

Bean-based recipes

Designed by the Humane Society of the United States for K-12 schools and childcare programs



Amazing Lo Mein with Edamame

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		3/4 cup
Onion, diced,	1 pound		2 pounds	
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 1/2 gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 1/2 cups		1 pint + 1 cup
Sugar, granulated		3/4 cup		1 1/2 cups
Beans, garbanzo, canned, drained OR cooked from dry		3/4 gallon + 1/2 cup OR 1 1/4 - #10 cans		1 1/2 gallons + 1 cup OR 2 1/2 - #10 cans
Edamame, cooked, shell removed	4 lbs. 12 oz.		9 lbs. 8 oz.	
Cilantro, fresh		garnish		garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar, edamame and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 1/2 cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and 1/2 cup other vegetable.

OR

Portion 3/4 cups of lo mein per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and 1/4 cup other vegetable.

Nutrition Information per 1 1/2 cup serving *From USDA Nutrient Database

Calories: 480 Total Fat: 14g Saturated Fat: 2g Monounsaturated Fat: 7g Polyunsaturated Fat: 2g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 76g Fiber: 17g Total Sugar: 10g Protein: 20g Sodium: 435mg Vitamin A: 305µg

Vitamin C: 6mg Calcium: 100mg Iron: 5mg Folate: 193µg

Amazing Lo Mein

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Noodles, Spaghetti, dry weight	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		1 pint		1 quart
Garlic, minced		1/3 cup + 1 Tbsp.		3/4 cup
Onion, diced		1 pint		1 quart
Carrots, shredded		1 quart		2 quarts
Vegetables, stir-fry variety, frozen		1 1/2 gallons + 1 cup		3 gallons + 1 pint
Soy Sauce, low sodium		1 1/2 cups		1 pint + 1 cup
Sugar, granulated		3/4 cup		1 1/2 cups
Beans, garbanzo, canned, drained OR cooked from dry		1 1/2 gallons + 1 cup OR 2 1/2 - #10 cans		3 gallons + 1 pint OR 5 - #10 cans
Cilantro, fresh		garnish		garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, shredded carrots, and the frozen stir-fry vegetables. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Transfer to serving pans. Garnish each pan with cilantro.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 1/2 cups of lo mein per serving.

Each serving provides 2 meat/meat alternate, 2 ounce equivalent grains and 1/2 cup other vegetable.

OR

Portion 3/4 cups of lo mein per serving.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and 1/4 cup other vegetable.

Nutrition Information per 1 1/2 cup serving *From USDA Nutrient Database

Calories: 507 Total Fat: 13g Saturated Fat: 2g Monounsaturated Fat: 7g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 84g Fiber: 19g Total Sugar: 11g Protein: 20g Sodium: 533mg Vitamin A: 299µg Vitamin C: 6mg Calcium: 96mg Iron: 5mg Folate: 111µg



Artichoke, Bean & Spinach Potato

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Russet Potatoes, whole, 6 oz. or 120-count		50 ea.		100 ea.
Onion, diced	2 lbs.		4 lbs.	
Vegetable oil		1 ½ cups		3 cups
Garlic, minced		1 cup		1 pint (2 cups)
Fresh baby spinach, chopped	2 lbs.		4 lbs.	
Artichoke hearts, canned, drained, chopped *may substitute 5 lbs. chopped fresh mushrooms, or heart of palm, chopped	5 lbs. 8 oz. OR	11-#300 (14 oz.) cans	11 lbs. OR	22-#300 (14 oz.) cans
Great Northern beans, canned, drained, rinsed		4-#10 cans OR 1 ½ gallons +1 cup		8-#10 cans OR 3 gallons + 1 pint
Coconut Cream(milk), canned		2 cups		1 pint
Lemon juice		¼ cup		½ cup
Salt		3 Tbsp.		¼ cup + 2 Tbsp.
Black Pepper		3 Tbsp.		¼ cup +2 Tbsp.
Nutritional Yeast		1 ½ cups		3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Preheat oven to 400 degrees.
2. Bake the potatoes 1 hour or until soft inside. The potatoes can be made ahead and cooled, following HACCP.
3. Heat a large skillet, pot or steam kettle over medium heat and add oil. Add the onions and cook until soft, about 7-9minutes. Add garlic and cook 3-5 minute. Add the beans, stir until they are well mixed, and cook for 10 minutes. Add the spinach and sauté stirring until wilted, 3-5 minutes. Finally, add the chopped artichoke hearts (or mushrooms) and cook 7-9 minutes. Add the coconut cream, lemon juice, salt, nutritional yeast and oil to artichoke mix. Bring to just the boil point, immediately turn down to low and simmer until mixture thickens, 5-7 minutes, remove from heat.

HACCP – Critical Control Point: Cool so that internal temperature is less than 70°F in 2 hrs., and less than 41°F in an additional 4 hrs.

HACCP – Critical Control Point: Reheat to internal temperature of 165°F for at least 15 seconds



Artichoke, Bean & Spinach Potato

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

On the serving line, cut baked potatoes in the middle and portion 2-#8 scoops or 1 cup of the bean, artichoke and spinach mixture in the open portion of the baked potato. Each stuffed potato provides 2 meat alternates and $\frac{3}{4}$ cup vegetable serving ($\frac{1}{2}$ cup starchy, $\frac{1}{8}$ cup dark green and $\frac{1}{4}$ cup other)

OR

On the serving line, cut baked potatoes in half and portion 1-#8 scoop or $\frac{1}{2}$ cup of the bean, artichoke and spinach mixture on one half of the potato. Each stuffed potato provides 1 meat alternate and $\frac{3}{8}$ cup vegetable serving ($\frac{1}{4}$ cup starchy and $\frac{1}{8}$ cup other)

Nutrition Information per full stuffed potato *From USDA Nutrient Database

Calories: 485 Total Fat: 11.5g Saturated Fat: 3.6g Monounsaturated Fat: 6.7g Polyunsaturated Fat: 3.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 75g Fiber: 17g Total Sugar: 5.6g Protein: 23g Sodium: 764mg Vitamin A: 87 μ g Vitamin C: 26mg Calcium: 148mg Iron: 5.4mg Folate: 190 μ g



Baja Breakfast Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Measure	Measure
Tofu Scramble		
Tofu, firm, drained	6 lbs. 14 oz.	13 lbs. 12 oz.
Turmeric	2 Tbsp.	¼ cup
Vegetable oil	2 Tbsp.	¼ cup
Chile Ranch Dressing		
Green chilies, canned	1 cup	1 pint (2 cups)
Ranch, dairy-free	1 ½ pints (3 cups)	1 ½ quarts
Remaining Bowl Ingredients		
Potato rounds (tater tots), baked	8 lbs.	16 lbs.
Black beans, drained, rinsed	2-#10 cans	4-#10 cans
Salsa	1-#10 can	2-#10 cans
Cilantro, minced	½ cup	1 cup

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. Bake tater tots according to package directions. Hold in warmer until meal service.
2. Crumble tofu in a large bowl to resemble scrambled egg texture.
3. Add turmeric to tofu; mix well to coat tofu.
4. Heat oil in tilt skillet, add tofu and cook for 10-15 minutes. Hold in warmer until meal service.
5. Combine chilies and ranch; mix well.
6. Combine black beans and salsa; mix well.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Assemble

1. Portion ½ cup of potato rounds (tater tots) into individual serving bowl or directly on tray.
2. Portion ⅔ cup of black bean mixture over the potato rounds.
3. Portion ¼ cup of tofu scramble over the black beans.
4. Drizzle 1 Tbsp. of ranch over the scramble and garnish with a pinch of minced cilantro.

Serving Information

Each breakfast bowl provides 1 meat alternate, ½ cup starchy vegetable, ¼ cup beans/legumes vegetable and ⅛ cup red/orange vegetable.

To serve at lunch, use the black beans as part of the meat alternate to provide a total of 2 meat alternates, ½ cup starchy vegetable and ⅛ cup red/orange vegetable.

Nutrition Information per breakfast bowl *From USDA Nutrient Database

Calories: 469 Total Fat: 19g Saturated Fat: 2.5g Monounsaturated Fat: 6g Polyunsaturated Fat: 4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 60g Fiber: 10g Total Sugar: 3g Protein: 13g Sodium: 799mg Vitamin A: 12µg Vitamin C: 18mg Calcium: 187mg Iron: 4mg Folate: 54µg



Bento Box Combinations

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Measure	Measure
Choose two of the following options:		
Rockin´ Roasted Chickpeas (recipe) OR Roasted Chickpeas (individually packaged product like Go´Bonzo´s)	12 ½ cups OR 50 Each	25 cups OR 100 Each
Edamame (individually packaged product like Dr. Praeger´s)	50 Each	50 Each
Hearty Hummus (recipe) OR Prepared Hummus (bulk or individually packaged product, like JTM or Truitt Family Foods)	12 ½ cups OR 50 Each	25 cups OR 100 Each
Peanut or Sunflower Spread (individually packaged product like Advance Pierre or Sunbutter brand)	50 Each	100 Each
Peanut/Sunflower Spread & Jam Sandwich (recipe or prepared sandwiches like Sunbutter brand, Advance Pierre or Smucker´s)	50 Each	50 Each
Sunflower Seeds & Fruit Mix (individually packaged product like Cal-Tropic Producers)	1 cup	1 pint

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Choose two of the above listed meat alternate products.
2. Prepare recipes as needed.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Place meat alternate products in container. Add necessary grain equivalents, fruits and vegetables to build a complete reimbursable bento box meal.

Each Bento Box provides 2 meat/meat alternates. Other components are dependent upon school foodservice menu planner.



Black Bean & Corn Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Easy

Ingredients	Weight	Measure	Weight	Measure
Black beans, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 4-#10 cans
Corn, room temperature	4 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	9 lbs. 4 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Tomatoes, fresh, diced	5 lbs. 12 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup	11 lbs. 8 oz. OR	1 $\frac{1}{2}$ gallons + 1 cup
Red Onion, diced	1 lb. 6 oz.		2 lbs. 12 oz.	
Jalapeno, fresh, seeded, diced (optional)		2 Each		4 Each
Lime Juice		$\frac{1}{2}$ cup		1 cup
Cilantro, fresh, chopped		$\frac{1}{2}$ cup		1 cup
Salt		1 Tbsp.		2 Tbsp.
Black Pepper		1 Tbsp.		2 Tbsp.
Granulated Garlic		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Mix all ingredients together thoroughly.
2. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

Serving Information

Use 6 ounce spoodle or $\frac{3}{4}$ cup serving to provide 1 meat alternate, $\frac{1}{4}$ cup starchy vegetable and $\frac{1}{4}$ cup red/orange vegetable.

*Salsa can be cupped up individually and offered in cold well.

Use a 3 ounce spoodle or $\frac{3}{8}$ cup serving to provide $\frac{1}{2}$ meat alternate and $\frac{1}{4}$ cup vegetable component.

Nutrition Information per $\frac{3}{4}$ cup serving *From USDA Nutrient Database

Calories: 106 Total Fat: 0g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 22g Fiber: 6g Total Sugar: 4g Protein: 6g Sodium: 183mg Vitamin A: 42µg
Vitamin C: 17mg Calcium: 32mg Iron: 1.6mg Folate: 35µg



Buddha Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2-Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Marinade				
Tamari or Soy sauce, reduced sodium		1 ½ cups		3 cups
Water		1 ¼ cups		2 ½ cups
Tomato sauce		1 ¼ cups		2 ½ cups
Sugar	5 Tbsp.		½ cup	
Ginger, ground		1 ½ tsp.		3 tsp.
Black pepper		1 ½ tsp.		3 tsp.
Salt		1 ¼ Tbsp.		2 ½ Tbsp.
Garlic, minced		3 ¼ Tbsp.		1/3 cup
Sesame oil		1 ½ cups		3 cups
Other Ingredients				
Garbanzo beans, cooked, drained, rinsed		1 ¼ #10 cans		2 ½ #10 cans
Edamame, shelled (shell removed), cooked	4 lbs. 12 oz.		9 lbs. 8 oz.	
Brown rice, dry , long grain, regular	5 lbs. 12 oz.		11 lbs. 8 oz.	
OR	OR		OR	
Brown rice, dry, instant	3 lbs. 8 oz.		7 obs.	
Brussel sprouts or cabbage, shredded	4 lbs.		7 lbs. 12 oz.	
Zucchini, small dice	4 lbs.		8 lbs.	
Carrot, shredded	2 lbs. 12 oz.		5 lbs. 4 oz.	
Grape tomatoes	4 lbs. 4 oz.		8 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Preheat the oven to 400 degrees F. Line a baking sheet with foil or parchment paper
2. In a bowl combine tamari (or soy sauce) water, tomato sauce, sugar, ginger, black pepper, salt, garlic, sesame oil and green onion, whisk to mix.
3. Reserve ¼ cup marinade
4. Add the chickpeas and edamame to the marinade bowl and toss thoroughly to cover.
5. Spread out the chickpea/edamame mixture on the prepared baking sheet. Roast for 15-20 minutes, until the chickpeas are golden brown and crispy. Remove from the oven and set aside. Let the chickpeas cool.
6. Meanwhile, prepare the rice as directed on the package.



