla strips



Preparation Instructions:

Step 1: Brown Turkey and Sweet Potatoes

• In a large Dutch oven, heat the **1 tablespoon** of olive oil over medium heat. Add the ground turkey and cook until browned. Add the sweet potatoes and cook, stirring occasionally, until lightly golden, about **5 to 7 minutes**.

Step 2: Sauté Vegetables

• Add the chopped onion, bell pepper, and poblano to the Dutch oven. Cook over medium heat, stirring occasionally, until softened, about **10 minutes**. Stir in the minced garlic, cocoa powder, chili powder, cumin, salt, oregano, and black pepper. Cook, stirring, for **30 seconds** to release the spices' aroma.

Step 3: Combine Ingredients

• Stir in the diced fire-roasted tomatoes, black beans, pinto beans, and vegetable stock. Bring the mixture to a boil over medium-high heat. Reduce the heat to medium-low, cover, and simmer, stirring occasionally, until the flavors meld and the sweet potatoes are tender, about **20 minutes**.

Step 4: Thicken the Chili

• Mix the corn flour (masa harina) with the warm water and stir it into the pot. Simmer for an additional **15 minutes**.

Step 5: Finish with Cilantro and Lime

• Stir in the chopped cilantro and lime juice from one lime. Taste and adjust the seasoning with more salt and pepper, if necessary.

Step 6: Serve

• To serve, ladle the chili into bowls and top each serving with a dollop of sour cream, shredded cheddar cheese, chopped green onions, and extra cilantro. Serve with lime wedges and tri-colored tortilla strips on the side.

**6 total servings across 6 packages (825
grams per package)**

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:

- 3 cups warm water
- 3 cloves garlic, minced
- 3 ounces green onion tops, thinly sliced
- ½ teaspoon crushed red pepper flakes
- 16 ounces onion, peeled and diced
- 3 teaspoons kosher salt
- 3 tablespoons olive oil
- ¾ tablespoon ground cumin
- 2 teaspoons chili powder
- 12 ounces red bell pepper, washed, deseeded, and diced
- 3 teaspoons vegetable base (MSG-free), dissolved in warm water
- 1 pound butternut squash, peeled, deseeded, and diced
- 20 ounces canned pinto beans, drained and rinsed
- 20 ounces canned red kidney beans, drained and rinsed
- 20 ounces canned great northern beans, drained and rinsed
- 40 ounces diced tomatoes with juice
- 2 grams smoked paprika

BC#012352093067**Preparation Instructions:****1. Prep Ingredients:**

1. Peel and dice the onion and butternut squash.
2. Mince the garlic and wash, deseed, and dice the red bell pepper.
3. Drain and rinse the pinto, red kidney, and great northern beans.
4. Dissolve the vegetable base in warm water to prepare the stock.
5. Thinly slice the green onion tops for garnish.

2. Sauté Aromatics:

1. In a rondo or large soup pot, heat olive oil over medium-low heat. Add diced onions and cook for about 5 minutes until translucent.

3. Add Spices and Garlic:

1. Stir in cumin, chili powder, smoked paprika, crushed red pepper flakes, and minced garlic. Cook for 3 minutes, stirring frequently, until fragrant.

4. Build the Chili Base:

1. Pour in the prepared vegetable stock, add the bell peppers, butternut squash, and diced tomatoes with their juice. Bring the mixture to a simmer.

5. Simmer and Add Beans:

1. Cook for 10 minutes, stirring occasionally. Add the three types of beans and kosher salt, then simmer for an additional 12 minutes, or until the internal temperature reaches 165°F.

6. Garnish and Serve:

1. Turn off the heat and garnish with sliced green onions. Hold hot for service, maintaining a temperature above 141°F.

10 Servings, 369 grams each

Ingredients:

BC#012352093029

- 8 poblano peppers, roasted, stemmed, seeded, and roughly chopped
- 100 ounces canned white hominy, drained and rinsed
- 13 teaspoons low-sodium, MSG-free chicken base
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 1 ounce fresh cilantro, chopped (for garnish)
- 4 teaspoons kosher salt
- 2 tablespoons olive oil
- 25 cups water
- 5 pounds pork shoulder (Boston butt), cut into chunks
- 13 teaspoons Better than Bouillon roasted beef base
- 40 ounces onion, peeled and diced
- 32 ounces green bell pepper, washed, deseeded, and diced
- 2 tablespoons ground black pepper
- 2 teaspoons dried oregano leaves

**Preparation Instructions:****1. Prep Ingredients:**

1. Peel and dice the onions.
2. Roast poblano peppers over an open flame until the skins are charred. Place in a bowl, cover with plastic wrap, and let sit for 15 minutes. Remove wrap, then peel off skins, remove stems and seeds, and roughly chop.
3. Wash, deseed, and dice the green bell peppers.
4. Cut pork shoulder into chunks and season with salt and ground black pepper.

2. Brown the Pork:

1. In a large skillet over medium-high heat, brown the pork chunks on all sides. Set aside.

3. Sauté Vegetables:

1. Heat the olive oil in a large stockpot over medium heat. Add the diced onions, green peppers, and garlic, and cook until tender and translucent, about 5-7 minutes. Add the browned pork.

4. Add Seasonings:

1. Stir in the chili powder and dried oregano, and sauté for 2 minutes until fragrant.

5. Build the Broth:

1. Pour in water, chicken base, and beef base. Bring the mixture to a simmer and cook for 30-45 minutes, or until pork starts to become tender and shred.

6. Add Hominy and Poblano Peppers:

1. Stir in the drained hominy and fire-roasted poblano peppers. Continue to simmer until all ingredients are tender, about 15-20 minutes.

7. Adjust and Serve:

1. Taste the posole and adjust seasoning with additional salt and pepper as needed. Garnish with chopped cilantro and serve warm.

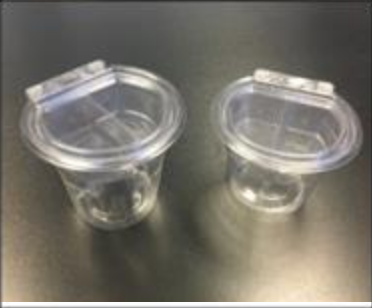


30 Servings, 461 grams each

CANTEEN  KITCHENS



Cold Grab n Go

Packaging Types by Product Category

<p>Parfaits, Fruit, Dessert and Snack Cups</p>	<p>Yogurt or Fruit Parfaits (9oz + 11oz)</p>		<p>LaCerta 9oz #T20171, 11oz #T19439 Insert 1 compartment #T19439-1, Insert 2 compartment #T19439-2</p>
<p>Wraps</p>	<p>Single or Double Wrap</p>		<p>LaCerta #T20212 TE-WR-LR (x1)</p>
<p>Sandwich</p>	<p>Sandwich Container 2-Wedge</p>		<p>Lacerta Fresh 'n Sealed #T21306</p>

Blueberries & Granola Vanilla Yogurt

INGREDIENTS:

- 5.00 oz** Vanilla Yogurt
- 0.90 oz** Frozen Blueberries
(black scoop)
- 0.90 oz** Granola Oats
(Udi)
(black scoop)



INSTRUCTIONS:

1. Use Parfait Cup
2. Add yogurt.
3. Place 2 compartments insert after yogurt
4. Place Blueberries in one side, and Granola in other side
5. Close parfait cup

INSTRUCCIONES:

1. Usar el contenedor devaso
2. Añadir el yogurt. El dispensador de yogurt debe de estar al #29
3. Colcoar el inserto de 2 compartimiento
4. Colocar las Moras Azules en un lado y la Granola en el otro lado
5. Cerrar el vaso de parfait

Blueberry Yogurt with Granola



INGREDIENTS:

- 6.5 oz** Blueberry Yogurt
- 1.5 oz** Granola Oats (Udi)

Using a measuring scale or a pre-marked container, measure out 6.5 oz of Blueberry yogurt.

Fill Tamper Cup:

Pour the measured 6.5 oz of Blueberry yogurt into the tamper cup.

Prepare Insert:

Measure Granola

Measure out 1.5 oz of Granola.

Fill Insert:

Pour the measured 1.5 oz of granola into the insert.

Close Containers:

Securely close both the tamper cup and the insert to prevent any spillage or contamination.

Label Containers:

Using a label, clearly mark both the tamper cup and the insert with the contents (blueberry yogurt with granola) and the respective quantities (6.5 oz for tamper cup, 1.5 oz for insert).

Strawberry & Granola Vanilla Yogurt

INGREDIENTS:

- 5.00 oz** Vanilla Yogurt
- 0.90 oz** Fresh Strawberries
(cut into quarters)
- 0.90 oz** Granola Oats
(Udi)
(black scoop)



INSTRUCTIONS:

1. Use Parfait Cup
2. Add yogurt.
3. Place 2 compartments insert after yogurt
4. Place strawberries in one side, and granola in other side
5. Close parfait cup

INSTRUCCIONES:

1. Usar el contenedor de vaso
2. Añadir el yogurt. El dispensador de yogurt debe de estar al #29
3. Colocar el inserto de 2 compartimiento
4. Colocar las fresas en un lado y la granola en el otro lado
5. Cerrar el vaso de parfait

Strawberry Yogurt with Granola

INGREDIENTS:

- 6.5 oz** Strawberry Yogurt
- 1.5 oz** Granola Oats
(Udi)



Using a measuring scale or a pre-marked container, measure out 6.5 oz of Strawberry yogurt.

Fill Tamper Cup:

Pour the measured 6.5 oz of Strawberry yogurt into the tamper cup.

Prepare Insert:

Measure Granola

Measure out 1.5 oz of Granola.

Fill Insert:

Pour the measured 1.5 oz of granola into the insert.

Close Containers:

Securely close both the tamper cup and the insert to prevent any spillage or contamination.

Label Containers:

Using a label, clearly mark both the tamper cup and the insert with the contents (strawberry yogurt with granola) and the respective quantities (6.5 oz for tamper cup, 1.5 oz for insert).

Fresh Grape Cup

INGREDIENTS:

5.8 oz Grapes, fresh,
cleaned, seedless



INSTRUCTIONS:

1. Use parfait cup
2. Place clean **grapes** in the cup
3. Close and label

INSTRUCCIONES:

1. Usar el cotenedor de vaso
2. Colocar las **Uvas** limpias en el vaso
3. Cerrar y etiquetar

Grape and Cheddar Cup



INGREDIENTS:

1.25 oz Cubed Mild Cheddar Cheese
= 5 cubes

3.35 oz Red Grapes

INSTRUCTIONS:

1. Use Parfait Cup
2. Add **grapes** in the cup
3. Place 1 compartment insert and add the **cheese cubes**
4. Close cup

INSTRUCCIONES:

1. Usar el contenedor de vaso
2. Añadir las **uvas** al vaso
3. Colocar el inserto de plástico de 1 compartimento y añadir los **culos de queso**
4. Cerrar el vaso

Fresh Mixed Fruit Cup

INGREDIENTS:

- 1.00 oz** Grapes, fresh, cleaned, seedless
- 2.50 oz** Cantaloupe chunks, fresh
- 2.50 oz** Honeydew Melon chunks, fresh



INSTRUCTIONS:

1. Use parfait cup
2. Place Fruit in the cup in the next order:
 - 1) Cantaloupe
 - 2) Honeydew
 - 3) Grapes

INSTRUCCIONES:

1. Usar el cotenedor de vaso
2. Colocar la Fruta en el vaso en el siguiente orden
 - 1) Melon verde
 - 2) Melon naranja
 - 3) Uvas

Fresh Pineapple Cup

INGREDIENTS:

7.25 oz Pineapple
chunks, fresh



INSTRUCTIONS:

1. Use parfait cup
2. Place **pineapple** chunks in the cup

INSTRUCCIONES:

1. Usar el cotenedor de vaso
2. Colocar los pedazos de **piña** en el vaso

Fresh Strawberry Cup



INGREDIENTS:

5.50 oz Strawberries, Fresh,
Washed

INSTRUCTIONS:

1. Use parfait cup
2. Place **Strawberries** in the cup

INSTRUCCIONES:

1. Usar el cotenedor de vaso
2. Colocar las **fresas** en el vaso

Watermelon & Blueberry Cup

INGREDIENTS:

4 oz Watermelon Cubed
= $\frac{3}{4}$ inch cubes

1.50 oz Fresh Blueberries



INSTRUCTIONS:

1. Place cubed watermelon in the cup
2. Pour Blueberries on top
3. Close Lid

INSTRUCCIONES:

1. Coloque la sandia en cubos en la taza
2. Vierta los arandanaos encima
3. Cerrar tapa

Veggie & Red Pepper Hummus Cup



INGREDIENTS:

- 0.50 oz** Celery =Cut into 2 inch sticks
- 2-3 each** Grape Tomato =1 oz 2-3 each depending on size
- 0.50 oz** Broccoli Florets
- 1.5 oz** Baby Carrots
- 1.50 oz** Red Pepper Hummus = Yellow Scoop

INSTRUCTIONS:

1. Use 11 oz Cup
2. Place Carrots and Celery standing up in cup
3. Place Broccoli and tomatoes along side other veggies
4. Scoop Hummus into single insert
5. Close Cup

INSTRUCCIONES:

1. Usar vaso de 11 onzas
2. Colocar las Zanahorias y el Apio de pie en del vaso
3. Colocar Brocoli y tomates junto a los otros vegetables
4. Agregar una cuchara de Hummus en el inserto singular
5. Cerrar el vaso

Veggies & Ranch Cup



INGREDIENTS:

- 3.00 oz** Celery stick
=about 2 inch long
- 0.50 oz** Broccoli Florets
- 2 each** Grape Tomato
- 1.50 oz** Baby Carrots, 3 each
- 1.50 oz** Ranch Dressing
=cup or pouch

INSTRUCTIONS:

1. Lean carrots and celery against side of cup
2. Drop in Tomatoes
3. Drop in Broccoli
4. Place dressing on top
5. Seal and label

INSTRUCCIONES:

1. Inclinar las zanahorias y el apio contra el costado de la taza
2. Gota de tomates
3. Gota en broccoli
4. Coloque el aderezo encima
5. Sello y etiqueta

BLT Pasta Salad

Ingredients:

BC# 012352089633

4.5 cups of dry bowtie pasta
3.25 cups of shredded cos or romaine lettuce
2 cups of cherry tomatoes, halved
8 ounces of cooked and chopped cured bacon
0.33 cup of chopped raw onions
4 ounces of regular commercial ranch dressing
0.5 cup of cultured sour cream
0.5 cup of regular mayonnaise
2 cloves of raw garlic, minced
1.5 ounces of raw lemon juice
0.5 teaspoon of kosher salt
0.5 teaspoon of ground black pepper

Preparation Instructions:

Peel and finely chop the red onion.
Mince the fresh garlic.
Wash, core, chop, and spin dry the lettuce.
Wash and halve the cherry tomatoes.
Cook the bacon until crisp, then chop it.

Instructions:

Cook the pasta according to the package instructions. Drain the pasta and rinse it under cold water. Set it aside to cool.

In a small bowl, combine the mayonnaise, sour cream, ranch dressing, minced garlic, lemon juice, salt, and pepper. Whisk the ingredients together until creamy.

In a large salad bowl, add the cooked pasta, shredded lettuce, halved tomatoes, cooked bacon, and chopped red onion. Toss the ingredients together.

Just before serving, add the dressing to taste and gently toss until the salad is evenly coated.

Servings:

This recipe makes 6 servings, with each serving packaged into individual portions, totaling 225 grams per package, or 7.94 Ounces per serving

Ingredients:

BC# 012352089640

- 2 tablespoons of regular mayonnaise
- 3 teaspoons of Sriracha Hot Chili Sauce
- 0.5 ounces of raw lemon juice
- 0.5 teaspoon of kosher salt
- 2 heads of butterhead lettuce (includes Boston and Bibb types)
- 0.75 cup of dry brown basmati rice
- 2 large cucumbers, peeled
- 1 avocado
- 8 ounces of surimi (imitation crab meat)
- 2 stalks of young green onions (tops only)
- 0.5 ounce of Furikake (traditional blend)

Preparation Instructions:**Prep:**

Wash the cucumbers, remove the ends, and thinly slice them into ribbons.

Cut the avocado into pieces.

Wash the green onions, remove the ends, and thinly slice them.

Wash the lettuce, core it, and separate it into individual leaves.

Cook the brown rice according to package directions.

In a small bowl, whisk together the mayonnaise, Sriracha sauce, lemon juice, and a pinch of salt to make the dressing.

Divide the lettuce, cooked brown rice, cucumber ribbons, and avocado pieces among 4 bowls.

Top each bowl with equal portions of surimi (imitation crab meat).

Drizzle the prepared dressing over the bowls.

Sprinkle sliced green onions and Furikake seasoning over the bowls if desired.

Servings:

This recipe makes 4 servings, with each serving packaged into individual portions, totaling 390 grams per package, or 13.76 ounces per serving

Ingredients:

BC# 012352089626

24 ounces of raw red potatoes, with skin
24 ounces of raw potatoes, with skin
1 cup of chopped raw red bell peppers
5 ounces of raw onions
1.5 cloves of raw garlic
0.75 tablespoon of drained canned capers
3 tablespoons of olive oil
4 teaspoons of Grey Poupon Dijon Mustard
1 raw lemon, without seeds
3 teaspoons of fresh thyme leaves
2 tablespoons of chopped fresh basil
1.5 teaspoons of kosher salt
1.5 teaspoons of ground black pepper

Preparation Instructions:

**Prep Ingredients:**

Wash the potatoes.
Wash, deseed, and cut the bell pepper into 1/2 inch rings.
Peel and cut the onion into 1/2 inch rings.
Wash and chiffonade the basil.
Wash and remove the leaves of thyme from the stems.
Wash, juice, and zest the lemon.
Preheat the grill to medium-high heat.

Place the potatoes in a large saucepan and cover them with water. Bring the water to a boil, then reduce the heat and simmer for 15 minutes or until the potatoes are not quite tender. Drain and let them cool slightly, then cut them into quarters.

Brush the potatoes, onion rings, whole cloves of garlic, and bell pepper rings with one-third of the olive oil. Spray the grill with pan spray and add the vegetables and whole garlic cloves to the grill. Grill for 5 minutes per side, flipping once.

Remove the vegetables from the grill and allow them to cool slightly.

Meanwhile, make the dressing: combine the grilled garlic cloves with capers, lemon juice and zest, fresh thyme, Dijon mustard, salt, and pepper in a food processor. Pulse until smooth, then with the motor running, add the remaining olive oil in a slow drizzle.

Cut the bell pepper rings into bite-sized pieces and cut the onion rings into quarters.

Toss the dressing with the potatoes, onions, and bell peppers. Finish by tossing with the chiffonaded basil, ensuring everything is coated well. Serve.

Servings:

This recipe makes 8 servings, with each serving packaged into individual portions, totaling 228 grams per package, or 8 ounces per serving

Ingredients:

BC# 012352089688

- 4 ounces Reduced Sodium Teriyaki Sauce
- 1 ounce Lemon Juice
- 2 tablespoons Olive Oil
- 1 ounce Worcestershire Sauce
- 16 ounces Beef Flank Steak, trimmed
- 12 slices Large Italian Bread
- 4 Plum Tomatoes
- 4 stalks Young Green Onions (tops only)
- 2 ounces Kalamata Olives
- 2 ounces Pepperoni
- 2 tablespoons Fresh Basil, chopped
- 1/4 cup Italian Dressing
- 2 cups Arugula
- 6 Pepperoncini



Preparation Instructions:

In a large bowl or shallow dish, combine the teriyaki sauce, lemon juice, olive oil, and Worcestershire sauce. Add the flank steak and turn to coat. Cover and refrigerate for 8 hours or overnight.

Remove the steak from the marinade, discarding the marinade. Grill the steak over medium heat or broil 4 inches from the heat source until it reaches the desired doneness (for medium-rare, a thermometer should read 135°F; for medium, 140°F), about 6-8 minutes per side. Allow the steak to cool completely.

Slice the steak thinly across the grain.

Wash, core, and chop the tomatoes. Thinly slice the green onions. Coarsely chop the olives and pepperoni.

In a bowl, toss the tomatoes with green onions, olives, pepperoni, and chopped basil. Add 2 tablespoons of Italian dressing and toss to coat.

In another bowl, toss the arugula with the remaining 1/4 cup of Italian dressing.

To assemble the sandwiches, place 6 slices of Italian bread on a flat surface. Divide the arugula evenly among the slices, placing about 1/3 cup on each. Top with slices of steak and the tomato mixture. Place the remaining bread slices on top.

Cut each sandwich in half diagonally and place in a container with a pepperoncini. Label and serve.

Servings:

This recipe makes 6 servings, with each package weighing approximately 254 grams, or 9 ounces per sandwich.

Ingredients:

BC# 012352089619

16 tablespoons of olive oil
24 ounces of raw asparagus
16 ounces of raw baby zucchini
16 ounces of raw summer squash, including skin
4 cups of cherry tomatoes, halved
2 cups of chopped raw red bell peppers
10 ounces of raw yellow bell peppers
1 cup of chopped young green onions (tops only)
2.5 ounces of fresh dill weed
2.5 tablespoons of fresh parsley
2 teaspoons of fresh thyme leaves
3 ounces of Grey Poupon Dijon Mustard
3 ounces of raw lemon juice
2 teaspoons of kosher salt
2 teaspoons of ground black pepper
48 ounces of Barilla Whole Grain Penne Pasta
3 cloves of raw garlic

Preparation Instructions:**Prep:**

Cook the whole grain pasta until al dente, then cool completely.

Wash the asparagus, remove the woody ends, and cut them into 1 to 1.5-inch batons.

Wash the bell peppers, remove the seeds, and cut them into bite-sized pieces.

Wash the squash, remove the ends, slice them in half lengthwise, then cut into half moons.

Wash and cut the cherry tomatoes in half.

Mince the garlic.

Wash the herbs, chop the dill and parsley, and remove the thyme leaves from the stems.

Toss the squash and asparagus in some olive oil to coat, then season with salt and pepper. Place them in a single layer on a sheet tray and roast in a preheated 375°F oven until just tender. Cool completely.

Whisk together the mustard, minced garlic, lemon juice, remaining olive oil, salt, and pepper. Whisk in the chopped dill, parsley, and thyme.

Place the cooked pasta in a large container. Add the roasted vegetables, cherry tomatoes, and green onions. Drizzle the prepared dressing over the salad and toss to evenly coat. Portion the salad into serving containers.

Servings:

This recipe makes 24 servings, with each serving packaged into individual portions, totaling 249 grams per package.



Buffalo Chicken Wrap

BC#012352091490

Ingredients:

- 1 x 14" flour tortilla
- 4 oz breaded homestyle chicken tenderloin
- 1 oz blue cheese
- 0.5 oz iceberg lettuce
- 2 tbsp chopped or sliced ripe red tomatoes
- 1.5 tsp chopped raw onions
- 3 tbsp Frank's Buffalo Wing sauce
- 1 oz commercial ranch dressing



Preparation Instructions:

1. Prep:

- Peel and dice the red onion.
- Wash, core, and dice the tomatoes.

2. Preheat the deep fryer to the recommended temperature.

3. Fry the chicken tenders in the fryer until golden brown and floating, ensuring the internal temperature reaches at least 165°F. Drain the tenders thoroughly and refrigerate

4. Roughly chop the fried tenders and toss them in the **Buffalo sauce** until well coated.

5. Assemble the wrap:

- Lay the **tortilla** flat.
- Add **lettuce, chicken, tomatoes, onions, and blue cheese** crumbles.
- Drizzle with **ranch dressing**.

6. Wrap the tortilla by folding the sides in and rolling it tightly burrito-style.

7. Cut the wrap on a bias and place it in the serving container.

8. Label and serve.

1 total serving across 1 package (385 grams per package)

Chicken BLT Wrap



INGREDIENTS:

- 0.35 oz** Bacon Bits
= red scoop
- 2.70 oz** Grilled Chicken
- 2 slices** Tomato
- 1 pc** Lettuce
= 0.34 oz
- 1 pc** White Flour
Tortilla 12"
= 3.4 oz
- 1 pkt** Ranch Dressing (12gm
pkt)



INSTRUCTIONS:

1. Place **leaf lettuce** and 2 slices of **tomato** on top of tortilla
2. Next, place **grilled chicken** on top.
3. Add **bacon bits**
4. Roll and cut in $\frac{1}{2}$ **on a bias** if put in container, or **straight down** the middle if put in tamper container
5. Add **small ranch packet** inside packaging
6. Close and label

INSTRUCCIONES:

1. Colocar la hoja de lechuga y 2 rebanadas de tomate encima de la tortilla
2. En seguida, poner el pollo encima.
3. Añadir los trozos de tocino
4. Enrolle y cortar por la mitad si se coloca en un recipiente sellado
5. Añadir una bolsita de ranch dentro del empaque
6. Cerrar y etiquetar

Chicken Caesar Wrap

INGREDIENTS:

- 1 piece** Spinach Tortilla
12"
= 3.40 oz
- 2.60 oz** Grilled Chicken
- 1 slice** Tomato
= or 2 if small
- 1 pc** Lettuce
= 0.50 oz
- 0.50 oz** Parmesan Cheese
Shredded
- 0.50 oz** Caesar Dressing



INSTRUCTIONS:

1. Place lettuce and 1 tomato on top of tortilla
2. Mix dressing Chicken and cheese together and scoop with loose cream scoop
3. Roll and Cut $\frac{1}{2}$ on a bias if put in container, or straight down the middle if put in bag.

INSTRUCCIONES:

1. Colocar la lechuga y 1 tomate encima de la tortilla
Mexcle el aderezo de pollo y queso y cubralo con una cucharada de crema suelta
2. Enrollar y cortar a la mitad en diagonal si va en contenedor, o derecho en medio si va en bolsa.

Roasted Turkey Wrap



INGREDIENTS:

- 2.7 oz** Sliced Turkey
- 0.50 oz** Shredded Mild Cheddar Cheese
- 1 pc** Lettuce
- 1 pc** Sun Dried Tomato Tortilla 12"
- =



INSTRUCTIONS:

1. Place Lettuce on top of tortilla
2. Add Turkey and shredded Cheddar Cheese
3. Roll and Cut $\frac{1}{2}$ **on a bias** if put in container

INSTRUCCIONES:

1. Colocar la Lechuga en la tortilla
2. Añadir el Pavo y queso Cheddar rayado
3. Enrollar y cortar a la mitad **en diagonal** si se pone en contenedor

Southwestern Chicken Wrap

INGREDIENTS:

- 1 each** Chipotle Tortilla 12"
= 3.4 oz
- 1.00 oz** Black Beans
= red scoop
- 1.00 oz** Corn, frozen
= red scoop
- 2.5 oz** Grilled Chicken
- 1 slice** Pepper Jack Cheese
= 0.5 oz
- 0.25 oz** Sliced Jalapeno Peppers
= 2 or 3
- 0.25 oz** Chunky Mild Salsa
= black scoop



Mix beans, corn and salsa together

INSTRUCTIONS:

1. Place Pepper Jack on tortilla
2. Scoop bean mix with over full blue scoop
3. Add Chicken and jalapenos
4. Roll and Cut $\frac{1}{2}$ **on a bias** if put in container, or **straight down** the middle if put in bag.

INSTRUCCIONES:

1. Coloque pepper jack en la tortilla
2. Cucharada de mezcla de frijoles con una cucharada azul
3. Agregar pollo y jalapenos
4. Enrollar y cortar a la mitad **en diagonal** si se pone en contenedor, o **derecho** en medio si se pone en bolsa.

BC#012352088728

The Club Wrap

INGREDIENTS:

- 1.50 oz** Sliced Black Forest Ham
= 3 SLICES
- 1.20 oz** Sliced Turkey
- 0.50 oz** Shredded Mild Cheddar Cheese
- 1 pc** Lettuce
= 0.50 oz
- 1 pc** Spinach Tortilla 12"
= 3.4 oz



INSTRUCTIONS:

1. Place Ham
2. Add Turkey and shredded Cheddar Cheese next
3. Place Lettuce on top of tortilla
4. Roll and cut in $\frac{1}{2}$ **on a bias** if put in container, or **straight down** the middle if put in paper bag.

INSTRUCCIONES:

1. Colocar Jamon
2. Añadir el Pavo y en seguida el queso Cheddar rayado
3. Colocar la Lechuga en la tortilla
4. Enrollar y cortar a la mitad **en diagonal** si va en contenedor, o **derecho** en medio si va en bolsa.

Veggies & Ranch Wrap

INGREDIENTS:

- 0.50 oz** Bell Pepper
= 4 julienne pcs
- 0.50 oz** Cucumber, Sliced
= 3 slices
- 2 slices** Tomatoes, Sliced
= 0.50oz approx.
- 0.30 oz** Shredded Carrots
- 0.25 oz** Yellow Onions
- 0.70 oz** Broccoli
- 1 pc** Lettuce
= 0.34 oz
- 1 pc** Flour Tortilla 12"
= 3.4 oz
- 1 pkt** Ranch Dressing (12 gm pkt)



INSTRUCTIONS:

1. Place Lettuce on top of tortilla
2. Next, layer rest of ingredients and making sure the broccoli is in the middle
3. Roll and cut in $\frac{1}{2}$ **on a bias** if put in container, or **straight down** the middle if put in paper bag.
4. Place Ranch Dressing Packet on top of the wrap (if bag is used) or on the bottom (if container is used).

INSTRUCCIONES:

1. Poner la Lechuga en la tortilla
2. En seguida, colocar el resto de los ingredientes asegurandose que el broccoli quede en medio
3. Enrollar y cortar a la mitad **en diagonal** si va en contenedor, o **derecho** en medio si va en bolsa.
4. Colocar el paquete de Ranch encima del wrap (si va en bolsa) o debajo del wrap (si va en contenedor)

Ingredients:

BC#012352090998

- 2.5 oz White Mushrooms, raw
- 1 oz Green Bell Pepper, fresh
- 1.5 oz Red Bell Pepper, raw
- 1 oz Onions, raw
- 1 cup Zucchini (summer squash), sliced, includes skin, raw
- 0.75 cup Cherry Tomatoes, raw
- 2 oz Herb Champagne Vinaigrette Dressing
- 1 tsp Kosher Salt
- 1 tsp Ground Black Pepper
- 2 Sundried Tomato Tortillas (12")
- 3 oz Boursin Herbed Cheese
- 0.5 cup Butterhead Lettuce (includes Boston and Bibb), shredded or chopped

**Preparation Instructions:****Prep:**

- Wash, dry, and thickly slice the mushrooms.
- Wash, peel, and thickly slice the onions.
- Wash, dry, deseed, and cut the peppers into chunks.
- Wash, dry, remove ends, and thickly slice the zucchini.
- Wash the tomatoes.
- Toss all prepared vegetables with the vinaigrette dressing.

Roast the Vegetables:

- Preheat oven to 400°F.
- Spread the vegetables in a single layer on a baking sheet. Season with salt and pepper.
- Roast in the hot oven for 12 to 15 minutes, or until slightly charred and tender.

Assemble the Wraps:

- Place a tortilla on a flat surface and spread with 1.5 oz of Boursin cheese.
- Top with approximately 5.5 oz of the roasted vegetable mixture.
- Sprinkle with shredded lettuce.
- Roll up the tortilla burrito-style.
- Cut the wrap in half on the diagonal and place it into a container.
- Label and serve.

2 Servings: Across two Packages 352 Grams each

Chicken Caesar Baguette

BC# 012352089671

Ingredients:

16 ounces skinless, boneless chicken breast
2.33 tablespoons olive oil
1 teaspoon kosher salt
1 teaspoon ground black pepper
20 ounces French or Vienna bread (sourdough works too)
1 clove garlic
2 teaspoons Grey Poupon Dijon Mustard
0.33 ounces European anchovy fillets (mashed into paste)
4 ounces romaine lettuce leaves
2 medium stalks of celery
1 ounce grated Parmesan cheese
2 plum tomatoes
1 lemon

Preparation Instructions:

Cut the lemon in half.

Divide the baguette into 4 equal pieces, approximately 5 ounces each, and halve crosswise while leaving the hinge intact.

Mash the anchovy fillets into a paste.

Wash and separate the romaine lettuce leaves.

Wash and thinly slice the celery stalks.

Wash, core, and slice the tomatoes.

Step 1:

Preheat the grill to medium heat.

Step 2:

Rub the chicken with 1/2 teaspoon of olive oil and sprinkle with 1/4 teaspoon each of salt and pepper. Grill until an instant-read thermometer registers 165°F, which usually takes 8 to 10 minutes per side. Transfer the grilled chicken to a cutting board and let it rest for 10 minutes before slicing.

Step 3:

While the chicken is grilling, grill the lemon halves and baguette pieces, cut sides down, until they are charred, which takes about 2 to 3 minutes. Transfer them to a cutting board. Rub the cut side of the baguette with the garlic clove.

Step 4:

Squeeze 2 tablespoons of juice from the grilled lemon halves into a small bowl. Whisk in the mayonnaise, Dijon mustard, and anchovy paste. Gradually whisk in the remaining 2 tablespoons of olive oil until thoroughly incorporated.

Step 5:

In a large bowl, toss the romaine lettuce and celery with 1/4 cup of the prepared dressing and 1/4 teaspoon of pepper to coat. Then toss with the grated Parmesan cheese and another 1/4 teaspoon of pepper.

Step 6:

Drizzle the remaining dressing over the baguette halves and layer them with sliced chicken, the prepared salad, and sliced tomatoes.



Servings:

This recipe makes 4 servings, each packaged individually, totaling 379 grams per package, or 13.37 ounces per total serving

Chicken & Pepper Jack on 12 Grain

INGREDIENTS:

- 2 Slice** 12 Grain Bread
- 3.00 oz** Deli Chicken Shaved
- 1 Slice** Sliced Pepper Jack
0.75 oz
- 1 each** Better Burger Leaf
- 1 each** Tomato Sliced
- 1 each** 9gm PC Mayonnaise



INSTRUCTIONS:

1. Place one slice of bread
2. Add Pepper Jack Cheese
3. Add Chicken
4. Add Tomato and Lettuce
5. Add top slice of bread
6. Slice into triangles
7. Place Mayo behind add sandwich and label

INSTRUCCIONES:

1. Extender una rebanada de pan
2. Agregar Queso Pepperjack
3. Agregar Pollo
4. Agregar tomate y lechuga
5. Tapar con otra rebanada de pan
6. Cortar en triangulo
7. Colocar mayonesa detras del sandwich y etiquetar

Ingredients:

4 oz Turkey Breast Meat, thinly sliced
6 slices Maple Bourbon Candied Bacon
4 oz Black Forest Ham, thinly sliced
2 slices Cheddar Cheese (1 oz each)
4 leaves Butterhead Lettuce (Boston or Bibb)
8 slices Thin-Sliced Red Tomatoes
6 tablespoons Mayonnaise
2 cloves Roasted Garlic (Divina)
0.25 teaspoon Ground Black Pepper
6 slices Thick-Sliced Sourdough Bread

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

- Thinly slice the turkey breast and ham.
- Cook the maple bourbon candied bacon until crispy.
- Thinly slice the cheddar cheese.
- Wash, core, and thinly slice the tomatoes.
- Wash and dry the butterhead lettuce leaves.

2. Prepare the Mayo Spread:

- In a small bowl, mash the roasted garlic cloves.
- Fold the mashed garlic into the mayonnaise along with the black pepper. Set aside.

3. Toast the Bread:

- Toast the slices of sourdough bread until golden. Each sandwich will require 3 slices of bread.

4. Assemble the Sandwiches:

- Spread 1 tablespoon of the prepared garlic mayo on each slice of toasted bread.
- On one slice, layer a slice of cheddar cheese, turkey breast, and bacon slices.
- On another slice, layer a slice of cheddar cheese and ham, then place this slice on top of the first one.
- Top the stack with butterhead lettuce leaves and tomato slices.
- Place the final slice of bread on top to complete the sandwich.

5. Slice and Serve:

- Insert 4 picks into the sandwich to hold it together, and then cut it into quarters.
- Place the sandwich quarters into a serving container and serve immediately.

2 total servings across 2 packages (528 grams per package)

Curried Chickpea Salad Sandwich

BC#012352092077

Ingredients:

- 15 oz Chickpeas (garbanzo beans), canned, drained
- 4 tablespoons Vegan Mayonnaise
- 1 oz Red Onion
- 2 tablespoons Fresh Parsley
- 1 tablespoon Celery, raw
- 1 tablespoon Sweet Pickle Relish
- 1 tablespoon Curry Powder
- 1.5 tablespoons Golden Seedless Raisins (packed)
- 1.5 tablespoons Seedless Raisins (not packed)
- 0.25 teaspoon Lime Juice, raw
- 0.5 teaspoon Grey Poupon Dijon Mustard
- 0.5 teaspoon Kosher Salt
- 0.5 teaspoon Ground Black Pepper
- 8 slices Hearty Grain Bread
- 2 leaves Green Leaf Lettuce
- 8 thin slices Ripe Red Tomatoes

**Preparation Instructions:**

1. Add all ingredients into a bowl and, using a potato masher, fork, or pastry cutter, blend until just combined. Avoid making it too mushy, but ensure the chickpeas are broken down and the ingredients are well incorporated.
2. You can also use a food processor for about 5 pulses.
3. Scrape everything together and adjust seasonings to taste.
4. Place the bread and add the lettuce and a portion of the salad. Then add Tomatoes, add the top bread, and cut at an angle.
5. Package and label

4 total servings across 4 packages (270 grams per package)

Ham & Cheddar on Marble Rye

INGREDIENTS:

2 Slices Marble Rye
Bread
= 2.68 oz approx.

1 piece Lettuce

2.70 oz Black Forest Ham

1 slice Cheddar
Cheese
= 0.75 oz



INSTRUCTIONS:

1. Place **one leaf of lettuce** on one slice of bread
2. Add **Black Forest Ham**
3. Place **Cheddar Cheese** on top of Ham
4. Place the second slice of bread on top of cheese

INSTRUCCIONES:

1. Colocar **una hoja de lechuga** en una rebanada de pan
2. Añadir **Jamon Ahumado Black Forest**
3. Colocar el **Queso Cheddar** encima del jamon
4. Colocar la otra rebanada de pan encima del queso

Turkey & Cheddar BLT



INGREDIENTS:

- 2 slices** Toasted Wheat Bread
= 1.48 oz each
- 2.70 oz** Shaved Turkey
- 1 slice** Cheddar Cheese
= 0.75 oz
- 1 slice** Cooked Bacon
= 0.17 oz
- 1 piece** Leaf Lettuce
- 1 slice** Tomato
= 0.70 oz approx.

INSTRUCTIONS:

1. Place **lettuce** on top of 1 slice of toasted bread
2. Add **Tomato** on top of lettuce
3. Place **turkey** on top of tomato
4. Place **cheese** on top of meat
5. Place **1 slice of bacon** on top of cheese
6. Place the second slice of bread and Cut sandwich in half diagonally.

INSTRUCCIONES:

1. Colocar la **lechuga** encima de una rebanada de pan tostado
2. Añadir el **tomate** arriba de la lechuga
3. Colocar el **pavo** encima del tomate
4. Añadir el **queso**
5. Colocar el **tocino** encima del queso
6. Cubrir con la segunda rebanada de pan y cortar sandwich a la mitad en diagonal

Turkey & Provolone on 12 Grain

INGREDIENTS:

- 2 slices** 12 Grain Bread
= 2.68 oz
- 2.70 oz** Sliced Turkey
- 1 Tbsp.** Mayonaisse
= 0.50 oz approx.
- 1 slice** Provolone Cheese
= 0.50 oz approx.
- 1 piece** Leaf Lettuce
= 0.35 oz
- 1 slice** Tomato



INSTRUCTIONS:

1. Spread **mayo** on 1 slice of bread
2. Place **lettuce** on top of mayo and **tomato** next
3. Place **turkey** on top of tomato
4. Place **cheese** on top of meat
5. Place the second slice of bread and Cut sandwich in half diagonally.

INSTRUCCIONES:

1. Untar la **mayonesa** en la mitad inferior
2. Colocar la **lechuga** encima de la mayonesa y en seguida el **tomate**
3. Colocar el **pavo** encima del tomate
4. Añadir el **queso**
5. Cubrir con la segunda rebanada de pan y cortar sandwich a la mitad en diagonal

“Big Mac” Salad

Ingredients:**BC#012352091032**

- 18 oz Ground Beef, 85% lean meat / 15% fat, raw
- 1 tsp Kosher Salt
- 0.5 tsp Ground Black Pepper, ground
- 5 oz Cos or Romaine Lettuce, raw
- 2 cups Iceberg Lettuce (includes crisphead types), raw, chopped (1/2" pieces, loosely packed)
- 1 cup Red Tomatoes, ripe, raw, chopped or sliced
- 1 cup Cheddar Cheese, shredded
- 0.75 cup Pickles, cucumber, dill or kosher dill, chopped or diced
- 0.33 tbsp Sesame Seeds, whole, dried
- 0.75 cup Mayonnaise, regular Salad Dressing
- 1 oz Sweet Pickle Relish
- 2 tsp Mustard, prepared, yellow (or 1 packet)
- 0.33 tbsp Distilled Vinegar
- 4 grams Smoked Paprika
- 1 tbsp Honey

**Preparation Instructions:****Preparation:**

- Wash, core, and chop the cos or romaine lettuce. Spin in a salad spinner.
- Wash, core, and chop the tomatoes.
- Toast the sesame seeds.
- Dice the pickles.

Cooking the Beef:

- 1.Add the ground beef to a large skillet over medium-high heat.
- 2.Break apart with a spatula and season with salt and pepper.
- 3.Cook for 8-10 minutes, stirring occasionally, until the beef is browned and moisture has evaporated.
- 4.Drain all grease.

Making the Dressing:

- 1.Meanwhile, puree all the dressing ingredients (mayonnaise, sweet pickle relish, mustard, vinegar, smoked paprika, and honey) in a blender.
- 2.If the dressing is thicker than desired, thin it out with water and puree again.
- 3.Refrigerate the dressing until ready to serve.

Assembling the Salad:

- 1.In a large bowl, combine the cos or romaine lettuce, iceberg lettuce, tomatoes, shredded cheddar cheese, and diced pickles.
- 2.Add the cooked ground beef.
- 3.Drizzle the prepared dressing over the salad. If serving Immediately. If it's for later service portion dressing into a souffle cup and place in container
- 4.Toss gently to coat everything evenly.

Garnish:

- Garnish the salad with toasted sesame seeds, if desired.

Package and Label for service**4 Servings: Across four Packages 350 Grams each**

Ingredients:

BC#012352091599

- 3 oz romaine or cos lettuce, raw
- 1 large hard-boiled egg
- 1 oz Black Forest ham
- 1 oz turkey breast meat
- 1 oz cheddar cheese
- 1 oz Swiss cheese
- 0.25 cup cherry tomatoes, red, ripe, raw
- 1 oz peeled raw cucumber
- 2 oz ranch dressing (commercial, regular)

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

1. Wash, chop, and spin dry 3 oz of romaine or cos lettuce.

2. Prepare the Other Ingredients:

1. Cut 1 oz Black Forest ham, 1 oz turkey breast meat, 1 oz cheddar cheese, and 1 oz Swiss cheese into thin strips.
2. Cut the 1 large hard-boiled egg in half.
3. Wash, remove ends from, and slice 1 oz of cucumber into half moons.
4. Wash 0.25 cup cherry tomatoes.

3. Assemble the Salad:

1. Place the 3 oz of prepared lettuce in the bottom of the serving container.
2. Arrange the strips of ham, turkey, cheddar, and Swiss cheese in separate piles forming an "X" on top of the lettuce.
3. Place the cherry tomatoes at the top of the "X."
4. Place the hard-boiled egg halves at the bottom of the "X."
5. Position the cucumber slices on one side of the "X" and place a 2 oz souffle cup of ranch dressing on the other side.

4. Finish and Serve:

1. Cover the container, label it, and serve.

**1 total serving across 1 package (368
grams per package)**

BC#012352087998

Ingredients:

- 3 oz romaine or cos lettuce, raw
- 0.5 oz seasoned croutons
- 1 tablespoon shredded Parmesan cheese
- 1 oz Caesar dressing (regular)

Instructions:

1.Prepare the Lettuce:

1. Wash and chop 3 oz of romaine or cos lettuce into bite-sized pieces.

2.Assemble the Salad:

1. In a salad container, place the chopped lettuce.
2. Sprinkle 0.5 oz of seasoned croutons over the lettuce.
3. Add 1 tablespoon of shredded Parmesan cheese on top.

3.Add Dressing:

1. Cup 1 oz of Caesar dressing and place in the corner

Seal and label.

**1 total serving across 1 package (130
grams per package)**

Classic Caesar Salad

BC#012352087981

Ingredients (for one package):

- **6 oz romaine or cos lettuce, raw**
- **1 oz seasoned croutons**
- **2 tablespoons shredded Parmesan cheese**
- **2 oz Caesar dressing (regular)**

Preparation Instructions:

1. Prepare the Lettuce:

1. Wash and chop **6 oz** of romaine or cos lettuce into bite-sized pieces. Spin or pat dry to remove excess moisture.

2. Assemble the Salad in the Container:

1. Place the chopped lettuce at the bottom of a to-go salad container.
2. Sprinkle **1 oz** of seasoned croutons evenly on top of the lettuce.
3. Add **2 tablespoons** of shredded Parmesan cheese.

3. Pack the Dressing:

1. Pour **2 oz** of Caesar dressing into a small souffle cup with a lid. Place the dressing cup on top of the salad or in a side compartment of the container to keep the salad fresh.

4. Seal and Label:

1. Close the salad container securely with a lid.
2. Label the container with the salad name, ingredients, and date of preparation.

5. Storage:

1. Store the packaged salad in a refrigerator until ready for service.

**1 total serving across 1 package (260
grams per package)**

BC#012352088278

Ingredients:

- 6 oz romaine or cos lettuce, raw
- 1 oz seasoned croutons
- 3 tablespoons shredded Parmesan cheese
- 2 oz Caesar dressing
- 5 oz skinless, boneless chicken breast, raw
- 2 tablespoons Italian dressing
- 0.4 cup cherry tomatoes, halved



Preparation Instructions:

1. Prepare the Chicken:

1. Grill or pan-cook the chicken until fully cooked and internal temperature reaches 165°F (74°C).
2. Refrigerate the chicken until cold, slicing it into strips.

2. Prepare the Lettuce:

1. Wash and chop the romaine or cos lettuce into bite-sized pieces.

3. Assemble the Salad:

1. In a salad container add the lettuce
2. Top cherry tomatoes, shredded parmesan cheese and seasoned croutons.
3. Cup the dressing in a souffle cup with lid and place in the corner.