Buddha Bowl Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

On a plate or in a bowl portion ½ cup cooked rice in the center. Around the rice. portion ½ cup shredded cabbage or Brussel sprouts, ¼ cup zucchini, ¼ cup carrot, ¼ cup tomatoes and ¼ cup of the roasted chickpea and edamame mixture.

**Optional: drizzle 1 Tbsp. reserved marinade sauce on top.

Each bowl provides 1 meat alternate, 1 ounce grain equivalent and 1 cup vegetable component (1/2 cup other and ½ cup red orange).

*For a two meat alternate meal, double the amount of garbanzo beans and edamame.

Nutrition Information *From USDA Nutrient Database

Calories: 303 Total Fat: 2g Saturated Fat: 0.3g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 6.5g Total Sugar: 29g Protein: 7.5g Sodium: 423mg Vitamin A: 1µg Vitamin C: 5mg Calcium: 84mg Iron: 2.3mg Folate: 81µg



Chana Masala

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Chana masala is a popular dish in Indian and Pakistani cuisine. The main ingredient is chickpeas. You can vary the spice level depending on student preference.

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Pureed tomatoes and sauce, canned		1 gallon		2 gallons
Garbanzo beans, drained	10 lbs. 6 oz.	1 ½ gallons + 1 cup OR 2 ½ -#10 cans	20 lbs. 12 oz.	3 gallons + 1 pint OR 5-#10 cans
Olive or vegetable oil		1 cup		1 pint
Onion, diced	3 lbs.		6 lbs.	
Cumin, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Salt		¼ cup + ½ tsp.		½ cup + 1 tsp.
Garlic powder		½ cup + 1 tsp.		1 cup + 2 tsp.
Ginger, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Chili powder		¼ cup		½ cup
Cilantro, dried		1 cup		1 pint
Turmeric, dried		2 Tbsp.		¼ cup
Garam Masala (spice blend)		¼ cup		½ cup
Lemon juice		¾ cup		1 ½ cups
Rice preparation				
Brown rice, dry	6 ½ lbs.		13 lbs.	
Water		½ gallon + 1 pint		1 ¼ gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.



Chana Masala Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

Rice

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

Chana Masala

2. Heat oven to 350°F.

3. Combine all ingredients, except for garam masala, lemon juice and rice, into a steamtable pan. Stir and cover.

4. Place in oven for approximately 20 minutes, until product is heated.

5. Add garam masala and lemon juice to the chickpea mixture and mix until well combined.

6. Serve over rice.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve ½ cup Chana Masala over 1 cup brown rice.

Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains, and ½ cup red/orange vegetable.

OR

Serve ¼ cup Chana Masala over ½ cup brown rice.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains, and ¼ cup vegetable component.

Nutrition Information per 2 m/ma and 2 equivalent grains *From USDA Nutrient Database

Calories: 463 Total Fat: 9g Saturated Fat: 1g Monounsaturated Fat: 5g Polyunsaturated Fat: 2g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 83g Fiber: 13g Total Sugar: 12g

Protein: 15g Sodium: 780mg Vitamin A: 30µg Vitamin C: 14mg Calcium: 98mg Iron: 5mg

Folate: 101µg



Chickpea Biryani

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Biryani is a mixed rice dish popular in Indian cuisine. It's typically made with a variety of spices, rice, beans and vegetables.

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Pureed tomatoes and sauce, canned		1 quart + 1 pint		$\frac{3}{4}$ gallon
Garbanzo beans, drained	10 lbs. 6 oz.	1 $\frac{1}{2}$ gallons + 1 cup	20 lbs. 12 oz.	3 gallons + 1 pint
Olive or vegetable oil		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cup
Onion, diced	3 lbs.		6 lbs.	
Cumin, ground		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Potatoes, red, quartered	3 lbs.		6 lbs.	
Cauliflower florets (ready-to-use)	1 lb. 8 oz.		3 lbs.	
Green beans, fresh, trimmed	2 lbs. 8 oz.		5 lbs.	
Salt		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Garlic powder		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Ginger, ground		$\frac{1}{2}$ cup + 1 tsp.		1 cup + 2 tsp.
Chili powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Cilantro, dried		1 cup		1 pint
Turmeric, dried		2 Tbsp.		$\frac{1}{4}$ cup
Garam Masala (spice blend)		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Vegetable stock		1 $\frac{1}{2}$ gallons + 1 cup		3 gallons + 1 pint
Lemon juice		$\frac{2}{3}$ cup		1- $\frac{1}{3}$ cups
Rice Preparation				
Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.



Chickpea Biryani Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

Rice

Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

Biryani

1. Heat oven to 350°F.
2. Combine the onion, cauliflower and potatoes in a steamtable pan and toss with oil, salt and pepper. Roast the vegetables for approximately 30 minutes.
3. Meanwhile, combine tomato puree, stock, and remaining ingredients (except the garam masala and lemon) in a large bowl.
4. Once the vegetables are roasted, add the stock, seasonings, chickpeas, green beans and brown rice to the steamtable pans. Stir to combine, cover with a lid and bake for another 20-30 minutes.
5. Add garam masala and lemon juice.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 1 ½ cups of chickpea biryani to provide 2 meat/meat alternates, 2-ounce equivalent grains, and ½ cup vegetable serving.

Nutrition Information per 2 m/ma and 2 equivalent grains *From USDA Nutrient Database

Calories: 453 Total Fat: 8g Saturated Fat: 1g Monounsaturated Fat: 4g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 82g Fiber: 13g Total Sugar: 9g Protein: 15g Sodium: 705mg Vitamin A: 25µg
Vitamin C: 20mg Calcium: 101mg Iron: 5mg Folate: 112µg



Chili Cheez Boats

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Prepared chili, heated: Protein-Packed Two Bean Chili Or Super Sweet Potato & Black Bean Chili		3 gallons + 1 pint (50 cups total)		6 ¼ gallons (100 cups total)
Prepared Nacho Cheez Sauce, heated		1 ½ gallons + 1 cup (25 cups total)		3 gallons + 1 pint (50 cups total)
Whole grain rich tortillas, 1 ounce grain equivalent		100 each		200 each
Paprika		Garnish		Garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Heat oven to 350°F.
2. Grease four to eight muffin tins. Line each muffin tin hole with a tortilla, creating a bowl.
3. Bake for 5 minutes, until lightly crisped.
4. Portion ½ cup of chili in each tortilla cup.
5. Top the chili with ¼ cup of the nacho cheez sauce.
6. If desired, sprinkle cups with paprika.
7. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

Serve two chili boats per serving to provide 2 meat alternates, 2 ounce grain equivalents and ½ cup other vegetable.

OR

Serve one chili boat per serving to provide 1 meat alternate, 1 ounce grain equivalent and ¼ vegetable.

Nutrition Information per serving *From USDA Nutrient Database

Chili boat using sweet potato chili

Calories: 482 Total Fat: 11g Saturated Fat: 3g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 82g Fiber: 18g Total Sugar: 14g Protein: 17g Sodium: 945mg (sodium content will vary based on ingredients) Vitamin A: 1311µg Vitamin C: 41mg Calcium: 221mg Iron: 5mg Folate: 141µg

Chili boat using two-bean chili

Calories: 380 Total Fat: 11g Saturated Fat: 3g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 58g Fiber: 15g Total Sugar: 9g Protein: 14g Sodium: 878mg (sodium content will vary based on ingredients) Vitamin A: 430µg Vitamin C: 24mg Calcium: 174mg Iron: 3mg Folate: 92µg



Chili Cheez Nachos

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Prepared chili Protein-Packed Two Bean Chili Or Super Sweet Potato & Black Bean Chili	3 gallons + 1 pint (50 cups total)	6 ¼ gallons (100 cups total)
Prepared Nacho Cheez Sauce	1 ½ gallons + 1 cup (25 cups total)	3 gallons + 1 pint (50 cups total)
Corn tortillas chips, bulk OR Corn tortilla chips, individually packaged	6 lbs. 4 oz. 50 each	12 lbs. 8 oz. 100 each
Paprika	Garnish	Garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Top two ounces of nacho chips with 1 cup of prepared chili and ½ cup nacho cheez sauce.
2. If using individually packaged chips, portion 1 cup of chili in a serving bowl or tray and top with ½ cup nacho cheese sauce.
3. If desired, serve with salsa, lettuce and tomato.

Serving Information

Each serving of nachos provides 2 meat/meat alternates, 2 ounce grain equivalents and ½ cup other vegetable.

OR

Cut the serving amount in half to provide 1 meat alternate, 1 ounce grain equivalent and ¼ vegetable.

Nutrition Information per 2 meat alternate, 2 grain serving *From USDA Nutrient Database

Nachos with sweet potato chili

Calories: 609 Total Fat: 11g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 111g Fiber: 18g Total Sugar: 13g Protein: 20g Sodium: 912mg (sodium content will vary based on ingredients) Vitamin A: 1313µg Vitamin C: 41mg Calcium: 226mg Iron: 5mg Folate: 116µg

Nachos with two-bean chili

Calories: 507 Total Fat: 11g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 3g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 87g Fiber: 15g Total Sugar: 8g Protein: 17g Sodium: 848mg (sodium content will vary based on ingredients) Vitamin A: 432µg Vitamin C: 24mg Calcium: 179mg Iron: 3mg Folate: 67µg

Chocolate Chip Cookie Dough Hummus



A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Garbanzo or white cannellini beans, drained or cooked from dry	2 ½ -#10 cans OR 1 1/2 gallons + 1 cup	5-#10 cans OR 3 gallons + 1 pint
Maple Syrup	1 ¼ quarts + ½ cup (5 ½ cups total)	2 ½ quarts + 1 cup (11 cups total)
Vanilla extract	¾ cup	1 ½ cups
Rolled oats	3 cups	1 ½ quarts (6 cups total)
Salt	1 tsp	2 tsp
Chocolate chips, dairy-free	3 ¾ cups	1 ½ quarts + 1 ½ cups (7 ½ cups total)

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. Add the beans, maple syrup, vanilla extract, oats and salt to a food processor. Mix until smooth consistency.
2. Fold the chocolate chips into the hummus with a spoon or spatula until well distributed.

Serving Information

Serve ½ cup hummus with fruit or equivalent grain. Each serving provides 2 meat alternates.
OR

Serve ¼ cup hummus with fruit or equivalent grain. Each serving provides 1 meat alternate.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 328 Total Fat: 5.5g Saturated Fat: 2.5g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 7g Total Sugar: 29g Protein: 8g Sodium: 420mg Vitamin A: 1µg Vitamin C: 5mg Calcium: 77mg Iron: 2.3mg Folate: 80µg



Crazy Chickpea Salad

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Chickpeas, canned, drained	1 ½ gallons + 1 cup OR 2 ½ - #10 cans	3 gallons + 1 pint OR 5-#10 cans
Eggless mayonnaise	1 ½ pints + 2 Tbsp.	1 ½ quarts + ¼ cup
Red bell pepper, finely diced	1 quart	½ gallon
Carrots, shredded	1 quart	½ gallon
Celery, finely diced	1 quart + 1 cup	½ gallon + 1 pint
Parsley, dried	¼ cup + 1 tsp.	½ cup + 2 tsp.
Dijon mustard	½ cup + 1 ½ tsp.	1 cup + 1 Tbsp.
Salt	1 ½ Tbsp.	3 Tbsp.
Black pepper	1 Tbsp.	2 Tbsp.
Garlic, granulated	1 ¾ Tbsp.	3 ½ Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Grind chickpeas in food processor or Robot Coupe until the beans become small flaky pieces.
2. Combine all ingredients and mix well.
3. Allow to cool in refrigerator prior to meal service.

HACCP Critical Control Point: Hold at 40°F or below.

Serving Information

Each ½ cup serving of crazy chickpea salad provides 2 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab’ n’ go platter.

Each ¼ cup serving of crazy chickpea salad provides 1 meat/meat alternates. Serve on a sandwich or with crackers and vegetables as a grab’ n’ go platter.

Nutrition Information *From USDA Nutrient Database

Per ½ cup serving

Calories: 143 Total Fat: 8g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 14g Fiber: 4g Total Sugar: 3g Protein: 4g Sodium: 141mg Vitamin A: 76µg
Vitamin C: 13mg Calcium: 40mg Iron: 1mg Folate: 31µg



Crazy Curry Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Chicken-free strips, Beyond Meat or similar product	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Water		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Curry powder		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Garlic powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Black pepper, ground		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Coconut milk		1 $\frac{1}{2}$ quarts		3 quarts
Garnish: green onions		1 cup		1 pint
Rice preparation: Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.