4. Add Chicken:

1. Arrange the sliced chicken on top of the salad.

5. Serve:

1. Seal and label for service.

**1 total serving across 1 package (490
grams per package)**

Farmers Market Fruit Salad, Nut & Seed Salad

BC#012352088421

Ingredients:

- 1 oz (22 whole kernels) dry roasted almonds, without salt added
- 2 oz roasted pumpkin and squash seed kernels, without salt
- 2 medium apples (3" dia), with skin
- 2 oz dried, sweetened cranberries
- ½ cup grated raw carrots
- 4 oz romaine or cos lettuce, raw
- 4 oz spring mix lettuce
- 2.66 tablespoons olive oil
- 3 tablespoons cider vinegar
- 3 teaspoons Grey Poupon Dijon mustard
- ¼ teaspoon kosher salt
- 1 teaspoon ground black pepper
- 3 tablespoons vegan honey

Preparation Instructions:

1. Prepare the Dressing:

1. In a small mason jar, combine 2.66 tablespoons olive oil, 3 tablespoons cider vinegar, 3 teaspoons Grey Poupon Dijon mustard, ¼ teaspoon kosher salt, 1 teaspoon ground black pepper, and 3 tablespoons vegan honey.
2. Secure the lid tightly and shake well to combine.
3. Serve immediately or store in the fridge. Portion into souffle cups with lids.

2. Prepare the Salad:

1. Wash and dice the apples. Dip in lemon water to prevent browning.
2. Toast the almonds and pumpkin seeds.
3. Wash, core, and chop the romaine. Spin in a salad spinner to dry.
4. Combine the romaine and spring mix.

3. Assemble the Salad:

1. Place 4 oz of the lettuce blend in the bottom of each container.
2. Sprinkle with 1 diced apple, ¼ cup shredded carrots, 1 oz pumpkin seeds, 1 oz dried cranberries, and ½ oz toasted chopped almonds.
3. Add a souffle cup of dressing.

4. Serve:

1. Label the containers and serve.

**Servings: 2 total servings (470 grams
per package)**

Ingredients:

BC#012352088025

- 0.5 cup cherry tomatoes, red, ripe, raw
- 5 oz romaine or cos lettuce, raw
- 1 oz raw sweet yellow corn
- 0.5 tablespoon Shortening Fryer ZTF
- 0.5 cup shredded cheddar cheese
- 2 oz canned black beans, low sodium
- 2 oz corn tortillas, ready-to-bake or -fry
- 1.5 oz ranch dressing (commercial, regular)
- 3 sprays PAM cooking spray (about 1/3 second per spray)

Preparation Instructions:**1.Prepare Ingredients:**

1. Dice 0.5 cup cherry tomatoes.
2. Shred 0.5 cup cheddar cheese.
3. Drain and rinse 2 oz black beans.
4. Cut or break 2 oz corn tortillas into desired pieces.

2.Prepare Corn:

1. Cook 1 oz raw sweet corn if needed (depending on recipe).

3.Prepare Tortillas:

1. Heat or bake 2 oz corn tortillas as per package instructions.

4.Prepare Salad:

1. In a bowl, combine 5 oz romaine lettuce, 0.5 cup shredded cheddar cheese, 2 oz black beans, and 0.5 cup cherry tomatoes.
2. Add 1 oz cooked sweet corn then toss.

5.Add Dressing:

1. Cup 1.5 oz ranch dressing into a souffle cup and lid.

6.Prepare Tortilla Chips:

1. Spray tortilla pieces with 3 sprays PAM cooking spray.
2. Bake until crispy
3. place on top

Seal and label

**1 total serving across 1 package (460
grams per package)**

Ingredients: BC#012352091605

- 1.5 oz romaine or cos lettuce, raw
- 1.5 oz iceberg lettuce, raw
- 0.25 cup chopped raw carrots
- 2 oz peeled raw cucumber
- 1 cup cherry tomatoes, red, ripe, raw
- 1 oz seasoned croutons
- 0.13 cup shredded cheddar cheese

Preparation Instructions:

1.Prepare the Vegetables:

1. Wash and chop 1.5 oz of romaine or cos lettuce and 1.5 oz of iceberg lettuce.
2. Peel and slice 2 oz of cucumber.
3. Chop 0.25 cup of raw carrots.
4. Wash 1 cup of cherry tomatoes.

2.Assemble the Salad:

1. In a salad container, layer the prepared romaine or cos lettuce and iceberg lettuce.
2. Add the chopped carrots, cucumber slices, and cherry tomatoes.

3.Add Toppings:

1. Sprinkle 1 oz of seasoned croutons over the salad.
2. Top with 0.13 cup of shredded cheddar cheese.

4.Pack the Salad:

1. Ensure the container is sealed tightly.
2. Store in the refrigerator until ready to serve.

**1 total serving across 1 package (360
grams per package)**

Garden Veggie Fresh Salad with Herb Marinated Chicken

BC#012352090974

Ingredients:

- 3 oz Romaine Lettuce
- 1 cup Iceberg Lettuce, chopped (1/2" pieces, loosely packed)
- 2 oz Spring Mix Lettuce
- 1 cup Butterhead Lettuce, shredded or chopped
- 3 oz Sweet Yellow Corn, kernels cut off the cob
- 0.5 cup Cucumber, sliced
- 0.5 cup Cherry Tomatoes, halved
- 0.5 cup Radishes, sliced
- 0.5 cup Red Bell Pepper, chopped
- 0.5 cup Carrots, grated
- 2 oz Herb Champagne Vinaigrette (for marinating)
- 9 oz Chicken Breast, boneless, skinless
- 1 tsp Kosher Salt
- 1 tsp Black Pepper, ground
- 1 oz Blue Cheese, crumbled
- 4 oz Herb Champagne Vinaigrette (for dressing)



Preparation Instructions:

1. Marinate the Chicken:

- Place 9 oz chicken breast in a container and pour 2 oz Herb Champagne Vinaigrette over it.
- Marinate overnight for best results or for a minimum of 3 hours.

2. Grill the Chicken:

- Preheat the char grill.
- Remove chicken from marinade and season with 1 tsp salt and 1 tsp black pepper.
- Grill the chicken for approximately 4 to 5 minutes per side or until the internal temperature reaches 160°F.
- Remove from grill and let rest for at least 10 minutes before slicing.

3. Prepare the Dressing:

- Portion two portions, 2 oz Herb Champagne Vinaigrette into a souffle cup with a lid.

4. Prepare the Vegetables:

- Wash and chop all lettuces: 3 oz romaine, 1 cup iceberg, 2 oz spring mix, and 1 cup butterhead. Combine in a salad spinner and spin until dry.
- Divide the lettuce mixture in half and place in the bottom of serving containers.
- Husk, rinse, and cut 3 oz corn kernels from the cob; place in one section over the lettuce.
- Wash, peel, and shred 0.5 cup carrots; place in one section over the lettuce.
- Wash and halve 0.5 cup cherry tomatoes; place in one section over the lettuce.
- Wash and thinly slice 0.5 cup cucumbers; place in one section over the lettuce.
- Wash, deseed, and julienne 0.5 cup bell pepper; place in one section over the lettuce.
- Wash, trim ends, and julienne 0.5 cup radishes; place in one section over the lettuce.

5. Assemble Two Salads Evenly:

- Sprinkle 0.5 oz crumbled blue cheese over the vegetables.
- Top with 4 oz grilled chicken.
- Add the souffle cup of dressing to the side.
- Package and label accordingly.

2 Servings: Across Two Packages

562 Grams each

Garden Fresh Veggie Salad with Herb Marinated Steak

Ingredients:

- 3 oz Cos or Romaine Lettuce
1 cup (chopped, 1/2" pieces, loosely packed) Iceberg Lettuce
2 oz Spring Mix Lettuce
1 cup (shredded or chopped) Butterhead Lettuce (Boston and Bibb)
3 oz Sweet Yellow Corn (frozen, kernels cut off cob)
0.5 cup (sliced) Cucumber (peeled)
0.5 cup Cherry Tomatoes
0.5 cup (sliced) Radishes
0.5 cup (chopped) Red Bell Pepper
0.5 cup (grated) Carrots
6 oz Herb Champagne Vinaigrette Dressing (2 oz for marinade, 4 oz for salad)
1 tsp Kosher Salt
1 tsp Ground Black Pepper
1 oz Blue Cheese (crumbled)
9 oz Flank Steak (trimmed to 0" fat)

BC#-012342090974

**Preparation Instructions:****Marinate the Steak:**

- Use 2 oz of Herb Champagne Vinaigrette Dressing to marinate the steak. For best results, marinate overnight, but at a minimum, marinate for 3 hours.

Grill the Steak:

- Preheat the char grill.
- Remove the steak from the marinade, season with salt and pepper.
- Grill the steak for approximately 3 to 4 minutes per side, or until the internal temperature reaches 140°F.
- Remove the steak from the grill and let it rest for at least 10 minutes before slicing.
- Slice the steak against the grain.

Prepare the Salad:

- Wash and chop all lettuces. Combine in a salad spinner and spin until dry.
- Divide the lettuce mixture in half and place in the bottom of serving containers.

Prepare the Vegetables:

- Wash and chop all lettuces: 3 oz romaine, 1 cup iceberg, 2 oz spring mix, and 1 cup butterhead. Combine in a salad spinner and spin until dry.
- Divide the lettuce mixture in half and place in the bottom of serving containers.
- Husk, rinse, and cut 3 oz corn kernels from the cob; place in one section over the lettuce.
- Wash, peel, and shred 0.5 cup carrots; place in one section over the lettuce.
- Wash and halve 0.5 cup cherry tomatoes; place in one section over the lettuce.
- Wash and thinly slice 0.5 cup cucumbers; place in one section over the lettuce.
- Wash, deseed, and julienne 0.5 cup bell pepper; place in one section over the lettuce.
- Wash, trim ends, and julienne 0.5 cup radishes; place in one section over the lettuce.

Assemble the Salad:

- Sprinkle 0.5 oz of crumbled blue cheese over the sections of vegetables.
- Top with 4 oz of grilled steak slices.
- Portion 2 oz of Herb Champagne Vinaigrette Dressing into a soufflé cup with a lid and add to the salad.

Package and Label:

- Add the dressing soufflé cup to the salad container.
- Package and label accordingly.

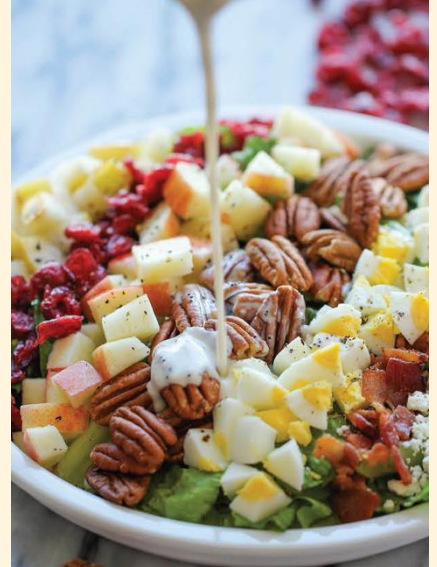
2 Servings: Across two Packages 562 Grams each

Harvest Cobb Salad

BC#012352091216

Ingredients:

- **4 slices** cooked bacon (cured, baked)
- **2 extra-large** whole eggs (raw, fresh)
- **15 oz** raw cos or romaine lettuce
- **1 large** raw apple (about 3-1/4" dia, with skin)
- **1 large** raw pear
- **0.5 cup** chopped pecans (nuts)
- **0.33 cup** sweetened dried cranberries
- **2.5 oz** semisoft goat cheese
- **0.33 cup** regular mayonnaise (salad dressing)
- **0.25 cup** whole milk (3.25% milkfat, with added vitamin D)
- **1 tbsp** organic apple cider vinegar
- **1 tbsp** poppy seeds (spices)
- **21 oz** cooked, grilled skinless boneless chicken breast (7 x 3 oz)



Preparation Instructions:

Step 1: Prepare Chicken

- Cook the chicken until the internal temperature reaches **165°F**. Cool completely, then dice.

Step 2: Make Poppy Seed Dressing

- In a small bowl, whisk together the mayonnaise, whole milk, apple cider vinegar, and poppy seeds. Set aside.

Step 3: Cook Bacon

- Heat a large skillet over medium-high heat. Add the bacon and cook until browned and crispy, about **6 to 8 minutes**. Transfer to a paper towel-lined plate and set aside.

Step 4: Boil Eggs

- Place the eggs in a large saucepan and cover them with cold water by **1 inch**. Bring to a boil and cook for **1 minute**. Cover the eggs with a tight-fitting lid, remove from heat, and set aside for **8 to 10 minutes**. Drain well, let cool, then peel and dice.

Step 5: Assemble Salad

- In a large bowl, place the romaine lettuce as a base. Arrange rows of bacon, diced chicken, diced eggs, apple slices, pear slices, chopped pecans, dried cranberries, and crumbled goat cheese on top.

Step 6: Serve

- Serve immediately with the poppy seed dressing on the side.

**4 total servings across 4 packages (485
grams per package)**

BC#012352093715

Ingredients:

- 1 Roll French 7"
- 2oz Roma Tomatoes
- 3 pieces Pepperoncini
- 2 tbsp Mayonnaise (soybean and safflower oil, with salt)
- 1.25 oz Capicola
- 1.25 oz Genoa Salami
- 1.25 oz Sliced Ham (approximately 11% fat)
- 1.25 oz Pork and Beef Pepperoni
- 1 oz Provolone Cheese
- 0.5 oz Sweet Onion, raw
- 0.33 cup Shredded Iceberg Lettuce
- 1 tsp Red Wine Vinegar
- 1 tsp Olive Oil (salad or cooking)
- 0.25 tsp Dried Oregano
- 0.13 tsp Kosher Salt
- 0.13 tsp Black Pepper, ground



Preparation Instructions:

1. Prep Ingredients:

1. Wash and thinly slice the tomatoes, then pat them dry to remove excess moisture.
2. Shred the iceberg lettuce and pat it dry to keep it crisp.
3. Slice the pepperoncini peppers.
4. Cut the French roll in half lengthwise and gently scoop out some of the bread from the top half to create room for fillings.

2. Assemble the Sandwich:

1. Spread a thin, even layer of mayonnaise on both cut sides of the bread.
2. Layer the meats: start with capicola, followed by Genoa salami, ham, and then pepperoni.
3. Place a slice of provolone cheese on top of the meats.
4. Add the tomatoes, pepperoncini, and shredded iceberg lettuce on top of the cheese.
5. Drizzle the sandwich with olive oil and red wine vinegar.
6. Sprinkle dried oregano on top, followed by a pinch of kosher salt and freshly ground black pepper.
7. Close the sandwich with the top half of the roll, slice in half, and wrap for serving.

1 Serving, 1 Sandwich

Kale Veggie Salad

BC#012352088520

Ingredients:

- 6 oz kale, raw
- 6 oz spinach, raw
- 0.65 cup butternut squash, raw, cubed
- 3 oz Brussels sprouts, raw
- 1 large apple (3¼" dia), with skin
- 1 oz onion, raw
- 2 oz roasted pumpkin and squash seed kernels (without salt)
- 1.5 teaspoons Grey Poupon Dijon mustard
- 2 tablespoons balsamic vinegar
- 6 tablespoons olive oil
- 1 tablespoon vegan honey
- 0.5 teaspoon kosher salt
- 1.25 teaspoons ground black pepper
- 1 oz PAM cooking spray, original
- 0.5 clove garlic, raw

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

1. Preheat the oven to 400°F (200°C).
2. Cut the butternut squash into cubes and halve or quarter the Brussels sprouts.
3. Toss butternut squash and Brussels sprouts with PAM cooking spray, 0.5 teaspoon kosher salt, and 1.25 teaspoons black pepper.
4. Roast the vegetables on a baking sheet for 20-25 minutes, or until tender and slightly caramelized. Let cool.

2. Prepare the Kale and Spinach:

1. Wash and chop kale into bite-sized pieces.
2. Wash spinach and pat dry.

3. Prepare the Apple and Onion:

1. Core and slice the apple into thin wedges or bite-sized pieces.
2. Dice the onion.

4. Make the Dressing:

1. In a bowl, whisk together Grey Poupon Dijon mustard, balsamic vinegar, olive oil, vegan honey, 0.5 teaspoon kosher salt, and 1.25 teaspoons black pepper.
2. Mince the garlic and add it to the dressing.

5. Assemble the Salad:

1. In a large bowl or salad container, combine kale, spinach, roasted butternut squash, Brussels sprouts, apple slices, diced onion, and roasted pumpkin and squash seed kernels.
2. Cup the dressing into 5 souffle cups with lids and place one in each container.

6. Serve:

1. Divide the salad into 5 portions, packing into individual containers. Seal and label

**5 total servings across 5 packages (200
grams per package)**

BC#012352088049

Ingredients:

- 0.25 lemon (yields lemon juice)
- 1.5 tablespoons Shortening Fryer ZTF
- 2 oz sliced black olives
- 0.75 tablespoon red wine vinegar
- 0.25 teaspoon dried oregano leaves
- 0.25 teaspoon ground black pepper
- 0.13 teaspoon kosher salt
- 0.13 cup (2 tablespoons) chopped fresh basil
- 5 oz spring mix lettuce
- 0.16 teaspoon granulated garlic
- 0.25 tablespoon honey
- 0.65 teaspoon Grey Poupon Dijon mustard
- 1 cup cherry tomatoes, red, ripe, raw
- 2 oz ready-to-bake or -fry corn tortillas
- 1.5 tablespoons olive oil

Preparation Instructions:**1.Prepare Basil Vinaigrette:**

1. Combine 0.25 lemon (juice), 0.75 tablespoon red wine vinegar, 0.65 teaspoon Grey Poupon Dijon mustard, 0.25 teaspoon dried oregano leaves, 0.25 teaspoon ground black pepper, 0.13 teaspoon kosher salt, 0.16 teaspoon granulated garlic, 0.25 tablespoon honey, and 1.5 tablespoons olive oil in a large container.
2. Insert a large burr mixer into the vessel.
3. Slowly add the first 3 cups of oil while the burr mixer is running.
4. Add the remaining portion of the oil more quickly.
5. The dressing should be thin and not broken.
6. Label and store at room temperature.

2.Prepare Tortilla Strips:

1. Run the 2 oz of corn tortillas through an 8-blade paper shredder.
2. Fry the strips at 325°F until crisp.
3. Drain the strips in a perforated pan.
4. Store in a tightly sealed container for up to 2 days.

3.Assemble the Salad:

1. Add the lettuce and top with all items except the dressing.
2. Cup dressing and place in the corner
3. Seal and label

**1 total serving across 1 package (465
grams per package)**

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

Tossed Cobb Salad

Ingredients:

BC#012352088032

- 0.25 cup cherry tomatoes, red, ripe, raw
- 5 oz romaine or cos lettuce, raw
- 2 slices cooked bacon (2 oz total)
- 1 oz blue cheese
- 1 large hard-boiled egg
- 1 oz Black Forest ham
- 2 oz ranch dressing (commercial, regular)

Preparation Instructions:

1.Prepare Tomatoes:

1. Wash and cut 0.25 cup cherry tomatoes in half.

2.Prepare Egg:

1. Medium dice 1 large hard-boiled egg (approximately 1.5 oz per salad).

3.Prepare Ham:

1. Medium dice 1 oz Black Forest ham.

4.Prepare Bacon:

1. Cook 2 slices (2 oz) of bacon until crisp, drain well, and crumble (0.5 oz per salad).

5.Assemble Salad:

1. Place 5 oz of prepared romaine into a grab-and-go container.
2. In a bowl, mix together diced egg, diced ham, crumbled bacon, halved cherry tomatoes, and 1 oz blue cheese.
3. Place the mixture over the romaine in the container.
4. Add 2 oz of ranch dressing cupped into the container.

**1 total serving across 1 package (355
grams per package)**

BC#012352093739

Ingredients:

- 4 x Tablespoon Fresh Coriander (Cilantro) Leaves, raw
- 1 x Recipe Yield Spicy Vegan Mayo
- 1 x Recipe Yield Marinated Tofu
- 1 x Recipe Yield Quick Pickled Veggies
- 1 x 1 French Baguette (The Bread Guy)



Preparation Instructions:

1. Prep:

1. Prepare the Quick Pickled Veggies (sub recipe).
2. Prepare the Marinated Tofu (sub recipe).
3. Prepare the Spicy Vegan Mayo (sub recipe).
4. Wash and dry the cilantro leaves. Tear them into pieces.

2. Assemble the Sandwich:

1. Cut the baguette into 4 equal pieces, then slice each piece lengthwise.
2. Spread 2.3 tablespoons of spicy mayo evenly on the inside of each baguette.

3. Fill the Sandwich:

1. Add 4 oz of marinated and cooked tofu to each baguette.
2. Top with 3.25 oz of the quick pickled veggies.
3. Finish with 1 tablespoon of torn cilantro leaves on top.

4. Serve:

1. Wrap the sandwich, cut on the bias, and serve hot or cold.

4 Servings, 425 Grams Each

CANTEEN  KITCHENS



Sub Recipes For Entrees

Asian Grilled Chicken

Sub Recipe

Ingredients

- 1.25 lb Chicken breast, skinless, boneless, raw
- 2 cloves Garlic, minced
- 1 tablespoon Hot sauce (Sriracha)
- 1 tablespoon Honey
- 2 tablespoons Low-sodium soy sauce (shoyu)
- 2 tablespoons Unseasoned rice vinegar
- 2 tablespoons Mayonnaise (regular)
- 1/2 teaspoon Ground ginger

Preparation Instructions

- 1.Mince the garlic.
- 2.In a blender or food processor, combine the garlic, Sriracha, honey, soy sauce, rice vinegar, mayonnaise, and ginger. Pulse until well mixed.
- 3.Pour the marinade into a shallow glass pan or resealable bag. Add the chicken, turning it a few times to ensure it's evenly coated. Refrigerate for at least 1 hour, or up to overnight.
- 4.Preheat the grill to medium-high heat. Remove the chicken from the marinade, discarding any excess marinade. Grill the chicken for 5-6 minutes per side, or until it reaches an internal temperature of 165°F.
- 5.Allow the chicken to rest for 5-10 minutes before slicing against the grain.



4 Servings, 133 Grams each or 4.69 oz

Ingredients:

Sub Recipe

- 6 slices Cooked, Baked Cured Bacon
- 1 large Raw Onion
- 2 cloves Raw Garlic, minced
- 1 large head Raw Cabbage (about 7" diameter)
- 3 tsp Kosher Salt
- 1 tsp Ground Black Pepper
- 0.5 tsp Onion Powder
- 0.5 tsp Garlic Powder
- 0.13 tbsp Paprika

Preparation Instructions:

1. Prep Ingredients:

- Chop the bacon into pieces.
- Peel and dice the onion.
- Mince the garlic.
- Wash, core, and slice the cabbage.

2. Cook Bacon:

- Place the chopped bacon into a large stockpot over medium-high heat.
- Cook until crispy, about 10 minutes.

3. Add Onions and Garlic:

- Add the diced onion and minced garlic to the pot.
- Cook and stir until the onion caramelizes, about 10 minutes.

4. Add Cabbage:

- Immediately stir in the sliced cabbage and continue to cook and stir for another 10 minutes.

5. Season:

- Season the mixture with kosher salt, black pepper, onion powder, garlic powder, and paprika.
- Reduce the heat to low, cover the pot, and simmer, stirring occasionally for about 30 minutes.

6. Serve:

- Serve about 8 oz of Bacon Fried Cabbage per serving. Enjoy!



6 total servings across 6 packages (242 grams per package), 8oz portions

Buttery Whipped Potatoes

Sub Recipe

Ingredients:

- 1 cup Whole Milk (3.25% milk fat)
- 2 cups Salted Butter
- 1 Tbsp Kosher Salt
- 1 tsp Ground Black Pepper
- 1 Qt Heavy Whipping Cream
- 14 lbs Potatoes, boiled and cooked without skin



Instructions:

1. Boil and Mash Potatoes:

1. Start by boiling the potatoes until they are tender. Once cooked, drain the water and mash the potatoes until smooth.

2. Prepare the Dairy Mixture:

1. In a saucepan, combine the whole milk, salted butter, kosher salt, and ground black pepper. Heat the mixture over low heat, stirring continuously, until the butter is melted and the ingredients are well combined.