Crazy Curry Bowl Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Meanwhile, dice the chicken-free strips with a knife or vertical cutter mixer (VCM).

3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free strips and water in a steam table pan. Steam for 10 minutes, until vegetables have softened.

4. Combine the coconut milk, curry powder, garlic powder, salt and pepper; mix well and add to the vegetable mixture. Allow mixture to simmer for about 3 minutes.

5. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

On serving line, portion $\frac{2}{3}$ cup of curry on top of one cup of brown rice.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and $\frac{3}{8}$ cup other vegetable.

OR

Portion $\frac{1}{3}$ cup of curry on top of $\frac{1}{2}$ cup of brown rice. Each bowl provides 1 meat alternate, 1 ounce equivalent grain and $\frac{1}{8}$ cup vegetable.

Nutrition Information per 2 meat alternate/2 oz. grain serving *From USDA Nutrient Database

Calories: 357 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 55g Fiber: 10g Total Sugar: 4g Protein: 19g Sodium: 557mg Vitamin A: 177 μ g
Vitamin C: 37mg Calcium: 125mg Iron: 2.5mg Folate: 78 μ g



Crazy Curry Wrap

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Chicken-free strips, Beyond Meat or similar product	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Water		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Curry powder		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Garlic powder		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Black pepper, ground		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Coconut milk		1 $\frac{1}{2}$ quarts		3 quarts
Garnish: green onions		1 cup		1 pint
Whole-grain rich tortilla, 2 grain equivalents		50 each		100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Dice the chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free strips and water in a steam table pan. Steam for 10 minutes, until vegetables have softened.
3. Combine the coconut milk, curry powder, garlic powder, salt and pepper; mix well and add to the vegetable mixture. Allow mixture to steam for about 3-5 minutes.
4. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.



Crazy Curry Wrap Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Portion $\frac{2}{3}$ cup of curry in one tortilla; garnish with green onions and wrap.

Each wrap provides 2 meat/meat alternates, 2 ounce equivalent grains and $\frac{3}{8}$ cup other vegetable.

OR

Portion $\frac{1}{3}$ cup of curry in one half of a 10 inch tortilla and wrap. Each wrap provides 1 meat alternate, 1 ounce equivalent grain and $\frac{1}{8}$ cup vegetable.

Nutrition Information per 2 meat alternate/2 oz. grain serving *From USDA Nutrient Database

Calories: 359 Total Fat: 11g Saturated Fat: 4g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 48g Fiber: 13g Total Sugar: 5g Protein: 21g Sodium: 620mg Vitamin A: 177 μ g
Vitamin C: 37mg Calcium: 276mg Iron: 3.5mg Folate: 138 μ g



Enchilada Chili

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Oil		2/3 cup		1 ¼ cups
Red onion, diced	2 lbs.		4 lbs.	
Red bell peppers, diced	3 lbs. 8 oz.		7 lbs.	
Mushrooms, diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Garlic, minced		½ cup		1 cup
Kidney beans,		1 ¼ #10 can		2 ½ # 10 can
Black beans,		1 ¾ #10 can		3 ½ # 10 can
Refried beans		½ # 10 can		1 # 10 can
Diced tomatoes, canned		1 # 10 can		2 ½ # 10 cans
Vegetable stock		2 – 2 ½ quarts		4 -5 quarts
Mild red enchilada sauce		1 ¾ quarts		3 ¾ quarts
Cumin, ground		3 ½ Tbsp.		7 Tbsp.
Paprika, ground		3 ½ Tbsp.		7 Tbsp.
Oregano, dried, ground		3 ½ Tbsp.		7 Tbsp.
Chili powder, ground		3 ½ Tbsp.		7 Tbsp.
Salt		3 ½ Tbsp.		7 Tbsp.
Pepper		3 ½ Tbsp.		7 Tbsp.

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. Over medium heat, in a large steam kettle or pot, add oil, sauté chopped onion, peppers, mushrooms and garlic for 5 minutes. Add stock, cumin, paprika, oregano, chili powder, salt and pepper. Cook for 30 minutes, until the vegetables are soft.
2. Add the kidney beans, black beans, refried beans and enchilada sauce, and continue to cook for 1 hour. Until chili is thick and vegetables and beans are soft.

Serving Information

In a bowl, ladle 1 ¾ cup Chili and serve hot.

1 ¾ cup provides: 2 meat alternates, ½ cup red/orange vegetable and 1/3 cup other vegetables to provide ¾ cup vegetable component.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 206 Total Fat: 4.6g Saturated Fat: 0.5g Monounsaturated Fat: 2g Polyunsaturated Fat: 1.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 14g Total Sugar: 7g Protein: 12g Sodium: 750mg Vitamin A: 43µg Vitamin C: 33mg Calcium: 84mg Iron: 3.4mg Folate: 72µg



THE HUMANE SOCIETY
OF THE UNITED STATES

Enchilada Stack

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD:

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Measure	Measure
Tortilla, 10 inch, whole grain rich	100 each	50 each
Refried beans, prepared	1 $\frac{3}{4}$ gallons (28 cups total)	$\frac{3}{4}$ gallon + 1 pint (14 cups total)
Pinto beans, canned, drained, rinsed	3 -#10 can (25 total)	1 $\frac{1}{2}$ -#10 can (12 $\frac{1}{2}$ cups total)
Salsa	1 -#10 can	$\frac{1}{2}$ -#10 can
Taco seasoning, reduced sodium	1 $\frac{1}{2}$ cups	$\frac{3}{4}$ cup
Chili powder	$\frac{1}{4}$ cup	2 Tbsp.
Garlic powder	$\frac{1}{4}$ cup	2 Tbsp.

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

1. Combine refried beans, pinto beans, salsa, taco seasoning, chili powder and garlic powder in a large bowl or pan and mix.
2. Spray appropriate amounts of full and half steamtable pan with cooking spray. For 50 servings, use two full pans and one half pans. For 100 servings, use five full pans.
3. Line each full pan with 5 tortillas making one layer across the bottom of the pan. Line each half pan with 2 $\frac{1}{2}$ tortillas across the bottom.
4. Spread 3 cups bean mixture on top of tortillas.
5. Continue layering with tortillas and bean mixture three more times or until 20 tortillas and all of the beans mixture has been use (a total of four layers).
6. Cover with foil and bake at 325°F for 30 minutes or until internal temperature reaches 150°F for 15 seconds.
7. Cut each full pan 4x5 into 20 pieces.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use spatula to serve one piece. Each piece provides 2 meat/meat alternates and 1 ounce equivalent grains.

Nutrition Information

per serving *From USDA Nutrient Database

Calories: 301 Total Fat: 5g Saturated Fat: 1.5g Monounsaturated Fat: 2.4g Polyunsaturated Fat: 0.5g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 51g Fiber: 12g Total Sugar: 3.7g Protein: 13.5g Sodium: 751mg Vitamin A: 21µg Vitamin C: 6mg Calcium: 128mg Iron: 3.5mg Folate: 46µg



Energizing Edamame & Rice Shaker

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Rockin´ Roasted Chickpeas – See separate recipe (optional for early childcare)		½ gal+1 qt+ ½ cup (12 ½ cups total)		1 ½ gal + 1 cup (25 cups total)
Edamame, shelled, cooked, tempered	4 lbs. 12 oz.	OR ¾ gallon + ½ cup	9 lbs. 8 oz.	OR 1 ½ gallons + 1 cup
Rice, Brown, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		1 gallon + 1 quart		2 ½ gallons
Pepper, bell, green or red variety, diced, fresh or frozen	5 lbs. 4 oz.	OR ¾ gallon + ½ cup	10 lbs. 8 oz.	OR 1 ½ gallons + 1 cup
Corn, frozen, thawed	4 lbs. 8 oz.	OR ¾ gallon + ½ cup	9 lbs. 4 oz.	OR 1 ½ gallons + 1 cup
Mandarin Oranges, canned, drained	8 lbs. 5 oz.	OR ¾ gallon + ½ cup	16 lbs. 10 oz.	OR 1 ½ gallons + 1 cup
Sesame Dressing: Optional				
Olive or Vegetable Oil		1 pint + 1 1/8 cups		1 quart + 2 ¼ cups
Vinegar, rice		1 cup + 2 tsp.		1 pint+ 1 ½ Tbsp.
Sugar		1 cup + 2 tsp.		1 pint + 1 ½ Tbsp.
Soy Sauce, reduced sodium		1 cup		2 cups
Pepper, black		1 Tbsp.		2 Tbsp.
Sesame Oil (optional)		1 Tbsp.		2 Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Day Before

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

- Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.
- Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely.

HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.

3. If preparing the listed salad dressing, combine all ingredients in a pan and heat until sugar is melted; stir frequently. Remove from heat and cool; store in airtight container in cooler.



THE HUMANE SOCIETY
OF THE UNITED STATES

forwardfood.org | 25

Energizing Edamame & Rice Shaker

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Day of

4. Layer ingredients into a 12-oz. or 16-oz. cup as follows:

- 1 cup rice
- ¼ cup diced bell peppers
- ¼ cup drained mandarin oranges
- ¼ cup corn
- ¼ cup edamame
- ¼ cup Rockin' Roasted Chickpeas

5. Cover the cup with the flat lid.

6. Optional - For prepared salad dressing, portion 1 ounce of dressing in two ounce soufflé cups. Place the dressing on the flat lid and top with the domed lid.

*Or serve with individually packaged prepared salad dressings.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¼ cup other vegetable and ¼ cup fruit. This salad shaker qualifies as a reimbursable meal.

Nutrition Information *From USDA Nutrient Database

Calories: 405 Total Fat: 9g Saturated Fat: 2g Monounsaturated Fat: 4g Polyunsaturated Fat: 3g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 70g Fiber: 11g Total Sugar: 9g Protein: 14g Sodium: 290mg Vitamin A: 47µg
Vitamin C: 50mg Calcium: 75mg Iron: 3mg Folate: 182µg

Salad Dressing (per 1 ounce serving)

Calories: 143 Total Fat: 14g Saturated Fat: 1g Carbohydrate: 5g (0g Fiber) Protein: 0g Sodium: 201mg

Serving Information for Childcare Programs

In the classroom, portion ¼-½ cup of rice, ¼ c mandarin oranges, ¼ cup corn and ¼ cup edamame over the rice on each plate. Each serving provides 1 meat/meat alternate, ½ - 1 oz. equivalent grains and ¼ cup vegetable component and ¼ cup fruit component.



Fiesta Rice & Beans Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield:

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup OR 1 ¼-#10 cans		1 ½ gallons + 1 cup OR 2 ½ -#10 cans
Black beans, canned, drained or cooked from dry		1 ½ gallons + 1 cup OR 4-#10 cans		3 gallons + 1 pint OR 8-#10 cans
Taco seasoning		1 cup		2 cups
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
Optional Garnishes Romaine lettuce Black olives, drained Jalapenos, sliced, canned Onion, diced Cilantro, fresh		2 lbs. 6 oz. ½ - #10 can ½ - #10 can 2 lbs. garnish		4 lbs. 12 oz. 1 - #10 can 1 - #10 can 4 lbs. garnish

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Combine corn, black beans, salsa and taco seasoning in tilt skillet or steamer, heating thoroughly, about 10 minutes. Transfer to serving pan and keep warm until service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Fiesta Rice & Beans Bowl Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Portion one #8 scoop (1/2 cup) of rice in a bowl and top with two #8 scoops (1 cup) of bean mixture. Garnish with optional lettuce, olives, jalapenos and/or diced onions and a pinch of fresh cilantro. Serve tortilla chips on the side. Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, 1/4 cup starchy vegetable and 1/8 cup red/orange vegetable.

Nutrition Information

*From USDA Nutrient Database

Calories: 371 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 15g Protein: 14g Sodium: 755mg Vitamin A: 263µg
Vitamin C: 12mg Calcium: 260mg Iron: 5mg Folate: 262µg

Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

Serving Information for Childcare Programs

In the classroom, portion 1/4 cup of rice with 1/2 cup bean and corn mixture over the rice on each plate. Top with optional garnishes and 1/2 ounce crushed tortilla chips. Each serving provides 1 meat/meat alternate, 1 1/2 oz. equivalent grains and 1/4 cup vegetables.