3. Whip the Heavy Cream:

1. In a separate bowl, whip the heavy whipping cream until it forms stiff peaks. This can be done with a hand mixer or a stand mixer.

4. Incorporate Dairy Mixture:

1. Gradually pour the warm dairy mixture into the mashed potatoes, stirring continuously to ensure even distribution.

5. Fold in Whipped Cream:

1. Gently fold in the whipped heavy cream into the potato mixture. This step adds a light and airy texture to the mashed potatoes.

6. Adjust Seasoning:

1. Taste the mashed potatoes and adjust the seasoning if needed. Add more salt or pepper according to your preference.

7. Serve Warm:

1. Portion the buttery whipped potatoes to a serving dish and serve them warm.

40/6.5oz Portions

Candied Maple Bacon Sub Recipe

Ingredients:

- 1.30 slices Thick Slice Hickory Smoked Bacon
- 2.0.75 cup Brown Sugar, unpacked
- 3.0.67 cup Maple Syrup
- 4.2 oz Bourbon Whiskey



Preparation Instructions:

1.Preheat Oven:

Preheat the oven to 350°F (175°C). Line two baking sheets with aluminum foil and place a wire rack on top of each sheet to allow airflow beneath the bacon.

2.Prepare Glaze:

In a medium saucepan over medium heat, combine brown sugar, maple syrup, and bourbon whiskey. Stir occasionally and bring the mixture to a simmer. Cook for about 3-4 minutes, until the sugar dissolves completely and the glaze thickens slightly. Remove from heat and set aside.

3.Prepare Bacon:

Lay bacon slices evenly on the wire racks, ensuring they don't overlap.

4.Glaze the Bacon:

Using a brush, generously coat each slice of bacon with the maple bourbon glaze on one side.

5.Bake:

Place the baking sheets in the oven and bake for 20-25 minutes. After the first 10 minutes, remove the bacon from the oven, flip the slices, and brush the other side with the glaze. Return to the oven and continue baking until the bacon is crispy and caramelized. Keep an eye on it towards the end to prevent burning.

6.Cool and Set:

Once fully cooked, carefully remove the bacon from the oven and allow it to cool on the wire rack for 10 minutes. The glaze will harden as it cools, giving the bacon a candied texture.

30 Servings

Caramelized Butternut Squash

Sub Recipe

Ingredients:

- 4.5 lb Raw Butternut Squash (peeled and cubed)
- 3 oz Salted Butter (melted)
- 0.25 cup Packed Brown Sugar
- 1.5 tsp Kosher Salt
- 0.5 teaspoon Ground Black Pepper



Preparation Instructions:

Preheat the oven to 400°F (200°C).

Cut off and discard both ends of each butternut squash. Peel the squash, then slice it in half lengthwise and remove the seeds.

Cut the squash into 1 1/4 to 1 1/2-inch cubes.

Place the squash cubes on a baking sheet. Drizzle with melted butter, then sprinkle with brown sugar, kosher salt, and ground black pepper. Toss everything together using clean hands, ensuring the squash is evenly coated.

Spread the squash into a single layer on the baking sheet. Roast in the preheated oven for 45 to 55 minutes, or until the squash is tender and the glaze starts to caramelize. Flip the squash a few times during cooking with a spatula to ensure even browning.

11 Servings, 170 Grams Each

Chimichurri Sauce

Sub Recipe

Ingredients

- 1/3 cup Olive oil (salad or cooking)
- 2 tablespoons Distilled vinegar
- 1 clove Garlic, minced
- 1/2 teaspoon Kosher salt
- 2 grams Fresh oregano
- 1/4 teaspoon Crushed red pepper flakes
- 2 grams Smoked paprika
- 1/2 cup Fresh parsley, chopped



Preparation Instructions

1. In a blender or food processor, combine the olive oil, vinegar, garlic, salt, oregano, red pepper flakes, smoked paprika, and parsley.
2. Pulse a few times until the mixture reaches a sauce-like consistency. It should not be completely smooth, but well-blended.

13 Servings, 11 Grams Each

Cilantro Lime Rice

Sub/Side Recipe

BC#012352091520

Ingredients:

- 10 oz Sweet Onions, finely chopped
- 8 tsp Chicken Base (Low Sodium, No MSG, Gluten-Free)
- 8 cups Water
- 1 Tbsp Garlic, minced
- 2.5 Jalapeno Peppers, finely chopped
- 1/4 cup Fresh Coriander (Cilantro) Leaves, chopped
- 6 cups Brown Rice, medium-grain, uncooked
- 5 Limes, juiced
- 4 tbsp Olive Oil
- 2.5 tsp Kosher Salt

**Instructions:****1. Prepare Rice:**

1. Rinse the brown rice under cold water until the water runs clear.

2. Sauté Aromatics:

1. In a large pot, heat olive oil over medium heat. Add chopped sweet onions, minced garlic, and jalapeno peppers. Sauté until the onions are translucent and the mixture is aromatic.

3. Add Chicken Base:

1. Stir in the chicken base, ensuring it's well distributed among the sautéed aromatics.

4. Cook Rice:

1. Add the rinsed brown rice to the pot. Stir to coat the rice with the onion and spice mixture.

5. Add Water:

1. Pour in the water and bring the mixture to a boil. Reduce the heat to low, cover, and simmer until the rice is cooked and the liquid is absorbed.

6. Fluff Rice:

1. Once the rice is cooked, fluff it with a fork to separate the grains.

7. Add Lime Juice:

1. Squeeze the juice of five limes over the cooked rice. Adjust the quantity according to your taste preferences.

8. Incorporate Cilantro:

1. Gently fold in the chopped cilantro, distributing it evenly throughout the rice.

9. Season with Salt:

1. Season the cilantro lime rice with kosher salt, adjusting to taste.

10. Serve Warm:

1. Portion the cilantro lime rice warm in each tray and label

24/5.5oz Portions

Congri Rice and Beans

Sub Recipe

Ingredients:

- 7 oz Raw Black Turtle Beans (dried)
- 1 Jalapeno Pepper
- 2 tablespoons Extra Virgin Olive Oil
- 2.65 oz Thick-Sliced Hickory Smoked Bacon
- 1 Medium Onion (about 2 1/2" diameter)
- 4 cloves Garlic
- 1 teaspoon Ground Cumin
- 1 teaspoon Dried Oregano
- 2 Bay Leaves
- 8.8 oz Raw Long-Grain White Rice (enriched)
- 1 teaspoon Kosher Salt



Preparation Instructions:

- 1. Soak the Beans:** Place the dried black beans in a large bowl, cover with cold water, and soak for 6 hours or overnight in the fridge.
- 2. Cook the Beans:** Drain the beans and place them in a medium saucepan. Add enough water to cover the beans by about 3 cm. Add a quarter of the jalapeno pepper, bring to a boil over high heat, then reduce the heat to low and simmer for 1 to 1.5 hours, topping up with water to keep the beans submerged. Once the beans are soft, add a pinch of salt.
- 3. Cool the Beans:** When the beans are fully cooked, turn off the heat and let them cool in their cooking liquid. You can prepare the beans ahead of time and store them in the fridge.
- 4. Prepare the Congri:** Measure out 250g of the cooked beans, reserving any excess for future use. Add 350ml of the cooking liquid (avoid the thick, starchy liquid at the bottom) and enough water to reach 350ml if needed.
- 5. Make the Sofrito:** Heat olive oil and finely chopped bacon in a large, heavy-based skillet over medium-high heat. Add the chopped remaining jalapeno pepper and cook for 5-7 minutes until softened. Stir in cumin, oregano, and bay leaves, cooking for an additional 2 minutes.
- 6. Cook the Rice:** Rinse the rice under cold water until the water runs clear. Add the rinsed rice to the sofrito and toss to combine. Add the reserved beans and the 350ml of bean cooking liquid. Stir everything together, bring to a boil, and then reduce the heat to low. Cover and cook for exactly 17 minutes.
- 7. Finish Cooking:** After 17 minutes, turn off the heat and let the rice steam with the lid on for 5 minutes before uncovering and fluffing with a fork.

4 Servings, 220 Grams Each

Korean Fire Chicken

Sub Recipe

Ingredients

- 60 grams Gochujang Korean Chili Paste
- 25 grams Gochugaru Chili
- 6 Chicken thighs, skinless, bone removed
- 1/2 cup Soy sauce (shoyu)
- 1/2 teaspoon Chicken base (low sodium, no MSG, gluten-free)
- 1/2 cup Water
- 1/4 cup Honey
- 2 tablespoons Sesame oil (salad or cooking)
- 2 tablespoons Canola oil
- 6 cloves Garlic, minced
- 1 tablespoon Fresh ginger root, minced
- 2 Serrano peppers, minced
- 1 tablespoon Ground black pepper
- 1 cup Sprite (lemon-lime, caffeine-free)

Preparation Instructions

1. Prep Ingredients:

1. Peel and mince the ginger.
2. Mince the garlic and serrano peppers.

2. Make the Sauce:

1. In a medium bowl, combine the chicken base, water, soy sauce, honey, gochujang, gochugaru, and sesame oil. Whisk well to combine.

3. Cook the Sauce:

1. In a medium saucepan, heat canola oil over medium-high heat until shimmering. Add the minced garlic and ginger, and cook, stirring for about 1 minute, until aromatic. Add the black pepper and serrano peppers, and cook for another 30 seconds.

4. Simmer the Sauce:

1. Pour the chicken base/gochujang mixture into the pan, followed by the Sprite. Bring to a simmer, stirring occasionally and scraping down the sides of the pan as needed. Simmer for 8-10 minutes until the sauce has reduced by about half and is thick enough to coat the back of a spoon.

5. Cool the Sauce:

1. Remove the sauce from heat and allow it to cool to room temperature. (The sauce can be made up to 3 days in advance.)

6. Marinate the Chicken:

1. Toss the chicken thighs with about half of the sauce. Place them in a bowl and ensure they are evenly coated. Refrigerate the chicken and marinade for at least 1 hour, or up to 12 hours. Reserve the remaining sauce in the fridge (this sauce will be used later).

7. Grill the Chicken:

1. Preheat the grill to medium-high heat. Remove the chicken and reserved marinade from the fridge. Place the chicken thighs on the grill, skin side down, and cook for 6-8 minutes until well charred. Flip the chicken and grill the other side for another 6-8 minutes until cooked through.
2. In the last 2 minutes of grilling, brush the chicken thighs with the remaining gochujang glaze. Once the chicken is done, toss it with any remaining reserved sauce (DO NOT use the marinade that had raw chicken in it).



6 Servings, 156 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

Grilled Veggie Sub Recipe

Ingredients:

- 10 oz Sweet Red Bell Peppers, sliced
- 15 oz Yellow Bell Peppers, sliced
- 10 oz Sweet Onions, sliced
- 5 oz Red Onions, sliced
- 20 oz Carrots, julienned
- 15 oz Broccoli, cut into small florets
- 20 oz White Mushrooms, sliced
- 10 oz Cauliflower, cut into small florets
- 6 tablespoons Olive Oil
- 0.5 tablespoon Ground Black Pepper
- 1 Tablespoon Kosher Salt
- 1 Tablespoon Chili Powder
- 2 teaspoons Ground Cumin
- 0.5 teaspoon Red or Cayenne Pepper
- 2 teaspoons Garlic, minced



Instructions:

1. Preheat the Grill:

1. Preheat your grill to medium-high heat.

2. Prepare Vegetables:

1. In a large mixing bowl, combine all the sliced and julienned vegetables.

3. Make Spice Mix:

1. In a small bowl, mix the black pepper, kosher salt, chili powder, ground cumin, red or cayenne pepper, and minced garlic.

4. Coat Vegetables:

1. Drizzle the olive oil over the vegetables and toss them to ensure they are evenly coated.

5. Season:

1. Sprinkle the spice mix over the vegetables and toss again to evenly distribute the spices.

6. Grill:

1. Place the seasoned vegetables on the preheated grill. Grill for about 8-10 minutes, turning occasionally, until they are tender and have a nice char.

7. Serve:

1. Once grilled to perfection, transfer the veggies to the meal tray hot.

20/5oz Portions

Sub Recipe



Ingredients

- 1 cup Quaker Hominy Grits (white, regular, dry)
- 1 quart Water (tap, municipal)
- 0.5 oz Vegetable Base (no MSG)
- 1 tsp Chicken Base (low sodium, no MSG, GF)
- 4 oz Unsalted Butter

Preparation Instructions

1. Prepare the Grits:

In a medium saucepan, bring 1 quart of water to a boil over high heat.

2. Add the Grits:

Once the water is boiling, slowly stir in the 1/4 cup of Quaker Hominy Grits to prevent clumping. Reduce heat to low and simmer.

3. Add the Bases:

Stir in the 0.5 oz vegetable base and 1 tsp low-sodium chicken base. Stir well until the bases are fully dissolved and incorporated into the liquid.

4. Simmer the Grits:

Continue to cook the grits on low heat, stirring occasionally, for about 20-25 minutes, or until the grits are soft and the consistency is creamy.

5. Finish with Butter:

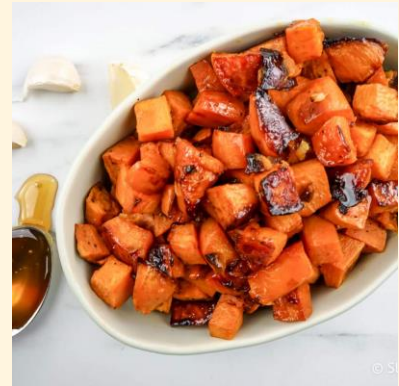
Once the grits are cooked, stir in the 4 oz of unsalted butter until melted and fully incorporated. Taste and adjust seasoning if necessary.

3 Servings, 8 oz Each

Honey Roasted Sweet Potatoes

Ingredients:

- 6 teaspoons packed brown sugar
- $\frac{1}{4}$ teaspoon ground black pepper
- 16 sweet potatoes (5" long, raw and unprepared)
- 3 tablespoons fresh rosemary, minced
- 3 tablespoons olive oil
- 6 tablespoons honey
- $\frac{1}{2}$ cup (8 fl oz) tap water
- 2 teaspoons kosher salt



Preparation Instructions:

1. Prep Ingredients:

1. Wash and cut sweet potatoes into $\frac{1}{2}$ "- $\frac{3}{4}$ " chunks.
2. Wash rosemary, remove leaves from stems, and mince leaves.

2. Preheat Oven:

1. Set the oven to 375°F.
2. Lightly coat a baking sheet with cooking spray.

3. Make the Sauce:

1. In a saucepan, combine $\frac{1}{2}$ cup water, 6 teaspoons brown sugar, 6 tablespoons honey, and 3 tablespoons olive oil. Whisk until smooth.
2. Heat over medium heat, stirring occasionally, until the mixture is reduced by half.

4. Roast Sweet Potatoes:

1. Spread sweet potatoes evenly on the baking sheet.
2. Sprinkle with 2 teaspoons kosher salt and $\frac{1}{4}$ teaspoon black pepper.
3. Roast until almost tender, about 30 minutes, turning occasionally with a metal spatula.
4. (Can be prepared up to 2 hours ahead. Let stand uncovered at room temperature.)

5. Add Glaze:

1. Drizzle the prepared glaze over the sweet potatoes and toss to coat.
2. Roast until the sweet potatoes are tender and the syrup has reduced to a glaze that coats the potatoes, about 20 minutes.

6. Final Touches:

1. Remove from oven.
2. Season with additional black pepper and the minced rosemary.

Servings: 10 total servings (240 grams per serving)

House Made Chips

Sub Recipe

Ingredients:

- 1 cup Potato Chip Natural Fry Raw
- 0.5 Tbsp Shortening ZTF for frying
- 1 tsp Kosher Salt

Instructions:

1. Prepare the Potatoes:

1. Use Lamb Weston Potato Chip Natural Fry Raw

2. Preheat the Oil:

1. In a deep frying pan or a deep fryer, heat vegetable oil to around 350°F (175°C).

3. Fry the Potato Slices:

1. Carefully add the potato slices to the hot oil in batches to avoid overcrowding. Fry until they turn golden brown and crispy, which usually takes about 2-3 minutes per batch.

4. Drain Excess Oil:

1. Once the potato slices are crispy and golden, use a slotted spoon to remove them from the oil. Place them on a paper towel-lined plate to absorb any excess oil.

5. Season with Salt:

1. While the chips are still warm, sprinkle them with kosher salt. Toss gently to ensure an even coating.

6. Cool and Serve:

1. Allow the homemade chips to cool for a few minutes before serving. They will continue to crisp up as they cool. Add To Meal Tray



1 Serving = 1 Cup

Korean Fire Chicken

Sub Recipe

Ingredients

- 60 grams Gochujang Korean Chili Paste
- 25 grams Gochugaru Chili
- 6 Chicken thighs, skinless, bone removed
- 1/2 cup Soy sauce (shoyu)
- 1/2 teaspoon Chicken base (low sodium, no MSG, gluten-free)
- 1/2 cup Water
- 1/4 cup Honey
- 2 tablespoons Sesame oil (salad or cooking)
- 2 tablespoons Canola oil
- 6 cloves Garlic, minced
- 1 tablespoon Fresh ginger root, minced
- 2 Serrano peppers, minced
- 1 tablespoon Ground black pepper
- 1 cup Sprite (lemon-lime, caffeine-free)

Preparation Instructions

1. Prep Ingredients:

1. Peel and mince the ginger.
2. Mince the garlic and serrano peppers.

2. Make the Sauce:

1. In a medium bowl, combine the chicken base, water, soy sauce, honey, gochujang, gochugaru, and sesame oil. Whisk well to combine.

3. Cook the Sauce:

1. In a medium saucepan, heat canola oil over medium-high heat until shimmering. Add the minced garlic and ginger, and cook, stirring for about 1 minute, until aromatic. Add the black pepper and serrano peppers, and cook for another 30 seconds.

4. Simmer the Sauce:

1. Pour the chicken base/gochujang mixture into the pan, followed by the Sprite. Bring to a simmer, stirring occasionally and scraping down the sides of the pan as needed. Simmer for 8-10 minutes until the sauce has reduced by about half and is thick enough to coat the back of a spoon.

5. Cool the Sauce:

1. Remove the sauce from heat and allow it to cool to room temperature. (The sauce can be made up to 3 days in advance.)

6. Marinate the Chicken:

1. Toss the chicken thighs with about half of the sauce. Place them in a bowl and ensure they are evenly coated. Refrigerate the chicken and marinade for at least 1 hour, or up to 12 hours. Reserve the remaining sauce in the fridge (this sauce will be used later).

7. Grill the Chicken:

1. Preheat the grill to medium-high heat. Remove the chicken and reserved marinade from the fridge. Place the chicken thighs on the grill, skin side down, and cook for 6-8 minutes until well charred. Flip the chicken and grill the other side for another 6-8 minutes until cooked through.
2. In the last 2 minutes of grilling, brush the chicken thighs with the remaining gochujang glaze. Once the chicken is done, toss it with any remaining reserved sauce (DO NOT use the marinade that had raw chicken in it).



6 Servings, 156 Grams Each

Mac n Cheese

Sub Recipe

Ingredients:

5 pounds (about 80 ounces) Pasta
2 cups (4 sticks) unsalted butter
2 cups Rice Flour
2 Quarts Heavy Cream
2 Quarts Half and Half
8 cups shredded sharp cheddar cheese
4 cups shredded mozzarella cheese
4 cups shredded Monterey Jack cheese
.25 cups Garlic
1.5 Tbsp Black Pepper
1.5 Tbsp Kosher Salt
.25 cups Vegetable base
2 cups Panko Breadcrumbs for topping

Instructions:

Preheat your oven to 350°F (175°C). Grease several large baking dishes or pans (you may need multiple pans depending on their size).

Cook the elbow macaroni according to the package instructions until al dente. Rinse Drain and set aside.

In a large pot or Dutch oven, melt the butter over medium heat.

Once the butter is melted, add the flour to the pot and whisk continuously to create a roux. Cook the roux for 2-3 minutes, stirring constantly, until it turns golden brown and has a nutty aroma.

Slowly pour the milk into the pot while whisking continuously to prevent lumps from forming. Cook the mixture, stirring frequently, until it thickens enough to coat the back of a spoon.

Add the shredded cheddar, mozzarella, Monterey Jack cheeses and garlic to the pot, reserving some for topping if desired. Stir until the cheese is melted and the sauce is smooth. Season with salt and pepper.

Add the cooked macaroni to the cheese sauce and stir until well coated.

Transfer the mac and cheese mixture to the prepared baking dishes, spreading it out evenly.

If desired, sprinkle additional shredded cheese or breadcrumbs over the top of the mac and cheese for a crispy topping.

Bake in the preheated oven for 25-30 minutes, or until the cheese is bubbly and the top is golden brown. Portion 8 oz per side with a meal

40 Servings, 8oz Portions



Marinated Tofu

Sub Recipe

Ingredients

- 16 oz Firm tofu, prepared with calcium sulfate
- 1 tablespoon Olive oil (salad or cooking)
- 2 tablespoons Tamari (soy sauce made from soy)
- 1 lime (about 2" in diameter)
- 1 clove Garlic, minced
- 1/2 teaspoon Fresh ginger root, minced
- 1/4 teaspoon Ground black pepper



Preparation Instructions

1. Drain the tofu and slice it into 1/2" slices. Place the slices on paper towels and gently pat dry to remove excess water.
- 2. Make the Marinade:**
 1. Wash, zest, and juice the lime.
 2. Mince the garlic and ginger.
 3. In a bowl, combine the olive oil, tamari, lime juice and zest, garlic, ginger, and black pepper. Whisk well.
3. Place the tofu in a shallow pan and pour the marinade over it. Let it marinate for at least 30 minutes.
4. Preheat the oven to 425°F. Remove the tofu from the marinade and place it on a sheet pan lined with parchment paper. Bake for 12 minutes, flip the tofu, and continue baking for another 12-13 minutes, or until the edges are browned. Remove from the oven.

4 Servings Divided, 133 Grams Each

Mediterranean Tomato Cucumber Salad Sub Recipe

Ingredients

- 3 cups Red ripe tomatoes, chopped or sliced
- 3 oz Red onion
- 1 cucumber (8-1/4"), with peel, raw
- 3/4 cup Fresh parsley, chopped
- 3/4 teaspoon Kosher salt
- 1/2 teaspoon Ground black pepper
- 2 tablespoons Olive oil (salad or cooking)
- 1 tablespoon Lemon juice, raw



Preparation Instructions

1. Wash and dice the tomatoes.
2. Peel and finely chop the onion.
3. Wash and dice the cucumber.
4. Combine the tomatoes, cucumber, and parsley in a bowl. Toss with kosher salt and pepper. Let it sit for about 5 minutes.
5. Drizzle with lemon juice and olive oil. Toss again, let it sit for another 5-10 minutes, and then refrigerate for up to 2 days.

20 Servings, 51 Grams each

Mexican Red Rice

Sub Recipe

Ingredients:

- 1 lb White Jasmine Long Grain Rice
- 1 Tbsp Ground Black Pepper
- 4 cups Green Chili Peppers, canned
- 12 oz Sweet Onions, diced
- 3 lbs Sweet Corn Kernels, frozen
- 8 oz Cheddar Cheese, shredded
- 2 tsp Dried Coriander Leaves
- 32 oz Diced Tomatoes with Juice
- 0.25 cup Fresh Coriander (Cilantro) Leaves, chopped
- 2 tsp Dried Oregano Leaves
- 2 Tbsp Ground Cumin
- 4 cups Water



Instructions:

1. Prepare the Rice:

1. Rinse the White Jasmine Long Grain Rice under cold water until the water runs clear.
2. In a large saucepan, combine the rinsed rice and 4 cups of water.
3. Bring to a boil, then reduce heat to low, cover, and simmer for about 15-20 minutes or until the rice is cooked and water is absorbed.