Nutrition Information

*From USDA Nutrient Database

Calories: 186 Total Fat: 6.5g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 30g Fiber: 8g Total Sugar: 7.5g Protein: 7g Sodium: 377mg Vitamin A: 132µg
Vitamin C: 6mg Calcium: 130mg Iron: 2.5mg Folate: 131µg

Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg



Fiesta Rice & Beans Shaker

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield:

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Rice, Brown, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		2 ½ quarts		1 gallon + 1 quart
Corn, frozen or canned, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Salsa, canned		¾ gallon + ½ cup OR 1 ¼-#10 cans		1 ½ gallons + 1 cup OR 2 ½ -#10 cans
Black beans, canned, drained or cooked from dry		1 ½ gallons + 1 cup OR 4-#10 cans		3 gallons + 1 pint OR 8-#10 cans
Taco seasoning, low sodium		1 cup		1 pint
Corn tortilla chips, minimum 1 ounce equivalent grain, individual bags OR Corn tortilla chips, bulk	3 lbs. 2 oz.	50 each	6 lbs. 4 oz.	100 each
Romaine, fresh, chopped	2 lbs. 6 oz.		4 lbs. 12 oz.	
Optional Garnishes: Black olives, drained Jalapenos, sliced, fresh or canned Onion, diced		½ - #10 can ½ - #10 can 2 lbs.		1 - #10 can 1- #10 can 4 lbs.
Optional Salad Dressing:				
Salsa, canned		1- #10 can		2- #10 cans
Ranch, dairy-free		1 1/8 cups		2 ¼ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water and cook. Fluff. Place in warmer until service.

*Recommended cooking method: Steam covered for approximately 15 minutes.

Alternative cooking methods:

a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes.

b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

2. Cool rice completely.

HACCP Critical Control Point: Hold at 41°F or lower within 4 hours.

3. Combine corn, black beans, salsa and taco seasoning in a large bowl.

4. Prepare salad dressing by combining the salsa and dairy-free ranch. Portion into 2 ounce soufflé cups, if desired.



Fiesta Rice & Beans Shaker Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

5. Layer ingredients into 16-oz cup as follows:

- ½ cup rice
- 1 cup bean and corn mixture
- ¼ cup chopped romaine lettuce
- 1/8 cup of any optional garnishes- onion, jalapenos, olives.
- 1 ounce crushed tortilla chips

6. Cover the cup with lid.

Serving Information

Serve salad shaker with creamy salsa dressing or salad dressing of customer's choice. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz equivalent grains, ¼ cup starchy vegetable and ¼ cup red/orange vegetable and 1/8 cup dark green vegetable.

Nutrition Information

 *From USDA Nutrient Database

Calories: 371 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 61g Fiber: 16g Total Sugar: 15g Protein: 14g Sodium: 755mg Vitamin A: 263µg
Vitamin C: 12mg Calcium: 260mg Iron: 5mg Folate: 262µg

Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg

Serving Information for Childcare Programs

In the classroom, portion ¼ cup of rice with ½ cup bean and corn mixture over the rice on each plate. Top with optional garnishes and ½ ounce crushed tortilla chips. Each serving provides 1 meat/meat alternate, 1 ½ oz. equivalent grains and ¼ cup vegetables.

Nutrition Information

 *From USDA Nutrient Database

Calories: 186 Total Fat: 6.5g Saturated Fat: 2g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 30g Fiber: 8g Total Sugar: 7.5g Protein: 7g Sodium: 377mg Vitamin A: 132µg
Vitamin C: 6mg Calcium: 130mg Iron: 2.5mg Folate: 131µg

Salsa Ranch Dressing

Calories: 98 Total Fat: 9g Saturated Fat: 1g Carbohydrate: 5g (1g Fiber) Protein: 12g Sodium: 410mg



Hearty Hummus & Quinoa Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Pita Bread, whole-grain rich		50 each		100 each
Quinoa, dry	3 ½ lbs.		7 lbs.	
Hummus, prepared *See Lemon Garlic Hummus recipe		1 ¾ gallons		3 ½ gallons
Israeli salad, prepared *See Israeli salad recipe		2 ½ gallons		5 gallons
Paprika, optional garnish		1 cup		1 pint

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

7. Prepare hummus and Israeli salad following recipe cards.
8. Prepare quinoa as instructed on the box or bag.
9. Allow quinoa to cool (can be prepared the day before).

HACCP Critical Control Point: Hold at internal temperature of 40°F or below.

Serving Information

To prepare the bowl, place ingredients in a 10 ounce bowl:

- ½ cup quinoa
- ½ cup hummus
- ¾ cup Israeli salad
- 1 pita

Sprinkle hummus with 1 tsp. paprika. Cover and serve on the line or as a grab & go option.

Each bowl is a reimbursable meal, providing 2 meat alternates, 2 grain equivalents and ¾ cup other vegetable.

Childcare programs can cut the servings in half to provide 1 meat alternate, 1 grain equivalent and ⅜ cup vegetable serving.

Nutrition Information per flatbread *From USDA Nutrient Database

*Nutrient information is an estimate and will vary based on products used at individual sites

Calories: 732 Total Fat: 21g Saturated Fat: 3g Monounsaturated Fat: 11g

Polyunsaturated Fat: 10g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 111g Fiber: 17g

Total Sugar: 4g Protein: 26g Sodium: 799mg Vitamin A: 1µg Vitamin C: 22mg Calcium: 129mg Iron: 8.5mg

Folate: 274µg



Hearty Veggie Doro Wat

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Doro Wat is the most famous of all African dishes. The Berbere (a spice blend) is the key to the uniqueness of this dish. The warm flavored spices infuse into the oil for the Niter Kibbeh to create a hearty flavorful dish.

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Rice, brown, prepared	6 lbs. 4 oz.		12 lbs. 8 oz.	
For the Niter Kibbeh				
Olive oil		1 pint		1 quart
Onion, minced		1¼ cups		2 ½ cups
Ginger, ground		⅓ cup		⅔ cup
Garlic, minced		⅓ cup		⅔ cup
Cinnamon		1 Tbsp. + 2 tsp		3 ⅓ Tbsp.
Turmeric		1 Tbsp. + 2 tsp		3 ⅓ Tbsp.
Nutmeg, grated		1 ¼ tsp		2 ½ tsp
Berbere				
Prepared Berbere Spice Mix		1 cup		1 pint
Other Ingredients				
Great Northern beans, drained and rinsed		4-#10 cans		7-#10 cans
Mushrooms halved or quartered	7 lbs. 8 oz.		15 lbs.	
Onion, finely chopped	5 lbs. 10 oz.		11 lbs. 4 oz.	
Tomato paste		½ #10 can		1 #10 can
Garlic, minced		⅓ cup		⅔ cup
Ginger, grated		⅓ cup		⅔ cup

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Hearty Veggie Doro Wat Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Prepare rice as directed on the package.
2. Prepare the Niter Kibbeh by combining the ingredients listed above (the first 7 ingredients) for the mixture in a saucepan, steam kettle or tilt skillet and place over medium heat. When it starts to bubble, reduce heat and let simmer for about 20-25 minutes.
3. Pass the Niter Kibbeh mixture through a fine mesh colander and reserve the oil.
4. Heat a large saucepan or tilt skillet and add the onions and stir.
5. Sauté onions until golden brown, adding water as needed to prevent burning.
6. Add the tomato paste, ginger and garlic to the onions and cook, stirring frequently, 5 minutes.
7. Add the prepared Berbere spice mix, 2 ½ cups of water, and the Niter Kibbeh. Stir to mix and bring the mixture to a boil.
8. Add the mushrooms and Great Northern beans.
9. Bring the sauce to a boil (add more water if the mixture is very dry), cover the saucepan, steam kettle or tilt skillet with lid, lower the heat to simmer, and let the mixture cook about 30 minutes, stirring occasionally.

Serving Information

Using an 8-ounce ladle to portion one cup of the Doro Wat over 1 cup of prepared rice.

Each serving provides 2 meat alternates, 2 ounces grain equivalents and ½ cup other vegetable component.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 379 Total Fat: 12g Saturated Fat: 1.8g Monounsaturated Fat: 8.2g Polyunsaturated Fat: 1.7g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 55g Fiber: 11g Total Sugar: 6.4g Protein: 13g Sodium: 270mg Vitamin A: 15µg Vitamin C: 33mg Calcium: 92mg Iron: 9.8mg Folate: 115µg



Lemon Garlic Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Garbanzo or white cannellini beans, drained or cooked from dry	2 ½ -#10 cans OR 1 1/2 gallons + 1 cup	5-#10 cans OR 3 gallons + 1 pint
Garlic Cloves	18 cloves	36 cloves
Cumin, ground	⅓ cup	⅔ cup
Salt	2 Tbsp.	¼ cup
Black pepper	1 Tbsp.	2 Tbsp.
Lemon juice	2 ½ cups	1 ¼ quarts
Olive oil	1 pint	1 quart
Water (used for desired consistency)	1 quart	2 quarts

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

3. Add all ingredients to a food processor, except water and paprika. Mix until smooth consistency.
4. If the hummus is too thick, add water ½ cup at a time until desired consistency is reached.
5. Sprinkle paprika on hummus when serving.

HACCP Critical Control Point: Hold at internal temperature of 40°F or below.

Serving Information

Serve ½ cup hummus to provide 2 meat alternates.

OR

Serve ¼ cup hummus to provide 1 meat alternate.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 209 Total Fat: 11g Saturated Fat: 1.4g Monounsaturated Fat: 6.9g Polyunsaturated Fat: 2g
 Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 17g Fiber: 6g Total Sugar: 1g Protein: 8g Sodium: 572mg
 Vitamin A: 0µg Vitamin C: 9mg Calcium: 63mg Iron: 2.2mg Folate: 2µg

Mediterranean Flatbread with Lemon Garlic Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Flatbread, whole-grain rich		50 each		100 each
Hummus recipe				
Garbanzo or white cannellini beans, drained or cooked from dry		2 ½ -#10 cans OR 1 1/2 gallons + 1 cup		5-#10 cans OR 3 gallons + 1 pint
Garlic Clove		18 cloves		36 cloves
Cumin, ground		⅓ cup		⅔ cup
Salt		2 Tbsp.		¼ cup
Black pepper		1 Tbsp.		2 Tbsp.
Lemon juice		2 ½ cups		1 ¼ quarts
Olive oil		1 pint		1 quart
Water (used for desired consistency)		1 quart		2 quarts
Pesto recipe				
Oil, olive or vegetable		1 ½ cups		1 ½ pints (3 cups)
Garlic powder		1 tsp		2 tsp
Basil, fresh		1 pint (2 cups)		1 quart (4 cups)
Lemon juice		1 ½ Tbsp.		3 Tbsp.
Optional garnishes				
Black olives, diced	1 lb.		2 lbs.	
Tomatoes, finely diced or sliced	2 lbs. 9 oz.		5 lbs. 2 oz.	

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.



Mediterranean Flatbread with Lemon Garlic Hummus Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Prepare hummus: Add beans, garlic cloves, cumin, salt, black pepper, lemon juice and oil to vertical cutter mixer (VCM) or blender. Mix until smooth. Add water until desired consistency is reached.
2. Prepare pesto sauce: Add garlic powder, basil, and lemon juice to oil. Mix well.
3. Place flatbread on an 18"x24"x1" bun pan and brush each flatbread with pesto.
4. Scoop 1-#8 scoop (1/2 cup) of hummus on each flatbread and spread evenly.
5. Bake at 375°F in convection oven for 5 minutes or until warm and flatbread is slightly crisp. Do not overbake.
10. Remove flatbread from the oven and brush each baked flatbread with pesto.
11. Serve 2 Tbsp. diced or 3-4 slices of tomatoes and 2 Tbsp. diced black olives on the side as garnish.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Each whole flatbread provides 2 meat/meat alternates and 2 ounces equivalent grains.

Cut each flatbread in half to provide 1 meat/meat alternate and 1 ounce equivalent grain.

Nutrition Information per flatbread *From USDA Nutrient Database

Calories: 435 Total Fat: 22g Saturated Fat: 2.3g Monounsaturated Fat: 11.6g Polyunsaturated Fat: 2.8g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 45g Fiber: 9g Total Sugar: 2g Protein: 12g Sodium: 699mg
Vitamin A: 12µg Vitamin C: 13mg Calcium: 67mg Iron: 3.4mg Folate: 82µg



Mighty Marinara with Chickpeas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 gallon		2 gallons
Tomato sauce		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Garbanzo beans, drained or cooked from dry beans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans		3 gallons + 1 pint OR 5-#10 cans
Oil, olive or vegetable		$\frac{1}{2}$ cup		1 cup
Oregano, dried		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Garlic, granulated		2 Tbsp.		$\frac{1}{4}$ Cup
Basil, dried		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Sugar		$\frac{1}{2}$ cup		1 Cup
Parsley, fresh OR Parsley, dried		1 Tbsp. OR 2 Tbsp.		2 Tbsp. OR $\frac{1}{4}$ cup
Black pepper		1 $\frac{1}{2}$ tsp.		1 Tbsp.
Prepared Grains: Choose one	Dry grain weight:		Dry grain weight:	
Rotini (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Spaghetti (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Penne (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	
Brown Rice (1 cup serving)	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare grains accordingly.
2. Stir all ingredient together except for grain item.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Using 8 ounce ladle/spoodle, serve 8 ounces marinara sauce over 1 cup cooked spaghetti, penne, rotini noodles or rice.

Each serving provides 2 meat/meat alternates, 2 ounces equivalent grains, and $\frac{1}{2}$ cup red/orange vegetable. For a 1 meat/meat alternate sauce, cut measure of garbanzo beans in half.

Mighty Marinara with Chickpeas

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Nutrition Information per serving *From USDA Nutrient Database

Calories: 417 Total Fat: 7g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 77g Fiber: 17g Total Sugar: 13g Protein: 18g Sodium: 292mg Vitamin A:
37µg Vitamin C: 11mg Calcium: 107mg Iron: 5mg Folate: 102µg



Minestrone Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield 50 Servings (3 ½ gallons) 100 Servings (6 ¼ gallons)

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Oil, olive or vegetable		⅓ cup + 1 Tbsp.		¾ cup
Onion, finely diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Garlic, minced		1 ¼ cups		2 ½ cups
Zucchini, diced, fresh	4 lbs. 4 oz.		8 lbs. 8 oz.	
Carrots, sliced, fresh OR Carrots, sliced, frozen	4 lbs. 10 oz. OR 5 lbs. 2 oz.		9 lbs. 4 oz. OR 10 lbs. 4 oz.	
Beans, cannellini, canned, drained, rinsed OR Beans, cannellini, cooked from dry	OR 4 lbs.	3 ¼-#10 cans (1 ½ gallons + 1 Tbsp.)	OR 8 lbs.	6 ½ -#10 cans (3 gallons + 2 Tbsp.)
Stewed tomatoes, canned		1 ½-#10 cans (1 ¼ gallons)		3-#10 cans (2 ½ gallons)
Spinach leaves, rinsed OR Spinach, frozen, chopped	2 lbs. OR 9 lbs.		4 lbs. OR 18 lbs.	
Celery, diced	2 lbs.		4 lbs.	
Basil, dried		1 ½ Tbsp.		3 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Black pepper		1 Tbsp.		2 Tbsp.
Water		1 ¾ gallons + 1 pint (30 cups total)		3 ¾ gallons (60 cups total)
Elbow pasta, dry, whole grain rich		3 lbs. 2 oz. (dry weight)		6 lbs. 4 oz. (dry weight)

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.



Minestrone Soup Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Sauté onions, garlic, basil, oregano, pepper and ½ of the salt in oil for 5 minutes on medium heat in a tilt skillet or steam.
2. Add carrots and celery. Continue to cook for 5 minutes.
3. Add water, canned tomatoes, spinach and beans to the above mixture and bring to a boil in a large pot. Continue to boil for 5 minutes.
4. Meanwhile, cook pasta until al dente, about 8-10 minutes.
5. Taste soup and add the remaining salt if needed.
6. Add pasta to the soup.
HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve one cup of soup over ½ cup pasta with a piece of fresh garlic toast. Each 8 ounce serving of soup provides 2 ounces meat/meat alternate and ½ cup red orange vegetable. Each ½ cup serving of pasta provides 1 ounce grain equivalent.

OR

Serve ½ cup of soup over ¼ cup pasta. Each 8 ounce serving of soup provides 1 ounce meat alternate and ¼ cup vegetable. Each ¼ cup serving of pasta provides ½ ounce grain equivalent.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 224 Total Fat: 3g (12% calories from total fat) Saturated Fat: 0g (0% calories from saturated fat)
Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0g Carbohydrate: 16g Fiber: 9g
Total Sugar: 8g Protein: 11g Sodium: 349mg Vitamin A: 289µg Vitamin C: 18mg Calcium: 155mg



Oatmeal Raisin Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Measure	Measure
Garbanzo or white cannellini beans, drained or cooked from dry	2 ½ -#10 cans OR 1 1/2 gallons + 1 cup	5-#10 cans OR 3 gallons + 1 pint
Maple Syrup	1 ¼ quarts + ½ cup (5 ½ cups total)	2 ½ quarts + 1 cup (11 cups total)
Vanilla extract	¾ cup	1 ½ cups
Rolled oats	3 cups	1 ½ quarts (6 cups total)
Salt	1 tsp	2 tsp
Raisins	3 ¾ cups	1 ½ quarts + 1 ½ cups (7 ½ cups total)

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

Preparation

- Add the beans, maple syrup, vanilla extract, oats and salt to a food processor. Mix until smooth consistency.
- Fold the raisins into the hummus with a spoon or spatula until well distributed.

Serving Information

Serve ½ cup hummus with fruit or equivalent grain. Each serving provides 2 meat alternates.

OR

Serve ¼ cup hummus with fruit or equivalent grain. Each serving provides 1 meat alternate.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 303 Total Fat: 2g Saturated Fat: 0.3g Monounsaturated Fat: 0.3g Polyunsaturated Fat: 0.6g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 63g Fiber: 6.5g Total Sugar: 29g Protein: 7.5g Sodium: 423mg Vitamin A: 1µg Vitamin C: 5mg Calcium: 84mg Iron: 2.3mg Folate: 81µg



Outrageous Orange Stir Fry Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Tempeh	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Zesty Orange Sauce, such as Foothill Farms, Schwan's or similar brands		1 $\frac{1}{2}$ quarts		3 quarts
Grain preparation: Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon
OR				
Whole grain-rich noodles, dry Yakisoba or spaghetti	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.



Outrageous Orange Stir Fry Bowl

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Prepare grain as follows:

a. If using noodles, prepare al dente; drain and keep warm. If desired, add a small amount of oil to prevent noodles from sticking.

b. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. *HACCP Critical Control Point: Hold at 135°F or higher.*

2. Meanwhile, crumble the tempeh into small pieces.

3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, tempeh crumbles, and vegetable broth/water in a tilt skillet or wok. Sauté for 10 minutes, until vegetables are tender and tempeh is heated through.

4. Add the orange sauce and mix to combine. Continue to sauté for another 5 minutes, until heated through.

5. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

On serving line, portion 1 cup of stir fry mixture on top of one cup of brown rice or noodles.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

On serving line or in classroom, portion ½ cup stir fry mixture on top of ½ cup brown rice or noodles.

Each bowl provides 1 meat/meat alternate, 1 ounce equivalent grain and ¼ cup vegetable component.

Nutrition Information per 2 m/ma, 2 grain serving *From USDA Nutrient Database

Stir fry with rice

Calories: 409 Total Fat: 7g Saturated Fat: 0.7g Monounsaturated Fat: 0.9g Polyunsaturated Fat: 1.1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 73g Fiber: 12g Total Sugar: 24g Protein: 19g Sodium: 265mg Vitamin A: 115µg Vitamin C: 16mg Calcium: 142mg Iron: 4mg Folate: 19µg

Outrageous Orange Stir Fry Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Chicken-free strips, 1 ounce = 1 M/MA	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Zesty Orange Sauce, such as Foothill Farms, Schwan's or similar brands		1 $\frac{1}{2}$ quarts		3 quarts
Grain preparation: Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon
OR				
Whole grain-rich noodles, dry Yakisoba or spaghetti	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.



Outrageous Orange Stir Fry Bowl

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Prepare grain as follows:

- a. If using noodles, prepare al dente; drain and keep warm. If desired, add a small amount of oil to prevent noodles from sticking.
- b. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Meanwhile, chop the chicken-free strips with a knife or vertical cutter mixer (VCM).

3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, and vegetable broth/water in a tilt skillet or wok. Sauté for 5-10 minutes, until vegetables are tender.

4. Add the orange sauce to the vegetables; mix to combine. Continue to sauté for another 5 minutes, until heated through.

5. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

On serving line, portion 1 cup of stir fry mixture on top of one cup of brown rice or noodles.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

On serving line or in classroom, portion ½ cup stir fry mixture on top of ½ cup brown rice or noodles.

Each bowl provides 1 meat/meat alternate, 1 ounce equivalent grain and ¼ cup vegetable component.

Nutrition Information per 2 m/ma, 2 grain serving *From USDA Nutrient Database

Stir fry with rice

Calories: 422 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 74g Fiber: 12g Total Sugar: 10g Protein: 21g Sodium: 412mg Vitamin A:
255µg Vitamin C: 33mg Calcium: 88mg Iron: 3mg Folate: 99µg

Stir fry with noodles

Calories: 406 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 72g Fiber: 16g Total Sugar: 10g Protein: 25g Sodium: 407mg Vitamin A:
255µg Vitamin C: 33mg Calcium: 92mg Iron: 3mg Folate: 100µg



Pozole de Frijol (Bean, Hominy & Chili Soup)

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Garbanzo beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 3 - #10 can		3 gallons + 1 pint OR 6 - #10 can
Water		1 ¼ gallons		2 ½ gallons
Vegetable broth, reduced sodium		3 quarts		1 ½ gallons
Olive or vegetable oil		1 cup		1 pint
Onion, diced	4 lbs. 11 oz. OR	1 ¼ gallons	9 lbs. 6 oz.	OR 2 ½ gallons
Diced tomatoes, canned		2 ½ quarts		1 ¼ gallons
Hominy, canned, drained, rinsed		1 ¼ gallons		2 ½ gallons
Garlic, minced OR Garlic powder		1 ½ cups OR 2 ½ tsp		3 cups OR 1 ¾ Tbsp.
Salt		½ cup		⅔ cup
Oregano, dried		⅔ cup		1 ⅓ cup
Black pepper		1 Tbsp.		2 Tbsp.
Lime juice, fresh (optional)		¾ cup		1 ½ cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Heat oil in a tilt skillet, kettle or in a large pot using a stove top; add the onion and garlic and sauté for about five minutes on medium heat.
2. Add the tomatoes, salt, black pepper, oregano, water and vegetable broth. Stir mixture and bring to a boil.
3. Add the beans and hominy; bring to a simmer.
4. Let simmer on low heat for 20-30 minutes.
5. Add the lime juice, if using. Stir to combine.
6. Transfer to serving pans.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Pozole de Frijol (Bean, Hominy & Chili Soup) Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Portion 1 cup per serving. Each 1 cup serving provides 2 meat/meat alternates or ½ cup bean/legume vegetable subgroup.

OR

Portion ½ cup per serving.

Each serving provides 1 meat/meat alternates or ¼ cup vegetable group.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 239 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 39g Fiber: 10g Total Sugar: 8g Protein: 10g Sodium: 696mg Vitamin A:
13µg Vitamin C: 12mg Calcium: 88mg Iron: 3mg Folate: 93µg



Protein Packed Pasta Marinara

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Using gluten-free bean pasta

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes and sauce, canned		1 gallon		2 gallons
Tomato Sauce		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Beefless crumbles OR Great Northern Beans, cooked, drained		1 lb. 10 oz. OR 1-#10 can		3 lbs. 4 oz. OR 2-#10 cans
Olive or vegetable oil		$\frac{1}{2}$ cup		1 cup
Oregano, dried		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Garlic, granulated		2 Tbsp.		$\frac{1}{4}$ cup
Basil, dried		2 Tbsp.		$\frac{1}{4}$ cup
Salt		1 Tbsp.		2 Tbsp.
Sugar		$\frac{1}{2}$ cup		1 Cup
Parsley, dried		2 Tbsp.		$\frac{1}{4}$ cup
Pepper		1 $\frac{1}{2}$ tsp.		1 Tbsp.
Bean Pasta Each Serving: 1.4 oz. dry ($\frac{1}{2}$ cup prepared)	Dry grain weight: 4 lbs. 6 oz.		Dry grain weight: 8 lbs. 12 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare bean pasta accordingly. Boil for 10-12 minutes, drain and rinse with water. Toss with the vegetable or olive oil.
2. Stir all ingredients together except for pasta and heat thoroughly.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds and hold at internal temperature of 135°F or above.

Serving Information

Using a 6 ounce ladle or spoodle, serve 6 ounces of marinara sauce over $\frac{1}{2}$ cup cooked rotini, penne, or elbow noodles. Serve with roll, breadstick or other whole grain rich bread component.

*Each serving of bean pasta and marinara provides 2 $\frac{1}{2}$ meat/meat alternates, $\frac{1}{2}$ cup red/orange vegetable.