2. Sauté Onions and Peppers:

1. In a separate large skillet, heat some oil over medium heat.
2. Add diced sweet onions and cook until softened.
3. Add green chili peppers and continue to sauté until both are tender.

3. Combine Ingredients:

1. Stir in the cooked red rice, sweet corn kernels, shredded cheddar cheese, dried coriander leaves, diced tomatoes with juice, chopped fresh coriander (cilantro) leaves, dried oregano leaves, and ground cumin.
2. Mix well to combine all ingredients evenly.

4. Seasoning:

1. Season the mixture with ground black pepper.

5. Simmer:

1. Allow the mixture to simmer on low heat for an additional 10-15 minutes, stirring occasionally, until the flavors meld.

6. Serve:

1. Once the Mexican Red Rice is cooked and the flavors are well combined, remove from heat. And portion a 6oz portion per meal

24/6oz Portions

Mushroom Shawarma “Meat”

Sub Recipe

Ingredients

- 3 teaspoons Whole cumin seeds
- 2 teaspoons Garlic powder
- 10 grams Smoked paprika
- 1 teaspoon Ground turmeric
- 1/2 teaspoon Red or cayenne pepper
- 1/2 teaspoon Ground cloves
- 15 Portabella mushrooms, whole
- 3/4 teaspoon Kosher salt
- 3/4 cup Olive oil (salad or cooking)
- 8 oz Red onion
- 1 lemon (for juice)



Preparation Instructions

1. Combine the spices, including the salt.
2. Wipe the mushrooms clean, then slice them into 1/2" slices.
3. Peel and halve the onion, then thinly slice it.
4. Juice the lemon.
5. Combine the red onion and mushrooms in a bowl, then drizzle with most of the olive oil (reserve a few tablespoons for cooking) and lemon juice. Toss well to coat.
6. Heat the remaining olive oil in a large pan over medium-high heat. If necessary, cook in batches to avoid overcrowding the pan. When the oil is hot, add the mushroom and onion mixture. Allow the mushrooms to sit undisturbed for 2-5 minutes, then stir and let them sit again for about 2 minutes.
7. Season the mushrooms and onions with the spices, and continue cooking for another 3-5 minutes. The mushrooms should be reduced by about half.

10 Servings, 98 Grams Each

Pork & Vegetable Eggroll

Sub Recipe



Ingredients:

- 1.5 oz Pork & Vegetable Egg Roll (1 piece)
- 0.25 tbsp Shortening ZTF for frying

Instructions:

1. Prepare the Filling:

1. If your pork and vegetable egg roll comes frozen, follow the package instructions to thaw.
2. Heat vegetable oil in a pan over medium heat.

2. Cook the Egg Roll:

1. Place the pork and vegetable egg roll in the heated oil and cook according to the package instructions until it reaches a golden brown color. This usually takes about 4-6 minutes, turning occasionally for even cooking.

3. Serve:

1. Once cooked, remove the pork egg roll from the oil and place it on a paper towel to absorb any excess oil.
2. Allow it to cool for a minute before serving.

4. Optional Dipping Sauce:

1. Prepare a dipping sauce of your choice, such as soy sauce, sweet and sour sauce, or hoisin sauce, to complement the flavors of the pork egg roll.

1 Serving = 1 Eggroll

Quick Pickled Veggies

Sub Recipe

Ingredients

- 3 oz Oriental radishes (Daikon), raw
- 6 oz Carrots, raw
- 3 oz Cucumber, peeled, raw
- 1 jalapeno pepper, raw
- 1/3 cup Unseasoned rice vinegar
- 1/3 cup Water
- 1 teaspoon Granulated sugar
- 3/4 teaspoon Kosher salt



Preparation Instructions

1. Prepare the Vegetables:

1. Wash, peel, and cut the cucumber, carrots, and daikon radish (you can substitute regular red radishes if daikon is unavailable) into matchsticks.
2. Wash and thinly slice the jalapeno pepper.

2. Place the radish, carrots, cucumber, and jalapeno into a jar or another non-reactive container.

3. Make the Pickling Solution:

1. Bring the water to a boil and stir in the salt and sugar. Once dissolved, remove from heat, then add the rice vinegar. Let the solution cool slightly, until it's just warmer than room temperature.
4. Pour the pickling solution over the vegetables in the jar, ensuring the veggies are fully covered.
5. Chill for at least 1 hour, or up to one week.

4 Servings Divided, 130 Grams Each

Roasted Broccoli Sub Recipe

Ingredients:

- 6.25 lbs Broccoli, cut into florets
- 2 tablespoons Garlic, minced
- 6 tablespoons Olive Oil
- 2 teaspoons Kosher Salt
- 1 tablespoon Ground Black Pepper
- 1 teaspoon Crushed Red Pepper Flakes (adjust to taste)

Instructions:

1. Preheat the Oven:

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

2. Prepare Broccoli:

1. Cut the broccoli into bite-sized florets.

3. Toss with Garlic and Oil:

1. In a large mixing bowl, toss the broccoli florets with minced garlic and olive oil until evenly coated.

4. Season:

1. Sprinkle kosher salt, ground black pepper, and crushed red pepper flakes over the broccoli. Toss again to ensure even seasoning.

5. Spread on Baking Sheet:

1. Spread the seasoned broccoli in a single layer on a baking sheet. Make sure not to overcrowd the pan to allow for even roasting.

6. Roast in the Oven:

1. Roast the broccoli in the preheated oven for about 20-25 minutes or until the edges are crispy and golden brown. Toss halfway through the cooking time for even roasting.

7. Serve:

1. Once roasted to perfection, transfer 5oz portions to serving tray hot



20/5oz Portions

Roasted Brussel Sprouts with Balsamic & Honey - Side

BC#012352091209

Ingredients:

- **24 oz** raw Brussels sprouts
- **3 tbsp** olive oil (salad or cooking)
- **0.75 tsp** kosher salt
- **0.5 tsp** black pepper (ground)
- **1 tbsp** balsamic vinegar
- **0.33 tbsp** honey



Preparation Instructions:

Prep:

- Wash the fresh Brussels sprouts, remove the stems and any ragged outer leaves, and cut them in half.

Step 1: Preheat and Prepare

- Preheat the oven to **425°F** (220°C) and set an oven rack in the middle position. Line a baking sheet with heavy-duty aluminum foil.

Step 2: Toss and Roast

- Directly on the prepared baking sheet, toss the Brussels sprouts with **2 tablespoons** of olive oil, kosher salt, and black pepper. Roast, stirring once halfway through, until they are tender and golden brown, about **20 minutes**.

Step 3: Drizzle and Serve

- After roasting, drizzle the remaining **1 tablespoon** of olive oil, balsamic vinegar, and honey over the Brussels sprouts. Toss to coat evenly. Taste and adjust seasoning if necessary, then serve.

4 total servings across 4 packages (185 grams per package)

Roasted Squash Medley

Sub Recipe

Ingredients:

- 5 lbs Squash, summer, zucchini, includes skin, raw (sliced)
- 5 lbs Fresh Yellow Squash (sliced)
- 2 lbs Peppers, bell, sweet, red, raw (sliced)
- 1 lb Red Onion (sliced)
- 2 Tbsp Garlic, raw (minced)
- 6 tbsp Olive Oil
- 1 oz Italian Seasoning
- 2 Tbsp Kosher Salt
- 2 Tbsp Ground Black Pepper

Instructions:

1. Preheat the Oven:

1. Preheat your oven to 400°F (200°C).

2. Prepare Vegetables:

1. Wash and slice the zucchini, yellow squash, red bell peppers, and red onion.

3. Mix Spices:

1. In a small bowl, mix minced garlic, olive oil, Italian seasoning, kosher salt, and ground black pepper to create a flavorful spice mix.

4. Coat Vegetables:

1. Place the sliced vegetables in a large mixing bowl and coat them evenly with the prepared spice mix.

5. Arrange on Baking Sheet:

1. Spread the seasoned vegetables evenly on a baking sheet, ensuring they are in a single layer.

6. Roast in the Oven:

1. Roast the vegetables in the preheated oven for about 25-30 minutes or until they are tender and slightly caramelized. Stir occasionally for even roasting.

7. Serve:

1. Once roasted to perfection, remove from the oven and transfer the roasted squash medley to a serving Tray

40/5 oz Servings



Ingredients:

Sub Recipe

1.5 lb Raw Potatoes (skin on, a mix of Yukon Gold and Red Bliss recommended)

2 tablespoons Extra Virgin Olive Oil

0.75 tsp Kosher Salt

0.5 teaspoon Ground Black Pepper

3 cloves Garlic (minced)

2 tablespoons Fresh Rosemary (chopped)



Preparation Instructions:

Preheat the oven to 400°F (200°C).

Mince the garlic cloves.

Wash, dry, and remove the leaves from the rosemary sprigs.

Chop the rosemary finely.

Cut the potatoes in half or quarters, depending on their size, and place them in a large mixing bowl. Add the olive oil, kosher salt, black pepper, minced garlic, and chopped rosemary to the bowl.

Toss everything together until the potatoes are well coated.

Spread the seasoned potatoes in a single layer on a baking sheet. Roast in the preheated oven for at least 1 hour, or until the potatoes are golden brown and crispy. Flip the potatoes twice with a spatula during cooking to ensure even browning.

Once roasted, remove the potatoes from the oven. Taste and adjust seasoning with more salt or pepper if desired. Serve hot and enjoy your perfectly roasted rosemary potatoes!

3 Servings, 255 Grams Each

Sauteed Spinach with Garlic

Sub Recipe

Ingredients:

- 4 pounds Spinach, raw
- 3 teaspoons Garlic, minced
- 3 tablespoons Olive Oil
- 0.5 teaspoon Ground Black Pepper
- 1 teaspoon Kosher Salt



Instructions:

1. Prepare Spinach:

1. Rinse the spinach thoroughly and pat it dry. Trim any tough stems if needed.

2. Sauté Garlic:

1. In a large pan or skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for about 1-2 minutes until it becomes fragrant. Be careful not to let it brown.

3. Add Spinach:

1. Add the spinach to the pan in batches, allowing each batch to wilt before adding more. Use tongs to toss the spinach in the garlic-infused oil.

4. Season:

1. Sprinkle the ground black pepper and kosher salt over the spinach. Continue tossing and cooking until all the spinach is wilted and seasoned evenly.

5. Serve:

1. Once the spinach is tender and well-cooked, remove the pan from heat. Transfer the sautéed spinach to the hot meal tray.

12/4oz Portions

Seasoned Black Beans

Sub/Side Recipe

BC#012352091537

Ingredients:

- 112 oz Canned Black Beans (low sodium), drained and rinsed
- 3 cups Sweet Green Peppers, chopped
- 24 oz Sweet Onions, finely chopped
- 1.5 x 1/4 cup Coriander (Cilantro) Leaves, chopped
- 3 Tbsp Dried Oregano
- 2 tablespoons Chili Powder
- 4 Tbsp Ground Cumin
- 1 tablespoon Crumbled Bay Leaf
- 2 Tbsp Kosher Salt
- 3 tablespoons Olive Oil



Instructions:

1. Sauté Vegetables:

1. In a large pan, heat olive oil over medium heat. Add chopped sweet onions and sweet green peppers. Sauté until the vegetables are softened and onions are translucent.

2. Add Spices:

1. Stir in chili powder, ground cumin, dried oregano, and crumbled bay leaf. Mix well to coat the vegetables with the spices.

3. Incorporate Beans:

1. Add the drained and rinsed black beans to the pan. Mix thoroughly to combine the beans with the sautéed vegetables and spices.

4. Simmer:

1. Reduce the heat to low and let the beans simmer, allowing the flavors to meld. Stir occasionally to prevent sticking.

5. Season with Salt:

1. Season the beans with kosher salt to taste. Adjust the salt according to your preference.

6. Finish with Coriander:

1. Just before serving, stir in the chopped coriander (cilantro) leaves for a burst of fresh flavor. Package and label

24/6.5oz Portions

Sofritas

Sub Recipe

Ingredients

- 1 Poblano pepper, raw
- 3 tablespoons Olive oil (salad or cooking)
- 1 medium onion (about 2-1/2" in diameter)
- 4 cloves garlic, minced
- 2 tablespoons Tomato paste (with salt added)
- 2 teaspoons Whole cumin seeds
- 1/2 teaspoon Chili powder
- 1.5 teaspoons Kosher salt
- 3/4 teaspoon Ground black pepper
- 16 oz Extra firm tofu, prepared with nigari
- 2 plum tomatoes, chopped
- 2 tablespoons Chipotle peppers in adobo sauce
- 2 tablespoons Red wine vinegar
- 1/2 cup Water
- 2 tablespoons Lime juice
- 1 teaspoon Cornstarch

Preparation Instructions

1. Prepare Ingredients:

1. Peel and chop the onion.
2. Mince the garlic.
3. Wash and chop the tomatoes.
4. Press the tofu by wrapping it in a kitchen towel or paper towels. Place a heavy object, like a pot or a can of beans, on top to press out the excess water. Let it sit for about 20 minutes.

2. Blister the Poblano Pepper:

1. Over a gas flame or under the oven broiler, char the poblano pepper on all sides, turning occasionally until it's blackened and blistered. Once done, let it cool, then remove the stem and seeds.

3. Cook the Onions:

1. Heat 1 1/2 tablespoons of olive oil in a medium sauté pan over medium-high heat. Once hot, add the chopped onion and a pinch of salt. Cook for 5-6 minutes, stirring occasionally, until the onions are softened and starting to brown.

4. Add Garlic and Spices:

1. Add the minced garlic to the pan and cook for another 2 minutes, stirring regularly.
2. Stir in the tomato paste, cumin seeds, oregano, chili powder, 1 teaspoon of salt, and black pepper. Cook for 1 minute or until fragrant.

5. Add Tomatoes:

1. Add the chopped tomatoes to the pan and cook for about 5 minutes, or until they soften. Remove from heat and allow to cool slightly.

6. Blend the Sauce:

1. Once the tomato-onion mixture has cooled enough to handle, transfer it to a blender or food processor. Add the blistered poblano, chipotle peppers with adobo sauce, red wine vinegar, and water. Blend until smooth.

7. Prepare the Tofu:

1. Cut the tofu into slabs and press out any remaining water. Break the tofu into small, bite-sized pieces, about the size of a raspberry. Toss the tofu pieces in cornstarch.

8. Cook the Tofu:

1. Heat the remaining 1 1/2 tablespoons of olive oil in a large sauté pan over medium-high heat. Once the oil is hot, add the tofu, spreading it into an even layer. Sprinkle with the remaining salt. Let it cook undisturbed for 2-3 minutes, then flip and cook for another 2 minutes. Continue flipping and cooking the tofu for about 12 minutes total, until it's browned on all sides.

9. Combine Tofu and Sauce:

1. Pour the blended tomato and pepper sauce over the tofu and bring to a simmer. Let it simmer for 5 minutes, then reduce the heat to medium-low and cook for an additional 5-10 minutes, or until the sauce thickens and the tofu is well coated.

10. Finish the Dish:

1. Stir in the lime juice before serving.



4 Servings, 205 Grams Each

Southern Style Hushpuppies

Sub Recipe



Ingredients:

- 3 pieces Southern Style Hushpuppies, .61oz each
- 1 Tbsp Shortening ZTF for frying

Instructions:

1. Preheat the Oven:

1. Preheat your oven according to the instructions on the hushpuppy package.

2. Arrange Hushpuppies:

1. Place the Southern Style Hushpuppies on a baking sheet or in a baking dish, following the recommended spacing.

3. Brush with Vegetable Oil:

1. Use a pastry brush or drizzle the hushpuppies with the vegetable oil. This helps achieve a crispy exterior.

4. Bake:

1. Bake the hushpuppies in the preheated oven according to the package instructions or until they are golden brown and cooked through.

5. Serve:

1. Once baked, remove the hushpuppies from the oven and let them cool slightly. Serve with the meal hot.

1 Portion is 3 hushpuppies, a total of 1.83oz

Spicy Vegan Mayo

Sub Recipe

Ingredients

- 2 tablespoons Sriracha Hot Chili Sauce
- 1 teaspoon Lime juice, raw
- 1/8 teaspoon Sesame oil (salad or cooking)
- 1/2 cup Vegan mayonnaise

Preparation Instructions

1. In a bowl, combine all the ingredients.
2. Whisk well to combine.



Swiss Chard Gratin

Sub Recipe

Ingredients:

- 1 oz Salted Butter (softened)
- 2 tablespoons Dry Bread Crumbs (plain, grated)
- 0.25 cup Dry Bread Crumbs (plain, grated)
- 1 lb Swiss Chard (fresh, raw)
- 1 cup Extra Virgin Olive Oil
- 3 oz Shallots (finely chopped)
- 2 cloves Garlic (finely chopped)
- 0.5 tsp Kosher Salt
- 0.25 teaspoon Ground Black Pepper
- 1 oz Salted Butter (for sauce)
- 2 tablespoons White All-Purpose Flour
- 1.5 cups Whole Milk (3.25% milkfat)
- 1/4 tsp Morton Iodized Salt
- 2 grams Bay Leaf
- 0.06 teaspoon Ground Nutmeg
- 1 oz Fresh Oregano (chopped)
- 2 teaspoons Fresh Thyme (chopped)
- 1 cup Gruyere Cheese (shredded)

**Preparation Instructions:****1. Prepare the Gratin Dish:**

1. Preheat the oven to 400°F.
2. Coat the interior of a 1 1/2-quart gratin or baking dish with the softened butter. Sprinkle in the 2 tablespoons of bread crumbs, tilting the dish around until the crumbs cover the buttered surface.

2. Prepare the Chard:

1. Slice the chard stems and leaves into 1 1/2-inch pieces. Wash thoroughly in cold water, drain, but don't dry.
2. Heat the olive oil in a 6-quart Dutch oven or soup pot over medium heat. Add the chopped shallots and garlic and cook, stirring constantly, for about 1 minute, until softened but not browned.
3. Add the chard to the pot, sprinkle with salt, and cover tightly to steam until the chard wilts to half its original volume, about 2-3 minutes.
4. Uncover the pot and cook for an additional 5 minutes, turning the chard occasionally with tongs until all the water evaporates. Season with black pepper and set aside.

3. Make the Sauce:

1. In a small saucepan, melt 1 oz of butter over medium heat. Whisk in the flour and cook for 1 minute until the mixture bubbles and turns a lighter color.
2. Gradually pour in the cold milk, whisking vigorously. Add the 1/4 tsp of salt and the bay leaf. Heat, whisking constantly, until the mixture comes to a boil and thickens, about 5 minutes.
3. Reduce the heat to low and simmer for 2 minutes. Stir in the nutmeg, oregano, thyme, and 1/2 cup of the grated Gruyere cheese. Remove from heat and discard the bay leaf.

4. Assemble the Gratin:

1. Mix the cooked chard with the sauce. Spoon the mixture into the prepared gratin dish.
2. Sprinkle the remaining 1/4 cup of bread crumbs and 1/2 cup of Gruyere cheese over the top.

5. Bake:

1. Place the gratin in the oven and bake for 35 minutes, or until golden and bubbly.

6 Servings, 170 Grams Each

Tahini Sauce

Sub Recipe

Ingredients

2 cloves Garlic, raw

1/2 teaspoon Kosher salt

12 tablespoons Tahini (sesame butter, from roasted and toasted kernels)

1/2 cup Lemon juice, raw

1/4 cup Water



Preparation Instructions

1. Peel the garlic and mince it finely, adding the salt and continuing to mince.

2. Puree the garlic and salt, tahini, lemon juice, and half of the water in a blender or food processor. Add water 1 tablespoon at a time until the mixture reaches a pourable consistency.

10 Servings, 37 Grams Each

Vegetable Eggroll

Sub Recipe

Ingredients:

- 1.5 oz Vegetarian Egg Roll (1 piece)
- 0.25 tbsp Shortening ZTF for frying

Instructions:

1. Prepare the Filling:

1. If your vegetarian egg roll comes frozen, follow the package instructions to thaw.
2. Heat vegetable oil in a pan over medium heat.

2. Cook the Egg Roll:

1. Place the vegetarian egg roll in the heated oil and cook according to the package instructions until it reaches a golden brown color. This usually takes about 4-6 minutes, turning occasionally for even cooking.

3. Serve:

1. Once cooked, remove the vegetable egg roll from the oil and place it on a paper towel to absorb any excess oil.
2. Allow it to cool for a minute before serving.

4. Optional Dipping Sauce:

1. Prepare a dipping sauce of your choice, such as soy sauce, sweet chili sauce, or plum sauce, to enhance the flavor of your vegetable egg roll.



1 Serving = 1 Eggroll

Whipped Sweet Potatoes

Sub Recipe

Ingredients:

- **6 sweet potatoes** (raw, unprepared; about 5" long)
- **1.5 tsp** kosher salt
- **¾ cup** half-and-half cream
- **2 oz** salted butter
- **1 oz** maple syrup
- **1 tsp** ground black pepper
- **¼ tsp** fresh thyme leaves



Preparation Instructions:

1. Prepare the Potatoes:

- Place the sweet potatoes in a large pot. Cover them with at least 2 inches of water and generously season with kosher salt.

2. Cook the Potatoes:

- Bring the water to a boil and cook the sweet potatoes until very tender, about 15 to 25 minutes, depending on their size.

3. Mash and Combine:

- Once cooked, drain the potatoes and mash them using a potato masher.
- Add the half-and-half, salted butter, and maple syrup to the mashed potatoes, stirring to combine. Season with additional salt and ground black pepper to taste.

4. Garnish and Serve:

- Top the mashed sweet potatoes with fresh thyme leaves before serving.

6 total servings across 6 packages (175 grams per package)

White Rice

Sub Recipe

Ingredients

- 2 x 1/4 cups Jasmine Rice (dry)
- 4 tsp Chicken Base (Low Sodium, No MSG, GF)
- 4 cups Water (tap, municipal)
- 1 tsp Kosher Salt
- 1 oz Butter (salted)



Preparation Instructions

1. Rinse the Rice: Place the jasmine rice in a fine mesh strainer and rinse under cold water until the water runs clear. This helps remove excess starch and ensures the rice cooks up fluffy.

2. Prepare the Broth: In a medium-sized saucepan, add the 4 cups of water and 4 tsp of chicken base. Stir until the chicken base is dissolved completely. Bring to a boil over medium-high heat.

3. Cook the Rice: Once the broth is boiling, stir in the rinsed jasmine rice and 1 tsp of kosher salt. Reduce the heat to low, cover the saucepan with a tight-fitting lid, and simmer for 15-18 minutes. Avoid lifting the lid while the rice is cooking to keep the steam in.

4. Rest the Rice: After 15-18 minutes, remove the saucepan from the heat and let it sit, covered, for 5 minutes. This allows the rice to finish cooking and absorb any remaining liquid.

5. Fluff and Add Butter: After the rice has rested, use a fork to fluff the rice. Stir in 1 oz of salted butter, allowing it to melt and coat the rice for added richness and flavor.

6. Serve: Serve the jasmine rice as a side dish to your favorite main course. Enjoy the aromatic and flavorful rice!

6 Servings, 8 oz Each

Wild Rice Sub Recipe

Ingredients:

- **1 cup** raw wild rice
- **1 tbsp** olive oil (salad or cooking)
- **1 cup** raw onions (chopped)
- **1 clove** raw garlic
- **2.5 cups** home-prepared chicken stock
- **1 oz** salted butter
- **1 tsp** kosher salt
- **1 tbsp** fresh parsley



Preparation Instructions:

Step 1: Rinse the Rice

- In a fine-mesh strainer, thoroughly rinse the wild rice until the water runs clear.

Step 2: Sauté the Onions and Garlic

- In a medium saucepan over medium-high heat, heat the olive oil until shimmering.
- Add the chopped onions and cook, stirring often, until golden brown and beginning to caramelize, about 12 to 15 minutes.
- Add the minced garlic and cook, stirring, until fragrant, about 1 minute more.

Step 3: Cook the Rice

- Add the chicken stock to the onion and garlic mixture, stirring to combine. Then add the butter, salt, and rinsed rice.
- Bring to a boil, then reduce the heat to medium-low and bring to a simmer. Cover and cook until the rice is cooked through and chewy but still tender, about 45 to 50 minutes.
- Remove from heat and let sit, covered, for about 10 minutes.

Step 4: Fluff and Serve

- If there is excess stock, strain the rice mixture. Fluff the rice with a fork, top with fresh parsley, and serve.

**4 total servings across 4 packages (240
grams per package)**

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Muffins

Ingredients

BC#012352093388

- 0.5 stick (1/4 cup) Salted Butter
- 2 cups Wheat Bran
- 2 tbsp Whole Flaxseeds
- 0.5 cup Tap Water
- 12 oz Greek Yogurt, plain, whole milk
- 0.25 cup Honey
- 0.5 cup Brown Sugar, packed
- 2 Extra-large Eggs
- 1 tsp Fresh Ginger Root, grated
- 160 grams Whole Wheat Flour
- 80 grams Almond Flour (Bob's Red Mill)
- 0.5 tsp Pumpkin Pie Spice
- 0.75 tsp Baking Soda
- 1 tsp Baking Powder
- 0.5 tsp Kosher Salt
- 1.5 oz Turbinado Sugar (for topping)



Preparation Instructions

1. Brown the Butter and Toast the Bran: In a medium saucepan over medium-low heat, melt the butter and allow it to brown slightly (about 5-7 minutes). Add the wheat bran and flaxseeds, stirring constantly for about 1 minute to toast. Carefully pour in ½ cup of boiling water and remove from heat. Stir well, then let the mixture sit for 10 minutes to soften and cool.

2. Mix the Wet Ingredients: In a large bowl, whisk together the Greek yogurt, honey, brown sugar, eggs, and grated ginger (if using) until smooth and well combined. Stir in the cooled bran mixture.

3. Add the Dry Ingredients: Sift in the whole wheat flour, almond flour, pumpkin pie spice, baking soda, baking powder, and salt. Gently fold everything together until just combined. Be careful not to overmix.

4. Prepare the Muffin Tin: Preheat the oven to 375°F and line a muffin tin with paper liners. Divide the batter evenly between the muffin cups, filling each about ⅓ full. Sprinkle the tops of the muffins generously with turbinado sugar for a crunchy, sweet finish.

5. Bake the Muffins: Bake in the preheated oven for 24 to 27 minutes, or until the edges are golden and a toothpick inserted in the center comes out clean.

6. Cool and Serve: Allow the muffins to cool in the tin for 5 minutes before transferring them to a wire rack to cool completely. Serve warm or at room temperature.

8 Servings 142 Grams Each/1 Muffin

Ingredients

BC#012352093432

16 x 3.17 oz Buttermilk Biscuit Dough (pre-made)

1 cup Salted Butter, melted

4 tsp Ground Cinnamon

1 cup Granulated Sugar

Preparation Instructions

1. Preheat Oven:

Preheat the oven to 350°F. Brush a 12-hole jumbo muffin tin with melted butter to grease using 8 slots

2. Prepare Cinnamon Sugar:

In a small bowl, mix together the granulated sugar and ground cinnamon.

3. Prepare Biscuit Dough:

On a clean work surface, cut each biscuit into 4 equal-sized pieces. Roll each piece of dough into a thin circle. Brush one circle of dough with melted butter and sprinkle generously with the cinnamon sugar mixture. Top with another piece of dough, and repeat the process, stacking about 8 pieces of dough.

4. Place Dough into Muffin Tin:

Stand the stacked dough pieces vertically in one of the prepared muffin tin cups. Repeat with the remaining biscuit dough and cinnamon sugar mixture for the remaining muffin cups.

5. Top with Cinnamon Sugar:

Sprinkle the remaining cinnamon sugar mixture evenly over the top of each muffin.

6. Bake:

Bake for 18 to 20 minutes or until the muffins are golden brown and puffed up.

7. Serve:

Serve warm or at room temperature. These cinnamon biscuit muffins are perfect for breakfast or a sweet treat.



8 Servings, 225 Grams Each/ 1 Muffin

Ingredients

BC#012352093449

36 oz French or Vienna Bread (including sourdough), cubed
6 x Extra-Large Whole Eggs
2.5 cups Whole Milk (with added vitamin D)
0.5 cup Granulated Sugar
3 tsp Vanilla Extract
1 tsp Ground Cinnamon
0.25 cup Salted Butter
0.25 cup Packed Brown Sugar
0.25 cup All-Purpose Wheat Flour (enriched, bleached)
0.06 tsp Ground Cinnamon
0.25 tsp Kosher Salt
12 oz Whipped Butter (with salt)
16 fl oz Maple Syrup



Preparation Instructions

1. Prepare the Egg Mixture:

In a medium bowl, whisk together the milk, eggs, granulated sugar, vanilla extract, and cinnamon until smooth and fully combined.

2. Prepare the Muffin Tin:

Grease a jumbo muffin tin. Add approximately 2 cups of bread cubes to each muffin cup.

3. Soak the Bread:

Carefully pour the egg and milk mixture evenly over the bread cubes in each muffin cup. You may need to gently press down on the bread after pouring to help it absorb the liquid. Pour slowly to avoid spilling, or you can combine the bread cubes and egg mixture in a large bowl first and then divide it among the muffin cups.

4. Refrigerate:

Cover the muffin tin with plastic wrap and refrigerate for 2 hours or up to overnight to allow the bread to soak.

5. Make the Cinnamon Streusel:

In a small bowl, combine the butter, brown sugar, all-purpose flour, cinnamon, and kosher salt. Use your hands to mix the ingredients until you have a crumbly streusel topping.

6. Preheat and Bake:

When ready to bake, preheat the oven to 350°F. Remove the muffin tin from the refrigerator, and sprinkle the streusel mixture evenly over the top of each muffin.

7. Bake:

Bake the muffins for 25 to 30 minutes or until the tops are golden brown and the muffins are set.

8. Serve:

Let the muffins cool for 5 minutes. Remove from the pan and serve with individual portions of whipped butter and maple syrup on the side.

8 Servings, 380 Grams Each

Ingredients

For the Muffins:

- 2 cups All-purpose Flour
- 1 cup Brown Sugar, packed
- 1.5 tsp Baking Powder
- 0.5 tsp Kosher Salt
- 1 pint Whole Milk (3.25% milkfat)
- 4 tbsp Salted Butter, melted (for the batter)
- 2 Extra-large Eggs
- 2 tsp Vanilla Extract
- 1 cup Chopped Pecans, toasted

For the Streusel Topping:

- 0.5 cup All-purpose Flour
- 0.75 cup Brown Sugar, packed
- 4 tbsp Salted Butter, melted (for the topping)
- 1/2 cup Chopped Pecans (for topping)

Preparation Instructions

1. Toast the Pecans:

Toast 1 cup of chopped pecans in a dry skillet over medium heat for about 5-7 minutes, until fragrant. Set aside to cool.

2. Preheat Oven and Prepare Muffin Tin:

Preheat the oven to 350°F. Line a large muffin tin with paper liners.

3. Make the Muffin Batter:

In a medium bowl, whisk together the flour, 1 cup brown sugar, baking powder, and salt. In a large bowl, combine the milk, melted butter, eggs, and vanilla extract. Add the dry ingredients to the wet ingredients and stir until just combined. Gently fold in the toasted pecans.

5. Fill Muffin Liners:

Fill each muffin liner about $\frac{3}{4}$ full with batter.

6. Make the Streusel Topping:

In a medium bowl, mix together the flour, $\frac{3}{4}$ cup brown sugar, and melted butter. The mixture should form a crumbly texture. Sprinkle this topping generously over the muffin batter in each muffin liner. Top each muffin with a few pecan pieces for extra crunch.

7. Bake the Muffins:

Bake for about 23 minutes, or until the muffins are golden brown and a toothpick inserted in the center comes out clean.

8. Cool and Serve:

Allow the muffins to cool for a few minutes in the tin before transferring them to a wire rack to cool completely. Serve warm or at room temperature.

BC#012352093395



8 Servings, 142 Grams Each/1 Muffin

Ingredients

For the Crumb Topping:

BC#012352093401

0.5 cup All-purpose Flour (smaller amount)

0.25 cup Granulated Sugar

0.25 cup Brown Sugar, packed

1 tsp Pumpkin Pie Spice

0.25 tsp Kosher Salt

4 tbsp Salted Butter, melted (smaller amount)

For the Muffins:

1.5 cups All-purpose Flour (larger amount)

0.75 cup Granulated Sugar

1 tsp Baking Powder

0.5 tsp Baking Soda

0.5 tsp Kosher Salt

1 tsp Ground Cinnamon

2 tsp Pumpkin Pie Spice

8 oz Canned Pumpkin Pie Mix

2 Extra-large Eggs

6 tbsp Salted Butter, melted (larger amount)

0.25 cup Sour Cream

3 tsp Vanilla Extract

Preparation Instructions

1.Preheat Oven:

Preheat the oven to 350°F. Line a muffin tin with paper liners.

2.Make the Crumb Topping:

In a medium bowl, combine the smaller amount of flour, granulated sugar, brown sugar, pumpkin pie spice, and salt. Stir in the smaller amount of melted butter until the mixture forms crumbs. Set aside.

3.Prepare the Muffin Batter:

In a large bowl, whisk together the larger amount of flour, granulated sugar, baking powder, baking soda, salt, cinnamon, and pumpkin pie spice. Add the canned pumpkin pie mix, eggs, melted butter, sour cream, and vanilla extract. Mix until just combined.

4.Fill the Muffin Tin:

Divide the muffin batter evenly between the muffin liners. Sprinkle the crumb topping generously over the batter in each muffin cup.

5.Bake:

Bake for about 25 minutes, or until the muffins are golden brown and a toothpick inserted into the center comes out clean.

6.Cool and Serve:

Let the muffins cool in the pan for a few minutes, then transfer them to a wire rack to cool completely. Serve and enjoy!



7 Servings, 142 Grams Each/1 Muffin

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Desserts

Ingredient List:

- 1 Pie Crust (10")
- 1.5 cups Apple Fruit Butter
- 3 large Whole Eggs (raw, extra large)
- 0.25 cup Brown Sugar (unpacked)
- 1 tablespoon All-Purpose Wheat Flour (enriched, bleached)
- 1 teaspoon Vanilla Extract
- 14 oz Sweetened Condensed Milk (canned)
- 1 cup Heavy Whipping Cream (fluid, yields 2 cups whipped)
- 2 tablespoons Powdered Sugar
- 1 teaspoon Ground Cinnamon
- 1 teaspoon Vanilla Extract (for whipped cream)

BC#012352093678**Preparation Instructions:****Pie Dough:**

- 1.Once chilled, remove the pie dough from the fridge and let it sit for about 15 minutes to take the chill off. This makes rolling easier and prevents cracking.
- 2.Lightly flour your rolling pin and work surface. Roll out the dough, giving it a quarter turn every few rolls to ensure it's even and round.
- 3.Roll until the dough is about 1/8" thick and at least 2 inches wider than your pie dish. Keep flouring the surface and rolling pin as needed to prevent sticking.
- 4.Carefully transfer the dough into the pie dish. Press it into place on the bottom and sides. Trim the edges with kitchen shears to be 1" wider than the dish.
- 5.Fold the sides underneath to meet the edge, then crimp.
- 6.To par-bake the crust, freeze it for 15 minutes. Dock the dough with a fork all over. Line with parchment paper and fill with pie weights or dried beans/rice.
- 7.Bake in a preheated 375°F/190°C oven for 15 minutes. Then, remove the weights and parchment and bake for another 5 minutes. Let the crust cool on a wire rack while preparing the filling.

Apple Butter Filling:

- 1.Reduce the oven temperature to 325°F/163°C and set a rack in the middle of the oven.
- 2.In a large bowl, whisk together the apple butter, eggs, brown sugar, flour, and 1 teaspoon of vanilla extract.
- 3.Add the sweetened condensed milk, scraping out all the excess from the can. Whisk until the mixture forms a smooth batter.
- 4.Pour the batter into the par-baked pie crust. Bake for 30 minutes in the center of the oven.
- 5.Carefully transfer the pie to the lower third of the oven and continue baking for another 10-15 minutes, until the center is set and slightly jiggly (but not sloshy).
- 6.Remove from the oven and cool completely on a wire rack (about 3 hours). For faster cooling, you can refrigerate the pie.

Cinnamon Whipped Cream:

- 1.Add the heavy cream, powdered sugar, cinnamon, and 1 teaspoon vanilla extract to the bowl of a stand mixer fitted with the whisk attachment (or use a handheld mixer).
- 2.Whip on high speed for 1-2 minutes until soft-stiff peaks form.
- 3.Spread the whipped cream over the cooled pie. Add a few dollops of extra apple butter and swirl it in.

Serving:

- 1.Slice the pie into 8 slices, cleaning the knife after each cut for clean slices.
- 2.Serve 1 slice per portion. Enjoy!

8 Servings

Ingredient List:**BC#012352093548**

- 1.5 cup Milk, whole, 3.25% milkfat, with added vitamin D
- 720 ml Cream, fluid, heavy whipping
- 1 Vanilla Bean
- 0.75 cup, packed Sugars, brown
- 1 extra large Egg, whole, raw, fresh
- 4 large Egg yolks, raw, fresh
- 12 gram Corn flour, whole-grain, white
- 300 gram Callebaut White Chocolate
- 0.25 teaspoon Rosemary, fresh
- 80 gram Butter, without salt (unsalted)
- 6 large (3-1/4" dia) Apples, raw, with skin
- 80 gram Caster sugar
- 0.33 cup Brandy
- 150 gram Yogurt, Greek, plain, whole milk
- 150 ml Cream, fluid, heavy whipping
- 3/4 tsp Sea Salt Flakes

**Preparation Instructions:**

FOR BEST RESULTS RECOMMEND USING PINK LADY APPLES

FOR BEST RESULTS USE APPLE BRANDY

Halve vanilla bean and scrape out seeds.

Wash and dry the rosemary sprig, then remove leaves and chop.

Wash, peel, core, and cut pink lady apples into 4cm pieces.

Method:

- 1.To make custard, place milk, the larger listed amount of cream, and the vanilla pod and seeds in a saucepan over medium heat and bring to just below the boil. Set aside. In a second saucepan, heat brown sugar, 1/3 cup (80ml) water, and 3/4 tsp salt flakes over high heat and bring to a boil.
- 2.Reduce to a simmer and cook, swirling the pan, until it reaches 121°C on a sugar thermometer (about 6 minutes). Carefully add the hot cream mixture, stirring until dissolved.
- 3.Whisk yolks, whole egg, and cornflour in a heatproof bowl until smooth. Gradually add the hot cream mixture in a steady stream, whisking constantly, until well combined. Return the cream mixture to the saucepan over low heat and cook, stirring with a wooden spoon, for 2-3 minutes, or until the custard coats the back of the spoon. Strain through a fine sieve into a bowl and discard the vanilla pod. Cover the surface directly with plastic wrap and set aside until needed.
- 4.Preheat oven to 180°C. Grease a baking tray and line with baking paper.
- 5.To make the rosemary crumble, place chocolate on the prepared tray and bake, stirring halfway, for 10 minutes or until light golden. Sprinkle with rosemary and stand for 5 minutes to cool. Crumble the chocolate mixture into small pieces and set aside.
- 6.To cook the apple, heat butter in a large frypan over medium-high heat. Add the apple and cook, stirring occasionally, for 5 minutes or until starting to caramelize. Add caster sugar and cook, stirring, for 2 minutes or until the sugar is dissolved. Add Calvados (brandy) and cook, stirring, for 2 minutes or until reduced slightly. Set aside to cool.
- 7.For the yogurt cream, in a stand mixer fitted with the whisk attachment, whisk the smaller listed amount of cream to soft peaks. Fold through yogurt and chill until needed.
- 8.Divide custard and apple among bowls. Top with a spoonful of yogurt cream and scatter with rosemary crumble to serve.

8 Servings, 13.76 oz each

Apple & Pear Crisp

BC#012352091148

Ingredients:

- **32 oz** pears, raw
- **32 oz** apples, raw, with skin
- **1/3 tablespoon** grated orange zest
- **1 teaspoon** lemon zest
- **1 fl oz** orange juice, raw
- **1 oz** lemon juice, raw
- **1/2 cup** granulated sugar
- **1/4 cup** all-purpose flour
- **1 teaspoon** ground cinnamon
- **1/2 teaspoon** ground nutmeg
- **3/4 cup** packed brown sugar
- **1 cup** oats
- **1 1/2 cups** all-purpose flour
- **3/4 cup** granulated sugar
- **1/2 teaspoon** kosher salt
- **8 oz** salted butter



Instructions:

1. Preheat the oven to 350°F.
2. Peel, core, and cut the pears and apples into large chunks. Place the fruit in a large bowl.
3. Add the grated orange zest, lemon zest, orange juice, lemon juice, granulated sugar, flour, cinnamon, and nutmeg to the fruit, and mix well.
 1. **32 oz** pears, **32 oz** apples, **1/3 tablespoon** grated orange zest, **1 teaspoon** lemon zest, **1 fl oz** orange juice, **1 oz** lemon juice, **1/2 cup** granulated sugar, **1/4 cup** all-purpose flour, **1 teaspoon** ground cinnamon, **1/2 teaspoon** ground nutmeg
4. Pour the fruit mixture into a 9x12x2-inch oval baking dish.
5. For the topping: In the bowl of an electric mixer fitted with the paddle attachment, combine the flour, brown sugar, granulated sugar, kosher salt, oats, and butter. Mix on low speed for 1 minute until the mixture forms large crumbles.
 1. **1 1/2 cups** all-purpose flour, **3/4 cup** packed brown sugar, **3/4 cup** granulated sugar, **1/2 teaspoon** kosher salt, **1 cup** oats, **8 oz** salted butter
6. Sprinkle the topping evenly over the fruit, covering it completely.
7. Place the baking dish on a sheet pan and bake for 50 minutes to 1 hour, until the top is golden brown and the fruit is bubbly.
8. Serve warm packaged and labeled

8 total servings across 8 packages (358 grams per package)

Blondie Bar

BC#012352087226

INGREDIENT

1lb Brown sugar, packed

1lb Butter, unsalted, softened

9 Each Egg, large

5lb Gold Medal™ Yellow Cake Mix (11152)

1lb 2oz Creme-filled chocolate sandwich cookie pieces, (Hydrox)



1. Mix brown sugar, butter, and eggs in a mixer bowl with paddle attachment on low speed for 1 minute.

Stop the mixer, scrape the bowl, and paddle; mix on low speed for an additional 1 minute.

2. Add cake mix and mix for 2 minutes on low speed or until well combined. DO NOT OVERMIX.

3. Fold in cookie pieces; deposit dough evenly into a greased or parchment-lined full-sheet pan.

Bake as directed below and allow to cool before portioning.

BAKE:

Convection Oven*

300°F

26-30 minutes

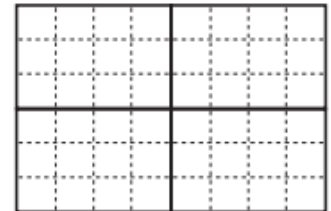
Standard Oven

350°F

28-32 minutes

*Rotate pans baked in a convection oven one-half turn (180°) after 13 minutes of baking.

• For 48 approximate 3" x 3" servings, cut 6 x 8.



Wrap in film, Kraft Bag with a window or Cellophane bag and label the back.

48 Servings

Ingredients

31 oz Navy Beans, canned
1 stick Salted Butter
24 oz Canned Evaporated Milk, with added vitamin A
4 extra large Whole Eggs, raw
1 tsp Ground Nutmeg
0.5 tsp Ground Cloves
3 tsp Ground Cinnamon
1 tsp Kosher Salt
3 tbsp White All-Purpose Flour
2 cups Granulated Sugar
6 tsp Vanilla Extract
3 standard Pie Crusts, frozen, ready-to-bake, baked
2 cups Heavy Whipping Cream
6 tbsp Honey

BC#012352093371



Preparation Instructions

1. Prepare Honeyed Whipped Cream:

In a large bowl, whisk together the heavy whipping cream and honey. Using a hand mixer, whip the cream until firm peaks form. Place the whipped cream in the refrigerator until ready to use.

2. Prepare the Beans:

Rinse the navy beans and cover them with water in a large pot. Let them cook for 2 hours until tender. Once cooked, drain the beans and set aside.

3. Brown the Butter:

In a small saucepan, melt the butter over medium heat. Cook until the butter turns golden brown and gives off a nutty aroma. Let it cool completely.

4. Make the Pie Filling:

Once the beans are drained, place them in a blender along with the evaporated milk, eggs, nutmeg, cloves, cinnamon, kosher salt, and white flour. Blend until smooth. Add the sugar and vanilla extract, and blend again until well combined.

5. Assemble the Pie:

Divide the pie filling evenly between the three prepared pie crusts. Pour the blended mixture into each pie crust.

6. Bake the Pie:

Bake the pies at 350°F (175°C) for 50 minutes or until the filling is set and slightly golden on top.

7. Broil the Pies:

Remove the pies from the oven. Sprinkle 2 tablespoons of sugar on top of each pie. Place the pies under the broiler in 1-minute increments until the sugar is bubbly and caramelized.

8. Cool the Pies:

Allow the pies to cool completely at room temperature.

9. Serve:

Cut each pie into 6 slices. Top each slice with a 2 oz dollop of the honeyed whipped cream.