Protein Packed Pasta Marinara Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Nutrition Information *From USDA Nutrient Database

With legume marinara

Calories: 274 Total Fat: 1.5g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 46g Fiber: 13g Total Sugar: 7g Protein: 17g Sodium: 480mg Vitamin A: 37µg Vitamin C: 12mg Calcium: 82mg Iron: 2mg Folate: 36µg

With beefless crumble marinara

Calories: 277 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 40g Fiber: 12g Total Sugar: 7g Protein: 21g Sodium: 465mg Vitamin A: 37µg Vitamin C: 12mg Calcium: 62mg Iron: 2mg Folate: 17µg



Protein Packed Two Bean Chili

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Tomatoes, diced, canned		1 gallon + 3 ¼ cups		2 gallons + ¾ quart
Tomato paste		1 ¾ quarts		2 ½ quarts
Kidney beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 1 ½ -#10 cans		3 gallons + 1 pint OR 3-#10 cans
Black beans, canned, drained, rinsed		1 ½ gallons + 1 cup OR 2-#10 cans		3 gallons + 1 pint OR 4-#10 cans
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, fresh, diced	8 oz.		1 lb.	
Carrots, shredded	1 lb.		2 lb.	
Corn, tempered	8 oz.		1 lb.	
Salt		2 Tbsp.		¼ cup
Chili powder		½ cup		1 cup
Garlic, granulated		¼ cup		½ cup
Cumin		¼ cup		½ cup
Water (add 1 pint at a time)		1 pint - 1 quart		1 quart – 2 quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Sauté onions and peppers.
2. Add tomatoes and tomato paste to onions and peppers. Let simmer until mixture is heated.
3. Add beans, shredded carrots, corn, spices and water. Simmer 1 to 1 ½ hours.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each cup of chili provides 2 meat/meat alternates, and ½ cup red/orange vegetable.

OR

Serve 4 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread. Each ½ cup of chili provides 1 meat/meat alternates, and ¼ vegetable component.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 106 Total Fat: 1g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 20g Fiber: 7g Total Sugar: 5g Protein: 6g Sodium: 470mg Vitamin A: 100µg

Vitamin C: 16mg Calcium: 67mg Iron: 2mg Folate: 48µg



THE HUMANE SOCIETY
OF THE UNITED STATES

forwardfood.org | 50

Pumped Up Pasta Bake

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Pasta, penne, whole grain rich, dry	3 lbs. 4 oz.		6 lbs. 8 oz	
Diced tomatoes, canned		1 gallon + 3 ¼ cups		2¼ gal + 2½ cups
Kidney beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Spaghetti sauce, prepared OR Scratch Sauce: Tomato sauce with the below spices		1 ½ - #10 can OR		3 - #10 can OR
Tomato sauce		1 ½ - #10 cans		3- #10 cans
Oregano, dried		1 Tbsp.		2 Tbsp.
Garlic, granulated		2 Tbsp.		¼ cup
Basil, dried		1 Tbsp.		2 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Oil, olive or vegetable		½ cup		1 cup
Sugar		¼ cup		½ cup
Parsley, dried		1/8 cup		¼ cup
Pepper		1 ½ tsp		1 Tbsp.
Bread Crumbs		1 ½ cups		3 cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Preheat oven to 350°F.
2. Boil pasta for 5-7 minutes, until cooked but firm. Drain.
3. If preparing scratch spaghetti sauce: Combine all ingredients listed under scratch sauce together. Heat thoroughly to 150°F for a minimum of 15 seconds.
4. Stir diced tomatoes and beans into spaghetti sauce. Add pasta noodles. Stir well to combine.
5. Portion pasta mixture into 2 (for 50) or 4 (for 100) 12 x 20 x 2 ½ inch steamtable pans, sprayed to prevent sticking. Top each pan with evenly distributed bread crumbs.
6. Bake until internal temperature reaches 140°F for a minimum of 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Pumped Up Pasta Bake Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Each pan provides approximately 24 servings using 2 - #8 scoops (1 cup).

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, and ½ cup red/orange vegetable.

For a 1 meat/meat alternate sauce, cut measure of black and kidney beans in half.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 287 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 55g Fiber: 14g Total Sugar: 9g Protein: 14g Sodium: 641mg Vitamin A:

52µg Vitamin C: 15mg Calcium: 301mg Iron: 5mg Folate: 123µg



Rainbow Hummus Wraps

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Select a minimum of four vegetable options below:				
Romaine lettuce, chopped	1 lb. 12 oz.		3 lbs. 8 oz.	
Mushrooms, sliced	1 lb. 8 oz.		3 lbs.	
Carrots, shredded	2 lbs.		4 lbs.	
Radishes, sliced	1 lb. 12 oz.		3 lbs. 8 oz.	
Spinach, chopped	2 lbs.		4 lbs.	
Tomatoes, diced	3 lbs. 8 oz.		7 lbs.	
Corn kernels, tempered	2 lbs. 4 oz.		4 lbs. 8 oz.	
Beets, shredded	2 lbs. 4 oz.		4 lbs. 8 oz.	
Zucchini, shredded	2 lbs.		4 lbs.	
Onion, sliced	2 lbs.		4 lbs.	
Celery, diced	2 lbs.		4 lbs.	
Hummus:				
Garbanzo beans, drained or cooked from dry beans		2 ½-#10 cans OR 1 ½ gallons + 1 cup		5-#10 cans OR 3 gallons + 1 pint
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 Tbsp.		2 Tbsp.
Pepper		1 ½ Tbsp.		3 Tbsp.
Parsley, dried		½ cup		1 cup
Basil, dried		½ cup		1 cup
Lemon juice		1-¾ cups		3-½ cups
Hot sauce		1 Tbsp.		2 Tbsp.
Oil, vegetable or olive		1 cup		1 pint
Water or chickpea brine		2/3 cup		1-1/3 cups
Wrap, whole grain rich, 2 ounce equivalent		50 each		100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Rainbow Hummus Wraps Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Hummus: Add beans, onion powder, garlic powder, salt, pepper, basil, lemon juice, hot sauce, water/chickpea brine and oil to vertical cutter mixer (VCM), blender or food processor. Mix until smooth.
2. Prepare a minimum of four vegetables listed above in the ingredients for the wrap.
3. Scoop 1-#8 scoop (1/2 cup) of hummus on each wrap and spread evenly.
4. Portion 1/8 cup each of the four chosen vegetable options. If using spinach or romaine lettuce, portion 1/4 cup of each on the wrap.
5. Roll tortilla widthwise and cut in half. Serve both halves per entrée.

Serving Information

Alternative serving method: Roll each filled tortilla widthwise and using serrated knife, cut wrap into 1- inch slices for pinwheels.

Each full wrap provides 2 meat/meat alternates, 2 ounce equivalent grains and 1/2 cup other vegetable.

1/2 of a wrap provides 1 meat/meat alternate, 1 ounce equivalent grains and 1/4 cup vegetable component.

Nutrition Information *From USDA Nutrient Database

Per wrap

Calories: 366 Total Fat: 13g Saturated Fat: 4g Monounsaturated Fat: 6g Polyunsaturated Fat: 2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 52g Fiber: 13g Total Sugar: 8g Protein: 12g Sodium: 675mg Vitamin A: 261µg Vitamin C: 7mg Calcium: 244mg Iron: 4mg Folate: 151µg



Rockin' Roasted Chickpeas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

YIELD

50 Servings (1 m/ma)

100 Servings (1 m/ma)

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Garbanzo Beans, low-sodium, canned, drained or cooked from dry	5 lbs. 6 oz.	OR ¾ gallon + ½ cup	10 lbs. 12 oz.	OR 1 ½ gallons + 1 cup
Oil, Olive or Vegetable		¼ cup		½ cup
Salt		1- 2 Tbsp.		2 – 4 Tbsp.
Pepper, Red or Cayenne		¾ - 1 tsp.		1 ½ - 2 tsp.
Rosemary, dried		1/8 cup + 1 tsp.		¼ cup + 2 tsp.

Preparation

1. Rinse and drain chickpeas very well in strainer. Allow all excess water to be removed.
Optional: Chickpeas can be stored in a cooler overnight to dry. Layer chickpeas on parchment lined sheet pan. Cover chickpeas with another sheet of parchment paper to dry.
2. In a bowl, toss chickpeas with the oil, salt and pepper.
4. Arrange in a single layer on baking sheet.
5. Roast at 350°F for 30-40 minutes, until chickpeas are golden brown and rattle when shaking the baking sheet.
HACCP Critical Control Point: Hold at internal temperature of 135°F or above.
6. Transfer the roasted chickpeas to a bowl and toss with rosemary, if using.
7. Cool completely. Store in an airtight container for up to one week.

Serving Information

Portion ¼ cup roasted chickpeas into individual cups to provide 1 meat/meat alternate or ¼ cup legume vegetable.

Nutrition Information

 *From USDA Nutrient Database

Per ¼ cup serving

Calories: 57 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 6g Fiber: 2g Total Sugar: 1g Protein: 2g Sodium: 132mg Vitamin A: 1µg
Vitamin C: 0mg Calcium: 17mg Iron: 1mg Folate: 11µg

Savory Shepherd's Pie

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Black beans, drained, rinsed or prepared from dry		1½ quarts + ¼ cup OR 1-#10 can		¾ gallon + ½ cup OR 2-#10 cans
Lentils, prepared		¾ gal + ½ cup (prepared)		1 ½ gallons + 1 cup (prepared)
Green peas, prepared		1 ½ quarts + ¼ cup		¾ gallon + ½ cup
Vegetable or olive oil		¼ cup		½ cup
Onions, chopped		1 cup		1 pint
Celery, chopped		1 cup		1 pint
Mushrooms, fresh, sliced (optional)	1 lb.		2 lbs.	
Garlic, minced	2 oz.	OR 1 Tbsp. (garlic powder)	4 oz.	OR 2 Tbsp. (garlic powder)
Corn, thawed	2 lbs. 4 oz.		4 lbs. 8 oz.	
Vegetable stock		½ gallon		1 gallon
Flour		1 cup		1 pint
Water		1 cup		1 pint
Salt		3 Tbsp.		⅓ cup + 1 Tbsp.
Black pepper		¼ cup		½ cup
Mashed potatoes, flakes or granules (dry) OR Mashed potatoes, frozen OR Fresh mashed potatoes (recipe below)	1 lb. 8 oz. (dry) OR 10 lbs. 4 oz. OR	1 gallon (reconstituted)	3 lbs. (dry) OR 20 lbs. 8 oz. OR	2 gallons (reconstituted)
Potatoes, fresh, boiled & mashed	9 lbs.		18 lbs.	
Dairy-free margarine, like Earth Balance		½ cup		1 cup
Soy milk, plain, unsweetened		1 pint		1 quart

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.



Savory Shepherd's Pie Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Prepare potatoes and set aside.

*If preparing fresh potatoes, boil potatoes for 15-20 minutes, until tender. Mash and mix with the dairy-free margarine and soy milk.

2. Heat oil in tilt skillet or steam jacketed kettle. Add onions, celery and garlic and cook until translucent, about 3-5 minutes. *Alternative cooking method: combine onions, celery and garlic in a steamtable/hotel pan. Steam for 5 minutes until translucent.

3. Add black beans and lentils. Cook for five minutes, stirring often.

4. With a potato masher, roughly mash about $\frac{1}{2}$ of the bean mixture to thicken.

5. Add the corn, mushrooms, peas, vegetable broth, salt and pepper to the bean mixture and cook for another 10 minutes.

6. While bean mixture is simmering, in a small pan, make a slurry with the flour and water. Add the slurry to the bean mixture and cook until thickened.

7. Portion approximately $\frac{3}{4}$ gallon mixture into each hotel pan, preparing four total pans.

(If preparing 50 servings, only use 2).

8. Top each pan with $\frac{1}{2}$ gallon mashed potatoes spread on top.

9. Bake at 350°F for 10-15 minutes until the internal temperature reaches 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Cut each pan 5x5 for serving, to provide 25 servings per pan.

Each serving provides 2 ounces meat/meat alternates, $\frac{1}{2}$ cup starchy vegetable (3/8 cup potatoes, 1/8 cup corn)

Nutrition Information per serving *From USDA Nutrient Database

Calories: 271 Total Fat: 3.5g Saturated Fat: 0g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 46g Fiber: 10g Total Sugar: 5g Protein: 17g Sodium: 630mg Vitamin A: 14µg

Vitamin C: 9mg Calcium: 62mg Iron: 5mg Folate: 123µg

Sizzling Street Tacos with Cilantro Crema

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS
 MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Beefless Crumbles (1 oz. = 1 m/ma)	3 lbs. 4 oz.		6 lbs. 8 oz.	
Pinto beans, canned, drained, and rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup (approximately 1 $\frac{1}{2}$ -#10 cans)		1 $\frac{1}{2}$ gallons + 1 cup (approximately 3 - #10 cans)
Water (separated)		1 pint		1 quart
Green chilies, canned (optional)		1 cup		1 pint
Mushrooms, fresh, diced (optional)	1 lb. 8 oz.			3 lbs.
Corn, tempered		1 $\frac{1}{2}$ quarts + 1 cup		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Taco seasoning		$\frac{1}{2}$ cup		1 cup
Tortilla, 10 inch, whole grain rich		50		100
Cilantro lime crema:				
Water		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups
Lime juice		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups
Cilantro, fresh, leaves and stems		$\frac{2}{3}$ cup		1 $\frac{1}{4}$ cups
Avocado		2 Each		4 Each
Mayo, eggless, like Just Mayo		$\frac{2}{3}$ cup		1 $\frac{1}{4}$ cups
Pepper, black, ground		1 Tbsp.		2 Tbsp.
Garlic, granulated		1 Tbsp.		2 Tbsp.
Chipotle pepper		1 Tbsp.		2 Tbsp.
Hot sauce		1 $\frac{1}{2}$ Tbsp.		3 Tbsp.
Green chilies, canned (optional)		2 $\frac{1}{2}$ Tbsp.		$\frac{1}{3}$ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.