18 Servings, 3 Pies 6 slices or 175 Grams Eac

Carrot Cake with Cream

Cheese Frosting

BC#12352091162

Ingredients:

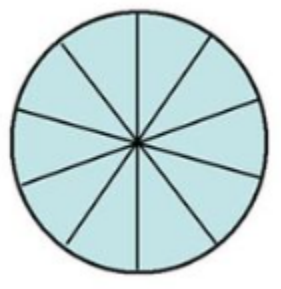
- **2 cups** all-purpose flour
- **2 teaspoons** baking powder
- **1 teaspoon** baking soda
- **1 ½ teaspoons** ground cinnamon
- **½ teaspoon** ground ginger
- **¼ teaspoon** ground nutmeg
- **½ teaspoon** kosher salt
- **¾ cup** canola oil
- **4 extra-large** eggs
- **1 ½ cups** packed brown sugar
- **½ cup** crushed pineapple, drained
- **1 teaspoon** vanilla extract
- **2 cups** chopped pecans, toasted (divided)
- **3 cups** grated carrots
- **½ cup** seedless raisins

For the frosting:

- **8 oz** cream cheese
- **4 oz** salted butter
- **2 cups** sifted powdered sugar
- **1 teaspoon** vanilla extract

Instructions:

- 1. Toast the pecans:** Toast the chopped pecans until golden brown and set aside to cool completely. Divide in half—half will go into the cake batter, and the other half will be used on top of the cake after frosting.
- 2. Make the cake:** Preheat the oven to 350°F (180°C). Spray two 9-inch round cake pans with non-stick cooking spray and line the bottoms with parchment paper. Set aside.
- 3. Dry ingredients:** In a large mixing bowl, whisk together the flour, baking powder, baking soda, cinnamon, ginger, nutmeg, and salt until well combined. Set aside.
 - 1. 2 cups** flour, **2 teaspoons** baking powder, **1 teaspoon** baking soda, **1 ½ teaspoons** cinnamon, **½ teaspoon** ginger, **¼ teaspoon** nutmeg, **½ teaspoon** kosher salt
- 4. Wet ingredients:** In another large mixing bowl, whisk together the oil, eggs, brown sugar, crushed pineapple, and vanilla extract until fully combined.
 - 1. ¾ cup** canola oil, **4 extra-large** eggs, **1 ½ cups** brown sugar, **½ cup** crushed pineapple, **1 teaspoon** vanilla extract
- 5. Combine wet and dry:** Add the grated carrots, raisins, and half of the toasted pecans to the wet ingredients and mix until combined.
 - 1. 3 cups** grated carrots, **½ cup** raisins, **1 cup** toasted pecans (reserve other cup for topping)
6. Pour the wet ingredients into the dry ingredients and gently fold the mixture until just combined. Avoid over-mixing.
7. Divide the cake batter evenly between the prepared pans. Bake for 30 to 35 minutes, or until a toothpick inserted into the center of each cake comes out clean.
8. Remove the cakes from the oven and cool in the pans for 20 to 25 minutes. Then transfer the cakes to a wire rack to cool completely.
- 9. Make the frosting:** In a stand mixer fitted with a paddle attachment (or using a hand mixer), beat the cream cheese until smooth. Add the butter and mix until well combined and smooth, about 30 seconds to 1 minute.
 - 1. 8 oz** cream cheese, **4 oz** salted butter
10. Add the powdered sugar and vanilla extract, and continue mixing until fully combined, stopping to scrape down the sides of the bowl as needed.
 - 1. 2 cups** powdered sugar, **1 teaspoon** vanilla extract
- 11. Assemble the cake:** Level the tops of each cake with a knife if necessary. Place one layer on a cake stand, top with a little over **½ cup** of the frosting, and smooth it into an even layer. Place the second layer on top and frost the top and sides of the cake.
12. Sprinkle the reserved toasted pecans over the top of the frosted cake.



10 total servings across 10 packages
(225 grams per package)

Chocolate Chip Ricotta Cookies

BC#012352093586

Ingredient List:

- 1 stick Butter, without salt (unsalted)
- 1 cup Sugars, granulated
- 2 extra large Eggs, whole, raw, fresh
- 8 oz Cheese, ricotta, whole milk
- 1 teaspoon Vanilla extract
- 2.5 cups Wheat flour, white, all-purpose, enriched, bleached
- 2 teaspoons Leavening agents, baking powder, double-acting, straight phosphate
- 1 tsp Kosher Salt
- 8 oz Ghirardelli Milk Chocolate Chips
- 0.5 cup Sugars, powdered



Preparation Instructions:

- Bring butter to room temperature.
- Recipe works best using high-quality mini chocolate chips and fresh ricotta cheese.

Method:

- 1.Preheat the oven to 350°F. Line two baking sheets with parchment paper.
- 2.Cream the butter and granulated sugar in a large bowl with a handheld mixer on high speed until light and fluffy, about 2 minutes. Reduce the speed to medium and add the eggs. Beat until smooth. Add the ricotta and vanilla, and beat to combine.
- 3.Sift the flour and baking powder directly into the bowl, then add a pinch of salt. Mix on low speed until just combined. Stir in the chocolate chips by hand.
- 4.Drop the cookie dough in heaping tablespoons onto the prepared baking sheets, leaving about 2 inches between cookies, arranging in three rows of five.
- 5.Bake, rotating the trays from top to bottom halfway through, until the cookies are puffed and golden at the edges, about 16 to 18 minutes. Remove from the oven and transfer to a wire rack to cool.
- 6.Dust the cookies with confectioners' sugar before serving, if desired.

Serving Suggestion:

Serve 2 cookies per serving.

12 Servings, two cookies per package

Mousse Cup

BC#012352093517

Ingredients

- 16 oz Fresh Strawberries (hulled and chopped)
- 1.5 cups Coconut Milk (canned, liquid from grated meat and water)
- 2 tbsp Honey
- 5 tbsp Unsweetened Cocoa Powder
- 5 tbsp Coconut Oil
- 1 tsp Vanilla Extract
- 1.5 cups Coconut Milk (canned, liquid from grated meat and water)
- 1/4 tsp Sea Salt
- 3 Egg Yolks (raw, fresh)
- 4 oz Dark Chocolate (45-59% cacao solids)
- 1 cup Heavy Whipping Cream
- 1 tsp Nielsen-Massey Pure Vanilla Bean Paste
- 1 tbsp Granulated Sugar
- 3 oz Dipping Chocolate (6 wafers)
- 4 Large Fresh Strawberries (refrigerated for dipping)

Preparation Instructions

1. Prepare the Strawberries:

1. Wash, hull, and chop 16 oz of fresh strawberries. Set aside.
2. Wash and dry 4 large strawberries. Refrigerate them for later use.

2. Make the Strawberry Mousse:

1. In a blender, combine the chopped strawberries, 1.5 cups coconut milk, and 2 tbsp honey. Process until smooth.
2. Divide the strawberry mousse evenly between 4 serving dishes. Refrigerate until ready to assemble.

3. Make the Chocolate Mousse:

1. Heat 1.5 cups coconut milk in a small saucepan over medium heat. Once it begins to simmer, remove from heat.
2. Stir in the cocoa powder, coconut oil, vanilla extract, and sea salt until smooth.
3. Transfer the mixture to a blender.
4. With the blender running, slowly pour in the egg yolks. Blend for about 1 minute until smooth.
5. Pour the chocolate mousse mixture into ramekins or other serving dishes and chill in the refrigerator for at least 1 hour.

4. Prepare the Whipped Cream:

1. In a large bowl, combine heavy whipping cream, vanilla bean paste, and granulated sugar.
2. Whip using a mixer until stiff peaks form. Refrigerate until assembly.

5. Prepare the Chocolate-Dipped Strawberries:

1. Melt the dipping chocolate in a microwave-safe bowl, heating in 20-second intervals and stirring in between.
2. Dip the refrigerated strawberries into the melted chocolate and place them on a parchment-lined tray. Let cool and harden.

6. Assemble the Parfaits:

1. After the chocolate mousse has chilled for at least 1 hour, spoon the mousse on top of the strawberry mousse in each serving dish.
2. Chill the parfaits for another 30 minutes.

7. Finish and Serve:

1. Just before serving, top each parfait with a generous dollop of vanilla whipped cream and a chocolate-dipped strawberry.



4 Servings, 450 Grams Each

Ingredients:

BC#012352093685

- 1 Chocolate Cookie-Type Pie Crust (ready-made)
- 1.5 cups Heavy Whipping Cream (yields 2 cups whipped)
- 5.5 oz Marshmallow Cream
- 1 cup Smooth Peanut Butter (with salt)
- 1.5 oz Smooth Peanut Butter (with salt)
- 0.75 cup Powdered Sugar
- 1 teaspoon Vanilla Extract
- 0.25 teaspoon Kosher Salt
- 0.75 bar Callebaut Milk Chocolate
- 8 oz Cream Cheese

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

1. Ensure the Callebaut milk chocolate bar is very cold. Shave the bar to create chocolate shavings for garnish.
2. Melt the smaller portion of peanut butter (1.5 oz) to drizzle over the pie before serving.

2. Whip the Cream:

1. In a large bowl, use a hand mixer (or a stand mixer) to beat the heavy cream until soft peaks form.
2. Transfer half of the whipped cream into a separate bowl and set it aside.

3. Marshmallow Whipped Cream:

1. To the remaining whipped cream, add the marshmallow cream and continue to beat until stiff peaks form.

4. Cream Cheese Filling:

1. In a separate bowl, beat the cream cheese, 1 cup of peanut butter, powdered sugar, vanilla extract, and kosher salt until smooth and creamy.
2. Gently fold in the plain whipped cream (the half you set aside) until combined.

5. Assemble the Pie:

1. Pour the peanut butter-cream cheese mixture into the chocolate cookie crust.
2. Top with the marshmallow whipped cream.

6. Chill:

1. Refrigerate the pie until well chilled, at least 4 hours.

7. Serve:

1. Before serving, drizzle the pie with the melted peanut butter and top with chocolate shavings for a decorative and delicious touch.

8 Servings, 170 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

BC#012352093265

**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

DULCE DE LECHE

BC#012352087417

INGREDIENT

2.5 Cups Sweetened condensed milk

BROWNIES

INGREDIENT

3 Cups Water, hot approx. 120°F

6lb Gold Medal™ Chocolate Brownie Mix (11312)



DULCE DE LECHE

1. Place unopened cans of sweetened condensed milk in a large pot (or use 2 cans (14 oz each) dulce de leche instead and move to Batter step).
2. Fill with water to cover cans and simmer for 2-3 hours.
3. Remove from heat and allow to cool for 10 minutes before opening. Caution: The contents are very hot.

BATTER

1. Make brownie batter as directed on the package.
2. Spread batter evenly into a greased or parchment-lined full-sheet pan. Place dollops of dulce de leche onto the brownie mixture and swirl in with a spatula.

Bake as directed below and allow to cool before portioning.

BAKE:

Convection Oven*

300°F

23-26 minutes

Standard Oven

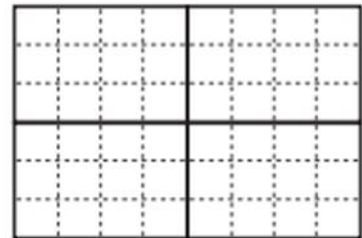
350°F

27-31 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 11 minutes of baking.

Wrap in film, Kraft Bag with a window or Cellophane bag and label the back.

- For 48 approximate 3" x 3" servings, cut 6 x 8.



48 Servings

Ingredients

1.5 cup White All-Purpose Flour
0.5 tsp Double-Acting Baking Powder
0.25 tbsp Baking Soda
0.5 tsp Kosher Salt
0.5 tsp Ground Cinnamon
0.25 tsp Ground Ginger
0.25 tsp Ground Cloves
6 tbsp Salted Butter
0.75 cup Packed Brown Sugar
3 tsp Grated Orange Zest
2 extra large Whole Eggs, raw
1 tsp Nielsen-Massey Pure Vanilla Bean Paste
0.5 cup Cultured Sour Cream
0.5 cup Dried Figs, uncooked
1 cup Powdered Sugar
3 tbsp Whole Milk
0.25 tsp Tamarind Paste

BC#012352093364



Preparation Instructions

1.Preheat Oven:

Place a rack in the center of the oven. Preheat the oven to 325°F (163°C) 20 minutes before baking the cake. Spray a 9-inch cast-iron skillet with baking spray and set aside.

2.Prepare Figs:

Using a serrated knife, thinly slice the figs and set them aside in a bowl.

3.Mix Dry Ingredients:

In a large bowl, combine the flour, baking powder, baking soda, salt, cinnamon, ginger, and cloves. Set aside.

4.Beat Wet Ingredients:

In a stand mixer fitted with the paddle attachment, beat the softened butter, brown sugar, and orange zest on medium speed for 2 minutes until smooth. Add the eggs and vanilla bean paste. Beat on medium for another minute, stopping once to scrape down the sides of the bowl.

5.Combine Wet and Dry Ingredients:

Alternately add the dry ingredients and sour cream into the mixing bowl, beginning and ending with the dry ingredients. Mix until just combined.

6.Assemble the Cake:

Spoon the batter into the prepared cast-iron skillet and smooth the top with a spatula. Arrange the sliced figs in concentric circles on top, gently pressing them down into the batter.

7.Bake:

Bake the cake for 30–35 minutes or until a toothpick inserted into the center comes out clean. If the edges start to brown too quickly, cover the cake loosely with aluminum foil for the last 10 minutes of baking.

8.Cool the Cake:

Let the cake cool in the skillet for 10 minutes before slicing and serving.

9.Prepare the Glaze:

While the cake is cooling, whisk together the powdered sugar, milk, and tamarind paste in a bowl. Drizzle the glaze over the cooled cake just before serving.

8 Servings, 112 Grams Each

BC#012352087431

Ingredients

Crust

25 Golden Oreos (do not remove the filling)

4 Tablespoons butter melted

Cheesecake Squares

32 oz cream cheese softened to room temperature (use brick-style cream cheese, not the sort sold in tubs)

1.25 cup granulated sugar

1 cup sour cream

1 cup Funfetti cake mix by Pillsbury

2 teaspoons vanilla extract

3 large eggs, lightly beaten at room temperature preferred

.25 cup colored sprinkles

Recommended Equipment

13x9 baking pan

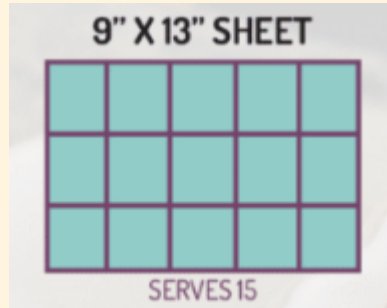
Food Processor

Mixing bowls

Topping

15oz Cool Whip

3 Tbsp Sprinkles



Instructions

1. Preheat oven to 350F (175C) and line a 13x9 metal pan with parchment paper (I like to use enough that it goes up the sides of the pan (this helps keep the cheesecake from cracking as the parchment will allow it to constrict as it cools).
2. Place Golden Oreos in a food processor and process cookies into fine crumbs.
3. Add melted butter, and process until fully incorporated.
4. Pour cookie crumbs into the bottom of prepared and tamp down into an even layer. Set aside. Using an electric mixer, cream together cream cheese and sugars until smooth and creamy. and sour cream until smooth.
5. Add sour cream, cake mix, and vanilla extract and stir on low speed until smooth, scraping down the sides with a spatula as needed to make sure all ingredients are well combined.
6. Add eggs, one at a time, stirring until just combined after each addition.
7. Add colored sprinkles and stir quickly by hand until combined.
8. Pour cheesecake batter evenly into the prepared pan over the crust.
9. Bake at 350F for 35-40 minutes (the center of cheesecake should be set).
10. Place in a small clamshell container
11. Refrigerate at least 4 hours before cutting and serving.
12. Top with Cool Whip and additional sprinkles.
13. Close the container and label

15 Servings

House made Chocolate Chip Cookie

BC#012352090707

Ingredients:

1 cup salted butter
1 cup granulated sugar
1 cup packed brown sugar
2 teaspoons vanilla extract
2 extra-large eggs
3 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon double-acting baking powder
1 teaspoon sea salt
14 ounces Ghirardelli milk chocolate chips



Instructions:

Preheat Oven:

Preheat the oven to 375°F (190°C). Line three baking sheets with parchment paper and set them aside.

Prepare Dry Ingredients: In a medium bowl, mix together the flour, baking soda, baking powder, and salt. Set aside.

Cream Butter and Sugars: In a large bowl, cream together the butter, granulated sugar, and brown sugar until well combined.

Add Eggs and Vanilla: Beat in the eggs and vanilla extract until the mixture is light and fluffy, about 1 minute.

Combine Wet and Dry Mixtures: Gradually add the dry ingredients to the wet mixture, mixing until just combined.

Incorporate Chocolate Chips: Fold in the Ghirardelli milk chocolate chips, ensuring they are evenly distributed throughout the dough.

Shape Dough: Roll 4-6 tablespoons of dough (depending on your preferred cookie size) into balls and place them evenly spaced on the prepared baking sheets.

Bake Cookies: Bake the cookies in the preheated oven for approximately 8-10 minutes, or until they are just starting to turn brown around the edges.

Cool Cookies: Allow the cookies to sit on the baking sheets for 5 minutes before transferring them to a cooling rack to cool completely.

Package cookie and Label

18 Total Servings: 1 Cookie Per Package

House made Chocolate Chocolate Chip Cookie

BC#012352090721

Ingredients:

- 1.5 cups granulated sugar
- 1 cup salted butter
- 2 extra-large eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 2/3 cup unsweetened cocoa powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon kosher salt
- 16 ounces Ghirardelli milk chocolate chips



Directions:

1. Preheat Oven:

1. Preheat the oven to 350°F (175°C).

2. Cream Ingredients:

1. In a large bowl, beat the granulated sugar, salted butter, eggs, and vanilla extract until light and fluffy.

3. Combine Dry Ingredients:

1. In another bowl, combine the all-purpose flour, unsweetened cocoa powder, baking soda, and kosher salt.

4. Mix Ingredients:

1. Gradually stir the dry ingredients into the butter mixture until well blended.
2. Mix in the Ghirardelli milk chocolate chips.

5. Shape Dough:

1. Drop spoonfuls of dough 2 inches apart onto ungreased cookie sheets.

6. Bake Cookies:

1. Bake in the preheated oven just until set, 8 to 10 minutes.

7. Cool Cookies:

1. Cool slightly on the cookie sheets before transferring to wire racks to cool completely. Package Cookie and Label

16 Total Servings: 1 Cookie Per Package

BC#01252090714

Ingredients:

- 3 cups all-purpose flour
- 1 teaspoon double-acting baking powder
- 1 teaspoon sea salt
- 1.5 cups unsalted butter
- 1.5 cups granulated sugar
- 5 ounces turbinado sugar
- 2 extra-large eggs
- 3 teaspoons vanilla extract

**Instructions:****1.Preheat Oven:**

1. Preheat the oven to 375°F (190°C).
2. Line several baking sheets with parchment paper.

2.Prepare Dry Ingredients:

1. In a medium bowl, mix together the flour, baking powder, and salt. Set aside.

3.Cream Butter and Sugar:

1. In the bowl of your electric mixer, place the softened butter and granulated sugar.
2. Cream the butter and sugar together on high until light and fluffy, about 3-5 minutes. (Don't skimp on the time here.)

4.Add Eggs and Vanilla:

1. Turn the mixer to low and add the eggs and vanilla extract.
2. Scrape the bowl to ensure all ingredients are well incorporated.

5.Combine Wet and Dry Mixtures:

1. With the mixer running on low, slowly add the flour mixture to the butter mixture.
2. Scrape the bowl and beat again for 30 seconds to ensure everything is well mixed.

6.Shape Dough:

1. Pour some extra turbinado sugar into a bowl for coating the cookies.
2. Scoop the dough out and roll into 1-inch balls. The dough should be soft and delicate – don't over-handle.
3. Shake each ball in the turbinado sugar to coat, then place on the prepared baking sheets 2 inches apart.
4. Use the bottom of a drinking glass to press down on each ball until they are 1/3- to 1/2-inch thick.

7.Bake Cookies:

1. Bake each sheet of sugar cookies for 9-11 minutes, until the edges are slightly golden and the centers are just barely set.

8.Cool Cookies:

1. Cool the cookies completely on the baking sheets. Package and label

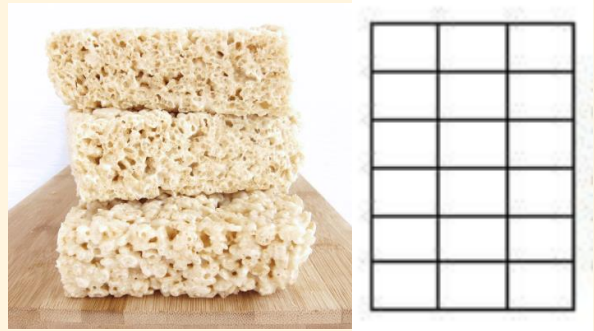
15 Total Servings: 1 Cookie Per Package

Jumbo Rice Krispie Treat

BC#0212352086625

Ingredients:

- 35 oz bag of Rice Cereal
- 3 (1 lb) bags of mini marshmallows
- 1 lb solid margarine



Instructions:

1. In a large pot, melt the 1 lb of solid margarine over medium-low heat. Stir occasionally to ensure even melting.
2. Once the margarine is completely melted, add the mini marshmallows to the pot. Stir continuously until the marshmallows are $\frac{3}{4}$ melted and the mixture has small pieces of the marshmallow visible.
3. Remove the pot from heat and pour the rice cereal into the pot.
4. Quickly and gently fold the marshmallow mixture into the Rice Cereal, ensuring that the cereal is evenly coated.
5. Grease full size 2" hotel pan and place the mixture loose packed creating an even layer. Do not press into a firm block
6. Allow the Jumbo Rice Krispie Treats to cool and set for at least 30 minutes before cutting.
7. Once cooled and set, cut into jumbo-sized 3x6 pieces.
8. Wrap tightly in plastic film and label the top.

Enjoy your delicious Jumbo Rice Krispie Treats!

18 Servings

Ingredients:

BC#012352089596

1 cup of raw blueberries
1.5 cups of packed brown sugar
0.75 cup of salted butter
2 teaspoons of vanilla extract
1 teaspoon of lemon zest
1 teaspoon of double-acting baking powder
0.5 teaspoon of kosher salt
2 extra-large eggs
1.5 cups of white all-purpose flour
1 cup of unsifted powdered sugar
0.5 ounce of raw lemon juice
Preparation Instructions:

**Step 1:**

Preheat the oven to 350°F. Grease a 9" square baking pan with cooking spray. Line it with parchment paper, leaving overhang on two opposite sides, and grease the parchment paper with cooking spray.

Step 2:

In a medium bowl, whisk together the brown sugar, melted butter, vanilla extract, lemon zest, baking powder, and salt until well combined.
Stir in the eggs until well combined.
Add the flour and stir just until combined. Fold in 3/4 cup of blueberries gently to distribute them evenly.

Step 3:

Scrape the batter into the prepared pan and smooth the top.
Sprinkle the remaining 1/4 cup of blueberries evenly over the top.

Step 4:

Bake the blondies in the preheated oven until they turn golden and a tester inserted into the center comes out clean, about 35 minutes.
Transfer the pan to a wire rack and let the blondies cool completely.

Step 5:

In a small bowl, whisk together the powdered sugar and lemon juice. Add water a few drops at a time until a drizzling consistency is reached.
Drizzle the glaze over the cooled blondies and let it set for 15 minutes.

Step 6:

Using the parchment overhang, lift the blondies out of the pan and transfer them to a cutting board.
Slice the blondies and serve.

Servings:

This recipe yields 8 servings, with each serving packaged into 8 portions, totaling 133 grams per package.
Or 4.69 ounces

Lemon Crème Cake

BATTER

BC#012352087223

INGREDIENT

7 Cups Water, cool approx. 72°F
.25 Cup Lemon juice
Lemon extract
2 Tbsp
5lb Gold Medal™ Yellow Cake Mix (11152)
.5 Cup Lemon zest

FINISHING

INGREDIENT

3 lbs Gold Medal™ Ready-To-Spread Vanilla Crème Icing (11216)
3 oz Lemon juice

BATTER

1. Pour half of the water, (3 1/2 cups), lemon juice, and lemon extract into a mixer bowl fitted with paddle attachment.
2. Add cake mix and lemon zest; mix on medium speed for 2 minutes.
3. Stop the mixer, scrape the bowl and paddle; add the remaining water gradually while mixing on low speed.
4. Stop the mixer, scrape the bowl and paddle; mix on low speed for an additional 2 minutes. DO NOT OVERMIX.
5. Deposit batter into a greased and paper-lined full sheet pan with pan extenders.

Bake as directed below and allow to cool fully before icing.

BAKE:

Convection Oven*

300°F

25-30 minutes

Standard Oven

350°F

27-32 minutes

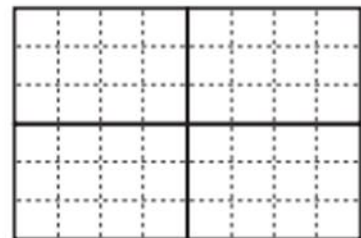
*Rotate pans baked in convection oven one-half turn (180°) after 12 minutes of baking.

Place in clear clam shell and label

48 Servings



• For 48 approximate 3" x 3" servings, cut 6 x 8.



Ingredient List:

BC#012352093562

- 1.5 cups Wheat flour, white, all-purpose, enriched, bleached
- 2 teaspoons Leavening agents, baking powder, double-acting, straight phosphate
- 0.5 teaspoon Kosher Salt
- 8 oz Greek yogurt, plain, whole milk
- 1.33 cups Granulated sugar
- 3 extra large Eggs, whole, raw
- 2 teaspoons Lemon zest
- 0.5 teaspoon Vanilla extract
- 0.5 cup Canola oil
- 0.33 cup Lemon juice, raw
- 1 cup Powdered sugar
- 2 tablespoons Lemon juice, raw (for glaze)

**Preparation Instructions:**

- 1.Preheat the oven to 350°F. Grease an 8 1/2 by 4 1/4 by 2 1/2-inch loaf pan and line the bottom with parchment paper. Grease and flour the pan.
 - 2.Sift together the flour, baking powder, and salt into a bowl. In a separate bowl, whisk together the yogurt, 1 cup of sugar, eggs, lemon zest, and vanilla extract. Gradually whisk the dry ingredients into the wet ingredients.
 - 3.Slowly fold in the canola oil using a rubber spatula, ensuring it's fully incorporated into the batter.
 - 4.Pour the batter into the prepared pan and bake for about 50 minutes, or until a cake tester inserted into the center of the loaf comes out clean.
 - 5.While the cake is baking, cook 1/3 cup lemon juice and the remaining 1/3 cup sugar in a small pan over medium heat until the sugar dissolves and the mixture becomes clear. Set aside.
 - 6.Once the cake is done, allow it to cool in the pan for 10 minutes. Then, carefully transfer it to a baking rack over a sheet pan. While still warm, pour the lemon-sugar mixture over the cake and let it soak in. Allow the cake to cool completely.
 - 7.For the glaze, combine the powdered sugar and 2 tablespoons of lemon juice and pour it over the cooled cake.
- Enjoy your moist lemon cake with a tangy glaze!

8 Servings, 140 Grams Each

M&M Brownie Bars

BC#012352087400



Ingredients

3 Cups Water, hot approx. 120°F

6lb Box Gold Medal™ Chocolate Brownie Mix (11312)

4 Cups M&M's® milk chocolate covered candies

1. Mix water and brownie mix in bowl using paddle attachment on low speed 30 seconds.
2. Stop mixer, scrape bowl and paddle; mix on low speed an additional 30 seconds.
3. Deposit batter into greased or parchment-lined full sheet pan; sprinkle M&M'S evenly over batter and bake as directed below.

BAKE:

Convection Oven*

300°F

23-27 minutes

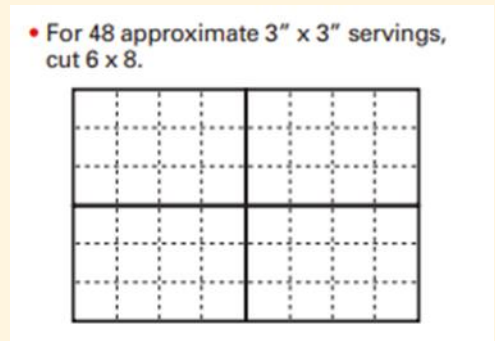
Standard Oven

350°F

25-29 minutes

*Rotate pans baked in convection oven one-half turn (180°) after 11 minutes of baking.

Wrap in film, Kraft Bag with a window or Cellophane bag and label the back.



48 Servings

Ingredients:

- 0.25 oz Active Dry Yeast
- 1 cup Whole Milk (3.25% milkfat, vitamin D added)
- 0.5 cup Granulated Sugar
- 0.33 cup Salted Butter, melted
- 2 extra-large Eggs, whole
- 1 tsp Kosher Salt
- 4.5 cups Self-Rising White All-Purpose Flour
- 0.75 cup Brown Sugar, unpacked
- 2 tablespoons Ground Cinnamon
- 0.25 cup Unsalted Butter, softened
- 8 slices Cooked Bacon, crumbled (thin sliced for filling)
- 0.25 cup Salted Butter
- 4 oz Cream Cheese, softened
- 5 oz Maple Syrup
- 3 cups Powdered Sugar, sifted
- 8 slices Thick Slice Hickory Smoked Bacon, cooked and broken into large pieces (for topping)

BC#012352092107

**Preparation Instructions:****1. Prep Ingredients:**

- Warm the milk.
- Melt 1/3 cup of butter.
- Soften 1/4 cup of butter and cream cheese.
- Cook both sets of bacon. For the thin sliced bacon (filling), cook until crisp, drain well, and crumble. For the thick sliced bacon (topping), cook until crisp, drain well, and break into large pieces.

2. Make the Dough:

- In a small bowl, dissolve yeast in warm milk.
- In a large bowl, combine granulated sugar, melted butter, eggs, salt, yeast mixture, and 2 cups of flour. Beat on medium speed until smooth.
- Stir in the remaining flour to form a soft dough (it will still be slightly sticky).
- Knead dough on a floured surface for about 6-8 minutes, until smooth and elastic.
- Place dough in a greased bowl, ensuring it's fully coated. Cover with plastic wrap and let it rise in a warm place until doubled in size (about 1 hour).

3. Prepare the Filling:

- Mix brown sugar, cinnamon, and crumbled bacon in a small bowl. Set aside.

4. Roll and Shape the Dough:

- Punch down the dough and divide it in half on a lightly floured surface.
- Roll each portion into an 11x8" rectangle.
- Brush with 1 tablespoon of melted butter and sprinkle with half of the brown sugar-bacon mixture.
- Starting with the long side, roll the dough jelly-roll style and pinch the seam to seal.
- Cut into 4 slices. Repeat with the remaining dough, butter, and sugar mixture.

5. Second Rise:

- Place the slices cut-side down in greased pans, four rolls per pan.
- Cover with kitchen towels and let the rolls rise in a warm place for about 1 hour until doubled in size.

6. Bake:

- Preheat the oven to 350°F.
- Bake rolls for 35-45 minutes, until golden brown.
- Transfer rolls to wire racks to cool.

7. Make the Frosting:

- In a medium bowl, beat softened butter, cream cheese, maple syrup, and powdered sugar until well blended.

8. Finish:

- Spread the frosting over the warm rolls and top with large pieces of cooked bacon.

Enjoy your **Maple Bacon Cinnamon Rolls** warm and topped with crispy bacon!

4 total servings across 4 packages (590 grams per package)

Ingredients

- 0.5 cup Unsalted Butter (softened)
- 0.5 cup Granulated Sugar
- 1 Extra Large Egg
- 1.5 tsp Vanilla Extract
- 0.25 tsp Kosher Salt
- 0.5 tsp Baking Powder (double-acting, straight phosphate)
- 2 cups All-Purpose White Wheat Flour
- 2 oz McCormick Red Food Color
- 8 oz Sprinkelina White Sanding Sugar

BC#012352093500



Preparation Instructions

1. Prepare the Dough:

1. In a large bowl or stand mixer, beat together the unsalted butter and granulated sugar until light and fluffy.
2. Mix in the egg and vanilla extract, followed by the salt and baking powder. Scrape the bowl as needed.
3. Gradually add the flour, increasing the speed as needed, until the dough is fully combined and no streaks remain.

2. Color the Dough:

1. Divide the dough in half and transfer one half to a clean bowl.
2. Add a small amount of dark pink gel food color to the remaining dough. Beat until the dough is fully tinted and no streaks remain.

3. Shape the Dough:

1. Pinch off golf ball-sized portions of the dough and roll them into balls.
2. Alternate placing the different colored dough balls on your work surface to create a pattern.
3. Gently knead the dough together until swirls of color are visible, but be careful not to over-mix.
4. Shape the dough into a disc and wrap it in plastic wrap. Chill for 30-60 minutes.

4. Prepare for Baking:

1. Preheat the oven to 350°F.
2. Prepare a baking sheet by lining it with a silicone baking mat or parchment paper.
3. On a lightly floured surface, roll out the dough to about 1/4-inch thick.
4. Use a heart-shaped cookie cutter to cut out 2 oz portions. Space the cookies about 2 inches apart on the prepared baking sheet.

5. Add the Sugar Topping:

1. Generously sprinkle each cookie with about 1/2 oz of white sanding sugar.
2. Freeze the cookies for 15 minutes to help them hold their shape while baking.

6. Bake the Cookies:

1. Bake the cookies in the preheated oven at 350°F for 12 minutes.
2. Let the cookies rest on the baking sheet for 2 minutes before transferring them to a wire rack to cool completely.

7. Package the Cookies:

1. Once cooled, package 2 cookies together per package for sharing or gifting.

7 Servings, 112 Grams Per Package

BC#012352093692

Ingredients:

- 24 Chocolate Oreo Original Cookies
- 2 oz Salted Butter
- 12 Chocolate Oreo Original Cookies
- 3 Chocolate Oreo Original Cookies
- 2 cups Heavy Whipping Cream (fluid)
- 2 teaspoons Vanilla Extract
- 2 teaspoons Granulated Sugar
- 8 Chocolate Oreo Original Cookies

**Preparation Instructions:****1. Make the Crust:**

1. Add 24 Oreos (filling and all) to a food processor or blender. Pulse until the cookies are finely ground into crumbs.
2. Transfer the Oreo crumbs to a medium mixing bowl and stir in the melted salted butter. Mix until well combined.
3. Press the Oreo mixture into a 9-inch pie dish, evenly distributing it along the bottom and up the sides. You can use the bottom of a drinking glass or measuring cup to help pack the crumbs tightly.
4. Place the crust in the refrigerator to chill while preparing the filling.

2. Make the Filling:

1. In a large mixing bowl, whip the heavy cream with vanilla extract and granulated sugar until stiff peaks form. Divide the whipped cream mixture into two equal parts.
2. Add 12 Oreos (filling and all) to the food processor or blender and pulse into fine crumbs.
3. Gently fold the Oreo crumbs into one half of the whipped cream mixture.
4. Spoon the Oreo-filled whipped cream into the chilled Oreo crust and smooth the top with a spatula.
5. Top the Oreo filling with the remaining whipped cream and spread evenly over the pie.

3. Garnish and Serve:

1. Take the remaining 3 Oreos and pulse into crumbs. Sprinkle the Oreo crumbs over the top of the pie for added texture.
2. Cut the pie into 8 slices, placing 1 whole Oreo cookie into each slice for garnish.

8 Servings, 130 Gram Slices

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#012352087424

INGREDIENT

- 5 lb Gold Medal™ Yellow Cake Mix (11152)
- 1 lb Butter, unsalted
- 1 lb Walnuts, chopped
- 1 lb Shredded coconut
- 4 lb Raspberry pie filling, prepared



INSTRUCTIONS

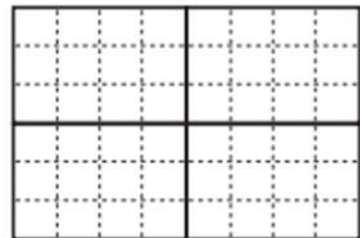
1. Combine cake mix, butter, walnuts, and coconut in a large mixing bowl. Mix ingredients until butter is well incorporated and the mixture is crumbly. Press 5 lb of the mixture evenly into a greased or parchment-lined full-sheet pan. Set aside the remaining crumb mixture. Cover the pan with parchment and add another full sheet pan; press evenly and remove. Spread raspberry filling evenly on top of the crumb mixture. Sprinkle the remaining crumb mixture evenly on top of the filling and bake as directed below.

BAKE:

Convection Oven*
300°F
22-26 minutes

Standard Oven
350°F
24-28 minutes

- For 48 approximate 3" x 3" servings, cut 6 x 8.



*Rotate pans baked in a convection oven one-half turn (180°) after 11 minutes of baking.

Wrap in film, Kraft Bag with a window or Cellophane bag and label the back.

48 Servings

Ingredient List:

BC#012352093609

- 3 cups Whole Milk (3.25% milkfat, with added vitamin D)
- 16 oz Raw Pumpkin
- 0.5 teaspoon Cardamom Powder
- 3 grams Saffron
- 1 Cinnamon Stick
- 1 Star Anise
- 3 oz Dry Roasted Almonds (without salt added)
- 0.5 cup Dried Cranberries (sweetened)
- 0.5 cup Dry Roasted Pistachio Nuts (with salt added)
- 1 tablespoon Brown Sugar (packed)
- 0.5 cup Canned Sweetened Condensed Milk
- 0.5 teaspoon Rose Water
- 2 edible flowers (~6 florets/flowers)

**Preparation Instructions:**

1. Peel, de-seed, and finely grate the fresh pumpkin.
2. Sliver the almonds and chop the pistachios.

Directions:

1. In a large, heavy-bottomed saucepan, add the milk, grated pumpkin, cardamom powder, saffron, cinnamon stick, and star anise. Cook over low heat, stirring occasionally, until the raw smell of the pumpkin disappears (about 25 minutes).
2. Set aside 1 teaspoon each of almonds, cranberries, and pistachios for garnish. Add the remaining almonds, cranberries, and pistachios to the pumpkin mixture. Cook for an additional 10 to 15 minutes, or until the mixture begins to thicken.
3. Add the brown sugar and mix well to combine. Remove from heat and stir in the condensed milk and rose water.
4. Transfer the pumpkin kheer into 4 serving vessels (lidded parfait cups). Refrigerate for at least 2 hours until chilled.
5. Serve the pumpkin kheer garnished with the reserved almonds, cranberries, pistachios, and edible flowers.

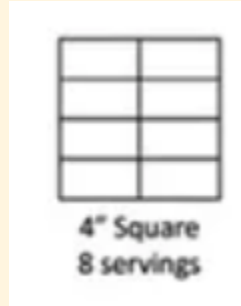
4 Servings, 340 Grams each

Pumpkin Pie Squares

Ingredients:

BC#012352091155

- **½ cup** unsalted butter, melted and cooled to room temperature
- **½ cup** light brown sugar, packed
- **1 ½ cups** all-purpose flour
- **½ teaspoon** baking soda
- **½ teaspoon** baking powder
- **¼ teaspoon** kosher salt
- **1 teaspoon** ground cinnamon
- **¼ teaspoon** ground cloves
- **1 ½ cups** pumpkin pie mix (from a can, not puree)
- **1 extra-large** egg
- **½ teaspoon** pure vanilla extract



Instructions:

1. Prepare an 8" square pan by greasing the sides and bottom. Line with parchment paper. Set aside.
2. Preheat the oven to 375°F.
3. Melt the butter in the microwave or on the stove and let it cool to room temperature.
 1. **½ cup** unsalted butter
4. In a medium mixing bowl, whisk together the flour, brown sugar, baking soda, baking powder, cinnamon, cloves, and salt.
 1. **½ cup** light brown sugar, **1 ½ cups** all-purpose flour, **½ teaspoon** baking soda, **½ teaspoon** baking powder, **¼ teaspoon** salt, **1 teaspoon** ground cinnamon, **¼ teaspoon** ground cloves
5. Add the melted butter and mix until a crumbly dough forms.
6. Reserve about **¾ cup** of the mixture for the topping.
7. Press the remaining dough into the prepared pan. Set aside.
8. Place all filling ingredients in a large mixing bowl of a stand mixer and mix until well combined.
 1. **1 ½ cups** pumpkin pie mix, **1 extra-large** egg, **½ teaspoon** pure vanilla extract
9. Pour the filling over the crust.
10. Sprinkle with the reserved topping mixture.
11. Bake for 28 to 32 minutes, or until the topping is golden brown.
12. Cool completely in the pan, then cut into squares.
13. Package and Label

8 total servings across 8 packages (102 grams per package)

Ingredients

For the Cupcakes

4 tbsp Unsalted Butter
3/4 cup Granulated Sugar
1 Extra Large Egg
2.5 tbsp Unsweetened Cocoa Powder
1 oz Red Food Color (McCormick)
4 oz Buttermilk (fluid, whole)
1 cup All-Purpose Flour (enriched, bleached)
2 tbsp All-Purpose Flour (enriched, bleached)
1/2 tsp Kosher Salt
1/2 tsp Baking Soda
1.5 tsp Distilled Vinegar

For the Frosting

2 cups Powdered Sugar
8 oz Cream Cheese (softened)
1/2 cup Unsalted Butter (softened)
1 tsp Vanilla Extract
1/4 tsp Kosher Salt

For the Topping

3 oz Sprinkles (festive)

Preparation Instructions

1. Prepare the Cupcakes:

Preheat the oven to 350°F. Line a jumbo muffin or cupcake pan with paper liners.

In a stand mixer, cream together the 4 tbsp unsalted butter and 3/4 cup granulated sugar on medium-high speed until light and fluffy, about 3 minutes.

Turn the mixer speed to high and add the egg. Scrape down the bowl and beat until well incorporated.

In a small bowl, mix together the cocoa powder, vanilla extract, and red food coloring to form a thick paste. Add this paste to the batter and mix on medium speed until fully combined. Stop the mixer and scrape the bowl as needed to ensure even coloring.

Reduce the mixer speed to low. Gradually add half of the buttermilk, followed by half of the flour. Mix until combined. Scrape the bowl and repeat with the remaining buttermilk and flour. Beat on high speed until smooth. With the mixer on low, add the salt, baking soda, and vinegar. Turn the speed to high and beat for an additional 2 minutes until fully combined and smooth.

Divide the batter evenly among the cupcake liners, filling each about 2/3 full. Bake for 20 minutes or until a toothpick inserted into the center of a cupcake comes out clean.

Allow the cupcakes to cool for 10 minutes in the pan. Then, transfer them to a cooling rack to cool completely before frosting.

2. Make the Frosting:

In a large bowl, beat the 1/2 cup unsalted butter, 2 cups powdered sugar, 1 tsp vanilla extract, and 1/4 tsp kosher salt on low speed until smooth.

Gradually increase the speed to medium-low and add the softened cream cheese, one piece at a time. Continue to mix until smooth, then beat for an additional 2 minutes.

Transfer the frosting to a large piping bag fitted with a star tip.

3. Assemble the Cupcakes:

Once the cupcakes have completely cooled, pipe a large swirl of cream cheese frosting onto each cupcake. Sprinkle with festive sprinkles for an extra touch of fun and color.

4. Package and Serve:

Package the cupcakes individually or in sets, and label as desired.

BC#012352093524



8 Servings, 140 Grams Each

BC#012352093708

Ingredients:

- 1 x 10" Pie Crust (prepared or store-bought)
- 1.5 cups White All-Purpose Flour
- 1.5 cups Brown Sugar (packed)
- 1 teaspoon Ground Cinnamon
- 0.5 teaspoon Ground Nutmeg
- 0.25 teaspoon Kosher Salt
- 0.25 cup Salted Butter (very cold)
- 0.75 cup Molasses
- 0.75 cup Water
- 0.5 teaspoon Baking Soda



Preparation Instructions:

1. Prepare the Pie Crust:

1. Preheat the oven to 450°F. Prepare the pie crust from scratch or use a store-bought 10-inch pie crust.

2. Make the Crumb Topping:

1. Ensure the butter is very cold. In a bowl, combine the flour, brown sugar, cinnamon, nutmeg, and a pinch of salt. Mix well.
2. Use a fork or pastry cutter to work in the cold butter until you achieve a pebbly, crumbly consistency. Set aside.

3. Make the Filling:

1. In a separate mixing bowl, combine the molasses, water, and baking soda. Stir until fully incorporated.
2. Pour the molasses mixture into the prepared pie crust.

4. Assemble and Bake:

1. Evenly sprinkle the crumb topping over the molasses filling.
2. Bake in the preheated oven for 15 minutes, then reduce the temperature to 350°F and continue baking for another 20 minutes. The pie is done when it is set and firm.

5. Serve:

1. Allow the pie to cool slightly before slicing into 8 portions. Serve 1 slice per portion.

8 Servings, 8 Slices

Ingredients:

BC# 012352089589

- 3 ounces of commercially prepared butter pound cake
- 3 ounces of raw strawberries
- 0.5 ounces of granulated sugar
- 2 ounces of whipped cream topping

Preparation Instructions:

Wash, hull, and thinly slice the strawberries. Sprinkle them with sugar and allow them to sit for approximately 30 minutes before assembling the parfait. If fresh strawberries are not available, you may use frozen berries.

Cut the pound cake into small cubes.

In a parfait cup, place half of the pound cake cubes at the bottom.

Top the pound cake with half of the prepared strawberries.

Add half of the whipped cream on top of the strawberries.

Repeat all the layers again - starting with the remaining pound cake cubes, then the remaining strawberries, and finally, the remaining whipped cream. End with a swirl of whipped cream on top.

Place a small whole fresh berry on top of the whipped cream.

Cover, label, and serve.

Servings:

This recipe makes 1 serving, packaged into 1 parfait cup, with a total weight of 238 grams per package or 8.4 ounces

Ingredients:

BC# 012352089602

12 cups of sliced raw peaches
1 ounce of cornstarch
1 ounce of granulated sugar
1/2 teaspoon of ground cinnamon
1 1/2 cups of white all-purpose flour
1 cup of granulated sugar
2 teaspoons of double-acting baking powder
3/4 teaspoon of ground cinnamon
1/2 teaspoon of kosher salt
1/2 cup of salted butter
1/2 cup of whole buttermilk

Preparation Instructions:**Peaches:**

Wash, pit, and slice peaches into 1/2 inch thick pieces.

Preheat the oven to 375°F. In a large bowl, mix the sliced peaches with cornstarch, granulated sugar, and ground cinnamon. Let it sit while you prepare the topping, for at least 10 minutes or up to 30 minutes.

Topping & Assembly:

Step 1:

Cut the cold butter into small cubes.

In another large bowl, whisk together the flour, granulated sugar, baking powder, ground cinnamon, and salt. Add the butter cubes and work them into the dry ingredients with your fingertips until pea-sized pieces form.

Add the buttermilk and stir with a rubber spatula until the mixture is combined.

Step 2:

Pour the peaches and all their juices into a 13"x9" baking pan.

Drop spoonfuls of the topping over the peaches.

Step 3:

Bake the cobbler until the topping is golden brown and the peaches are tender, which should take about 40 to 50 minutes.

Let the cobbler cool for 15 minutes before portioning it into serving containers.

Servings:

This recipe yields 8 servings, with each serving packaged into 8 portions, totaling 312 grams per package or 11 ounces



BC#012352093623

Ingredient List:

- 3 large Peaches (raw, ~2-3/4" dia)
- 1.5 cups Extra Virgin Olive Oil
- 1 cup Granulated Sugar
- 2 tablespoons Granulated Sugar
- 0.5 teaspoon Kosher Salt
- 3 large Whole Eggs (raw, extra large)
- 2 cups All-Purpose Wheat Flour (enriched, bleached)
- 0.5 teaspoon Double-Acting Baking Powder (straight phosphate)
- 0.5 teaspoon Baking Soda
- 0.75 cup Powdered Sugar

**Preparation Instructions:**

1.Ensure the peaches are ripe, then wash and thinly slice them.

Directions:

- 1.Preheat the oven to 350°F. Line a 9-by-13-inch baking pan with parchment paper and coat with vegetable oil spray.
- 2.In a bowl, toss the sliced peaches with 1/4 cup of the olive oil, 1/4 cup plus 2 tablespoons of the granulated sugar, and the salt. Let the mixture stand until juicy, about 15 minutes.
- 3.In another bowl, whisk the eggs with the remaining 3/4 cup of sugar and 1 1/4 cups of olive oil.
- 4.In a separate bowl, whisk together the flour, baking powder, and baking soda. Gradually whisk the dry ingredients into the egg mixture.
- 5.Fold in the peaches along with their juices. Scrape the batter into the prepared baking pan and bake for 35 minutes, or until golden. A toothpick inserted into the center should come out clean.
- 6.Allow the dessert to cool completely, then dust with powdered sugar.
- 7.Cut into 8 slices and serve 1 slice per serving.

8 Servings, 1 slice per container, 170 Grams Each

Recipe Name

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