Sizzling Street Tacos with Cilantro Crema

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Wash and dice mushrooms, if using as an ingredient.
2. Heat diced mushrooms and half of the water in a steam jacketed kettle, tilt skillet, or stove top 5-7 minutes until soft. (Mushrooms can be steamed approximately 5 minutes until soft.)
3. Add beefless crumbles, pinto beans, taco seasoning, remaining water, corn and green chiles to the mushrooms. Mix and bring to a boil.
4. Reduce heat and simmer for 10 minutes.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

5. Hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

6. To prepare the cilantro lime sauce. Add all ingredients in a blender or food processor, and blend/process until smooth.

7. Transfer to a serving bowl and hold in cooler until meal service.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Use a #8 scoop (1/2 cup) and serve taco mixture on the tortilla. Top with 1 teaspoon of the cilantro cream sauce.

Each scoop provides 2 ounces meat/meat alternate, 2 grain equivalents and 1/4 cup vegetable.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 245 Total Fat: 9g Saturated Fat: 0g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 30g Fiber: 10g Total Sugar: 2g Protein: 14g Sodium: 357mg Vitamin A: 6µg
Vitamin C: 6mg Calcium: 78mg Iron: 4mg Folate: 128µg



Southwest Sweets, Beans & Quinoa Shaker

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Rice, brown, dry	3 lbs. 7 oz.		6 lbs. 14 oz.	
Quinoa, dry	3 lbs. 2 oz.		6 lbs. 4 oz.	
Water		1 ½ gallons		3 gallons
Lime Juice		1 pint		1 quart
Cumin		¼ cup		½ cup
Salt		2 Tbsp.		¼ cup
Pepper		3 Tbsp.		3/8 cup
Corn, tempered		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Cilantro, fresh OR Cilantro, dried		1 pint OR 2/3 cup		1 quart OR 1 1/3 cup
Black beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Sweet Potato, fresh, small cubes OR Sweet Potato, frozen, center cuts, diced		5 lbs. 8 oz. OR 5 lbs. 4 oz.		11 lbs. OR 10 lbs. 8 oz.
Salsa, canned		2 gallons		4 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

Day Before

1. Prepare rice and quinoa. Recommended cooking method: Steam or bake, covered for approximately 15 minutes or until water is absorbed. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Cool rice completely. Store in cooler overnight.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

3. Roast sweet potatoes the day before.

*For fresh sweet potatoes: Cut potatoes into quarters lengthwise, then 3-4 times crosswise into approximately 1” cubes. If Manhart is available, use the S14 and D22 blades to process the potatoes into approximately 1” cubes.



Southwest Sweets, Beans & Quinoa Shaker Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Place potato pieces on parchment lined baking sheets and bake at 375°F for 30-45 minutes or until soft, caramelized, and slightly browned. Potatoes should **not** be mushy. Cool completely and store in airtight container in cooler overnight.

HACCP Critical Control Point: Cool to 41°F or lower within 4 hours.

Day of

1. Combine drained black beans and fresh cilantro in a bowl. Set aside.
2. Add lime juice, cumin, cilantro, salt, and pepper to rice and quinoa mixture.
3. Layer ingredients into 16-oz. cup as follows:
 - 1 cup rice and quinoa blend
 - ¼ cup diced tomatoes or roasted sweet potatoes
 - ½ cup black bean and cilantro mixture
 - ¼ cup corn
4. Cover the cup with lid.
5. Portion ½ cup salsa or prepared salad dressing in appropriate sized soufflé cups.

HACCP Critical Control Point: Hold at internal temperature of 41°F or below.

Serving Information

Serve salad shaker with salsa cup or prepared salad dressing. For best results, have customer remove lid from the cup and pour dressing in. Place lid back on cup and shake the salad until ingredients are mixed.

Each serving provides 2 meat/meat alternates, 2 oz. equivalent grains, ¼ cup starchy vegetable and ¾ cup red/orange vegetable. This salad shaker qualifies as a reimbursable meal.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 514 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 101g Fiber: 17g Total Sugar: 10g Protein: 20g Sodium: 696mg Vitamin A:
516µg Vitamin C: 22mg Calcium: 136mg Iron: 6mg Folate: 165µg



Spicy Sweet Potato Enchiladas

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Tortilla, 10 inch, whole grain rich		50 each		100 each
Sweet potatoes, fresh, peeled, diced OR Sweet potatoes, frozen, cubed	7 lbs. 12 oz. OR 5 lbs. 8 oz.		15 lbs. 8 oz. OR 11 lbs.	
Onions, fresh, diced	2 lbs. 12 oz. OR	1 ½ quarts + ¼ cup	5 lbs. 8 oz. OR	¾ gallon + ½ cup
Green peppers, frozen, diced	2 lbs. 4 oz.		4 lbs. 8 oz.	
Garlic, granulated		¼ cup		½ cup
Vegetable broth		¼ cup		½ cup
Pinto beans, canned, drained, rinsed		1 ½-#10 cans OR ¾ gallon + 1 cup		3-#10 cans OR 1 ½ gallons + 1 cup
Black beans, canned, drained, rinsed		2-#10 cans OR ¾ gallon + ½ cup		4-#10 cans OR 1 ½ gallons + 1 cup
Salsa, canned		1 ½-#10 cans OR ¾ gallon + ½ cup		3-#10 cans OR 1 ½ gallons + 1 cup
Chili powder		⅓ cup + 1 ¼ Tbsp.		¾ cup + ½ Tbsp.
Cumin		1 Tbsp.		2 Tbsp.
Enchilada sauce, reduced sodium		1 ½ quarts + ¼ cup		¾ gallon + ½ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Preheat oven to 350 degrees F and spread cubed sweet potatoes on sheet pans in one even layer.
2. Bake sweet potatoes for 15-20 minutes, until soft. Remove from oven.
3. While the sweet potatoes are baking, sweat the onions, green peppers and garlic with the vegetable broth in steamer or tilt skillet until onions are translucent.
4. Add the black beans, pinto beans, salsa, chili powder, cumin, and baked sweet potatoes to the onion mixture. Mix thoroughly and allow the mixture to simmer or steam for another 10-15 minutes.
5. To assemble: Lay tortillas on parchment paper on work surface. Spread ¾ cup of bean filling in the center of each tortilla. Fold each end in and roll to seal. Place in 2 inch steam table pan either lined with parchment paper or no stick cooking spray. Continue until all enchiladas are filled.
6. Top each enchilada with 2 Tbsp. (⅔ cup) of enchilada sauce.
7. Bake at 350°F until internal temperature reaches 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Spicy Sweet Potato Enchiladas Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Use spatula to serve one enchilada.

Each enchilada provides 2 meat/meat alternates, 2 ounce equivalent grains (if 10 inch tortilla provides 2 ounce equivalent grains), ½ cup red/orange vegetable and ¼ cup other vegetable.

Nutrition Information per serving *From USDA Nutrient Database

(Sodium content will vary based on ingredients used)

Calories: 425 Total Fat: 8g Saturated Fat: 4g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 73g Fiber: 19g Total Sugar: 10g Protein: 17g Sodium: 564mg* Vitamin A:
521µg Vitamin C: 31mg Calcium: 267mg Iron: 5mg Folate: 193µg



Spinach and Artichoke Flatbread with Lemon Garlic Hummus

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Ingredients	Weight	Measure	Weight	Measure
Flatbread, whole-grain rich		50 each		100 each
Hummus recipe				
Garbanzo or white cannellini beans, drained or cooked from dry		2 ½ -#10 cans OR 1 1/2 gallons + 1 cup		5-#10 cans OR 3 gallons + 1 pint
Garlic Clove		18 cloves		36 cloves
Cumin, ground		⅓ cup		⅔ cup
Salt		2 Tbsp.		¼ cup
Black pepper		1 Tbsp.		2 Tbsp.
Lemon juice		2 ½ cups		1 ¼ quarts
Olive oil		1 pint		1 quart
Water (used for desired consistency)		1 quart		2 quarts
Pesto recipe				
Oil, olive or vegetable		1 ½ cups		1 ½ pints (3 cups)
Garlic powder		1 tsp		2 tsp
Basil, fresh		1 pint (2 cups)		1 quart (4 cups)
Lemon juice		1 ½ Tbsp.		3 Tbsp.
Toppings				
Artichoke hearts, chopped		¾ gallon + ½ cup (12 ½ cups total) OR 11-#300 cans		1 ½ gallons + 1 cup (25 cups total) OR 22-#300 cans
Spinach, fresh, chopped	2 lbs.		4 lbs.	

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.



Spinach and Artichoke Flatbread with Lemon Garlic Hummus Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Prepare hummus: Add beans, garlic cloves, cumin, salt, black pepper, lemon juice and oil to vertical cutter mixer (VCM) or blender. Mix until smooth. Add water until desired consistency is reached.
2. Prepare pesto sauce: Add garlic powder, basil, and lemon juice to oil. Mix well.
3. Place flatbread on an 18"x24"x1" bun pan and brush each flatbread with pesto.
4. Scoop 1-#8 scoop (1/2 cup) of hummus on each flatbread and spread evenly.
5. Portion 1/4 cup spinach and 1/4 cup artichoke hearts over hummus.
6. Bake at 375°F in convection oven for 5-10 minutes or until warm and flatbread is slightly crisp. Do not overbake.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Each whole flatbread provides 2 meat/meat alternates, 2 ounces equivalent grains and 3/8 cup vegetable (1/4 cup other vegetable and 1/8 cup dark green vegetable) serving.

OR

Cut each flatbread in half to provide 1 meat/meat alternate, 1 ounce equivalent grain and 1/8 cup vegetable serving.

Nutrition Information per flatbread *From USDA Nutrient Database

Calories: 436 Total Fat: 21g Saturated Fat: 2.3g Monounsaturated Fat: 11.6g

Polyunsaturated Fat: 2.8g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 47g Fiber: 10g

Total Sugar: 1g Protein: 13g Sodium: 712mg Vitamin A: 88µg Vitamin C: 18mg Calcium: 83mg Iron: 2.8mg

Folate: 114µg



Sriracha Lime Taco Filling

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Beefless Crumbles	3 lbs. 4 oz.		6 lbs. 8 oz.	
Beans, black, canned, drained OR Beans, kidney, canned, drained		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup (approximately 2 #10 cans) OR $\frac{3}{4}$ gallon + $\frac{1}{2}$ cup (approximately 1 $\frac{1}{2}$ #10 cans)		1 $\frac{1}{2}$ gallons + 1 cup (approximately 3 $\frac{3}{4}$ #10 cans) OR 1 $\frac{1}{2}$ gallons + 1 cup (approximately 2 $\frac{3}{4}$ #10 cans)
Water		1 pint		1 quart
Taco seasoning, low sodium		$\frac{3}{4}$ cup		1 $\frac{1}{2}$ cups
Sriracha Sauce		1 cup		1 pint
Lime Juice (optional)		$\frac{1}{2}$ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Heat beefless crumbles, beans, water and taco seasoning in a steamer, tilt skillet, steam jacketed kettle or stove top. Mix and bring to a boil.
2. Reduce heat and simmer for 15 minutes.
3. Add the sriracha sauce and lime juice, if using. Stir to combine.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use a #8 scoop ($\frac{1}{2}$ cup) and serve in taco shell, tortilla or salad.

Each #8 scoop provides 2 ounces meat/meat alternate.

Nutrition Information per 2 m/ma serving *From USDA Nutrient Database

Calories: 86 Total Fat: 3g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 2g Fiber: 1g Total Sugar: 0g Protein: 13g Sodium: 340mg Vitamin A: 1 μ g
Vitamin C: 1mg Calcium: 10mg Iron: 3mg Folate: 1 μ g



Super Sweet Potato & Black Bean Chili

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Tomatoes, diced, canned		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{4}$ -#10 cans
Kidney beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{2}$ -#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 3-#10 cans
Black beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 2-#10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 4-#10 cans
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup	5 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Sweet potatoes, fresh, peeled, diced OR Sweet potatoes, frozen, cubed	15 lbs. 8 oz. OR 11 lbs.		31 lbs. OR 22 lbs.	
Salt		2 Tbsp.		$\frac{1}{4}$ cup
Chili powder		$\frac{1}{2}$ cup		1 cup
Garlic, granulated		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Cumin		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Vegetable broth, divided		1 pint		1 quart
Water (add 1 pint at a time)		1 pint - 1 quart		1 quart – 2 quarts
Lime juice, fresh		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Sweat the onions and diced sweet potatoes with half of the vegetable broth in a steam-jacketed kettle, tilt skillet, or stove top, until onions and potatoes soften, about 10 minutes.
2. Add the black and pinto beans, salt, chili powder, garlic, cumin, diced tomatoes, combine and stir for approximately one minute.
3. Add remaining vegetable broth and add 1 cup of water until desired thickness is achieved.
4. Cover and simmer the chili until sweet potatoes are tender, approximately 15-25 minutes.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

5. If desired, add the fresh lime juice and stir thoroughly.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Super Sweet Potato & Black Bean Chili

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Using 8 ounce ladle or spoodle, serve 8 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Each chili serving provides 2 meat/meat alternates, and $\frac{3}{4}$ cup red/orange vegetable and $\frac{1}{8}$ cup other vegetable.

OR

Using 4 ounce ladle, serve 4 ounces chili with preferred grain item such as pasta, rice, corn tortilla chips, roll or cornbread.

Each chili serving provides 1 meat/meat alternates, and $\frac{3}{8}$ cup vegetable serving.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 208 Total Fat: 1g Saturated Fat: 0g Monounsaturated Fat: 0g Polyunsaturated Fat: 0g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 44g Fiber: 10g Total Sugar: 10g Protein: 9g Sodium: 437mg Vitamin A:
981 μ g Vitamin C: 33mg Calcium: 114mg Iron: 4mg Folate: 94 μ g



Sweet & Savory Chickpea Biryani

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Biryani is a mixed rice dish popular in Indian cuisine. It's typically made with a variety of spices, rice, beans and vegetables.

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Marinara sauce, canned		1 pint		1 pint
Garbanzo beans, drained and rinsed		1 ½ gallons + 1 cup OR 2 ½ -#10 cans		3 gallons + 1 pint or 5 -#10 cans
Cauliflower florets (ready-to-use)	1 lb. 8 oz.		3 lbs.	
Sweet potatoes, cubed, cooked	4 lbs.		8 lbs.	
Cranberries, dried		1 ½ cups		1 ½ pints (3 cups)
Pumpkin puree, canned		½ - #10 can (1 ½ quarts + ¼ cup)		1-#10 can (3 quarts + ½ cup)
Ginger, ground		½ cup + 1 tsp.		1 cup + 2 tsp.
Turmeric, dried		2 Tbsp.		¼ cup
Garam masala (spice blend) or Coriander powder		¼ cup		½ cup
Vegetable stock		1 gallon		2 gallons
Lemon juice		2/3 cup		1 1/3 cups
Rice Preparation				
Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		½ gallon		1 gallon
Optional Ingredients				
Cilantro, fresh		1 pint		1 quart
Sweet paprika		2 Tbsp.		¼ cup

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.



Sweet & Savory Chickpea Biryani

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Prepare rice by steaming covered for approximately 15 minutes. Alternative cooking methods: a. Boil water and pour over rice. Bake covered rice in the oven at 350°F for approximately 30 minutes. OR b. Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.
2. Heat oven to 350°F.
3. Steam the cauliflower for approximately 5 minutes.
4. Mash the chickpeas with a potato masher, food chopper or VCM.
5. Combine marinara sauce, pumpkin puree, ginger, tumeric and stock in a bowl.
6. Add the garbanzo beans, cauliflower, sweet potatoes, cooked rice and cranberries to the above mixture and distribute evenly into steamtable pans. Stir to combine, cover with a lid and bake for 20-30 minutes. Until liquid is mostly absorbed.
7. Add garam masala and lemon juice and stir. Also cilantro and paprika can be added now if desired.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Portion 2 cups to provide 2 meat alternates, 2 ounce equivalent grains, $\frac{1}{8}$ cup other vegetable and $\frac{1}{4}$ cup red orange vegetable serving.

OR

Portion 1 cup to provide 1 meat alternate, 1 ounce equivalent grains and $\frac{1}{8}$ cup vegetable serving.

Nutrition Information per 2 cups serving *From USDA Nutrient Database

Calories: 441 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 86g Fiber: 14g Total Sugar: 12g Protein: 16g Sodium: 766mg Vitamin A:
576µg Vitamin C: 19mg Calcium: 101mg Iron: 4mg Folate: 110µg

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 221 Total Fat: 2.5g Saturated Fat: 0.5g Monounsaturated Fat: 0.5g Polyunsaturated Fat: 1g Trans
Fat: 0g Cholesterol: 0mg Carbohydrate: 43g Fiber: 7g Total Sugar: 6g Protein: 8g Sodium: 383mg Vitamin A:
288µg Vitamin C: 10mg Calcium: 51mg Iron: 2mg Folate: 55µg

Sweet Sloppy Joes with Lentils Only

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Lentils, dry, rinsed	3 lbs. 12 oz.		7 lbs. 8 oz.	
Water (for cooking lentils)		3 1/3 cups		1 1/2 quarts + 2/3 cups (6 2/3 cups total)
Vegetable broth, reduced sodium (for cooking lentils)		3 1/3 cups		1 1/2 quarts + 2/3 cup (6 2/3 cups total)
Hamburger bun, whole grain rich		50 each		100 each
BBQ sauce, prepared		1/2 - 1 gallon		1 - 1 1/2 gallons

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP - Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare lentils: Combine water, vegetable broth and rinsed lentils in a large pot or steam jacketed kettle. Heat on high until lentils have reach a low boil. Reduce heat and simmer, uncovered for 15-20 minutes, until tender.

**Alternative method: Combine water, vegetable broth and rinsed lentils in a steam table pan and steam approximately 45-60 minutes, until tender. (Lentils can be steamed the day before and kept in the cooler.)

2. Drain remaining liquid from lentils.

3. Add lentils and 1/2 of the barbeque sauce; stir to combine. Add more barbeque sauce until desired consistency is reached. Simmer until meal service.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

Use a #8 scoop (1/2 cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 2 meat/meat alternates, 2 ounce equivalent grains.

Use a #16 scoop (1/4 cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 1 meat/meat alternates, 2 ounce equivalent grains.

Nutrition Information per 2 m/ma, 2 grain serving*From USDA Nutrient Database

Calories: 292 Total Fat: 4.5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 51g Fiber: 6g Total Sugar: 22g Protein: 16g Sodium: 467mg Vitamin A: 16µg Vitamin C: 3mg Calcium: 93mg Iron: 3mg Folate: 139µg



Sweet Sloppy Joes with Lentils

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Beefless crumbles (1 oz. = 1 m/ma)	3 lbs. 12 oz.		7 lbs. 8 oz.	
Lentils, dry, rinsed	1 lb. 14 oz.		3 lbs. 12 oz.	
Water		3 $\frac{1}{3}$ cups		1 $\frac{1}{2}$ quarts + $\frac{2}{3}$ cup
Vegetable broth, reduced sodium		3 $\frac{1}{3}$ cups		1 $\frac{1}{2}$ quarts + $\frac{2}{3}$ cup
Hamburger bun, whole grain rich		50 each		100 each
BBQ sauce, prepared OR Prepare from scratch:		1 $\frac{1}{4}$ gallons OR		2 $\frac{1}{2}$ gallons OR
Vegetable broth, reduced sodium		3 $\frac{1}{4}$ cups		1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup
Onions, dehydrated or fresh, diced	5 oz.		10 oz.	
Ketchup, low sodium		$\frac{3}{4}$ gallons + $\frac{1}{2}$ cup		1 $\frac{1}{2}$ gallons + 1 cup
Garlic powder		2 $\frac{1}{2}$ Tbsp.		$\frac{1}{3}$ cup
Brown sugar	1 lb. 9 oz.	OR 3 cups	3 lbs. 2 oz.	OR 1 $\frac{1}{2}$ quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare lentils: Combine water, vegetable broth and rinsed lentils in a large pot or steam jacketed kettle. Heat on high until lentils have reach a low boil. Reduce heat and simmer, uncovered for 15-20 minutes, until tender.

**Alternative method: Combine water, vegetable broth and rinsed lentils in a steam table pan and steam approximately 45-60 minutes, until tender. (Lentils can be steamed the day before and kept in the cooler.)

2. Drain remaining liquid from lentils.

3. If preparing barbeque sauce: Simmer vegetable stock and onions over medium heat for five minutes.

Add ketchup, garlic powder and brown sugar. Simmer 15-20 minutes, stirring frequently. (Can be made the day before.)

4. Heat crumbles in tilt skillet or steam jacketed kettle for 5 minutes, stirring frequently.

5. Add lentils and barbeque sauce and simmer until meal service.

**For even more robust flavor, allow the sloppy joe mix to simmer for at least two hours.

HACCP Critical Control Point: Heat to a temperature of 150°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.



Sweet Sloppy Joes with Lentils Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Use a #8 scoop ($\frac{1}{2}$ cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 2 meat/meat alternates, 2 ounce equivalent grains.

Use a #16 scoop ($\frac{1}{4}$ cup) and serve on hamburger bun.

Each sloppy joe sandwich provides 1 meat/meat alternates, 2 ounce equivalent grains.

Nutrition Information per 2 m/ma and 2 grain equivalents *From USDA Nutrient Database

Calories: 292 Total Fat: 4.5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat:

0g

Cholesterol: 0mg Carbohydrate: 51g Fiber: 6g Total Sugar: 22g Protein: 16g Sodium: 467mg Vitamin A:

16 μ g

Vitamin C: 3mg Calcium: 93mg Iron: 3mg Folate: 139 μ g



Taco Pizza

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings (48)

100 Servings (96)

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Pizza crust, par-baked, 16 inch, whole grain rich OR Flatbread, individual round or square		6 each OR 50 each		12 each OR 100 each
Meatless sausage-style crumbles, 1 oz. = 1 meat alternate	5 lbs. 2 oz.		10 lbs. 4 oz.	
Oil, olive or vegetable		½ Cup		1 cup
Bean Spread:				
Beans, great northern, cooked, drained OR Beans, garbanzo, cooked, drained		2 ½-#10 cans OR 1 ½ gallons + 1 cup		5-#10 cans OR 3 gallons + 1 pint
Lemon juice		1 ½ Tbsp.		3 Tbsp.
Onion powder		1 Tbsp.		2 Tbsp.
Garlic powder		1/8 cup		1/4 cup
Salt		1 ½ Tbsp.		3 Tbsp.
Pepper, black		1 ½ Tbsp.		3 Tbsp.
Hot Sauce		1 Tbsp.		2 Tbsp.
Oil, olive or vegetable		1 ½ cups		1 pint + 1 cup
Salsa, canned		¾ gallon + ½ cup		1 ½ gallons + 1 cup
Tomatoes, finely diced or sliced	2 lbs.		4 lbs.	
Onions, sliced	2 lbs.		4 lbs.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. To prepare bean spread: Add beans, onion powder, garlic powder, salt, pepper, lemon juice, hot sauce and oil to VCM or food processor. Mix until smooth.
2. Transfer bean mixture to pan, cover and steam until warm.
3. Steam sausage-style crumbles until thawed and warm. Keep in warmer.
3. Place flatbread on sheet pans or pan up pizza crust.
4. Brush each flatbread or pizza with a small amount of oil.
5. Scoop 1-#16 scoop (1/4 cup) of bean spread evenly on each flatbread or 1 pint (2 cups) over each pizza.
6. Spread 1 ounce of sausage crumbles over each flatbread or 8 ounces over 16 inch crust.
7. Top each flatbread or pizza with the tomatoes and onions.
8. Bake at 375°F in convection oven for 5 to 8 minutes or until pizzas reach 145°F for 15 seconds. Do not overbake.



Taco Pizza Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

Each serving provides 2 meat/meat alternates, 2 ounce equivalent grains, 1/4 red/orange vegetable and 1/8 other vegetable (if onion used).

Nutrition Information per serving *From USDA Nutrient Database

Calories: 420 Total Fat: 14g Saturated Fat: 1g Monounsaturated Fat: 6g Polyunsaturated Fat: 1g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 57g Fiber: 11g Total Sugar: 6g Protein: 21g Sodium: 723mg Vitamin A: 23µg

Vitamin C: 7mg Calcium: 124mg Iron: 8mg Folate: 83µg



Teriyaki Bowl

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Chicken-free strips, 1 oz. meat alternate equivalent*	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Teriyaki Sauce, such as Foothill Farms, La Choy or Schwan's brands		1 $\frac{1}{2}$ quarts		3 quarts
Grain preparation: Brown rice, dried	6 lbs. 4 oz.		12 lbs. 8 oz.	
Water		$\frac{1}{2}$ gallon		1 gallon
OR				
Whole grain-rich noodles, dry Yakisoba or spaghetti	6 lbs. 4 oz.		12 lbs. 8 oz.	

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.



Teriyaki Bowl Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Preparation

1. Prepare grain as follows:

a. If using noodles, prepare al dente; drain and keep warm. If desired, add a small amount of oil to the noodles to prevent them from sticking.

b. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat.

HACCP Critical Control Point: Hold at 135°F or higher.

2. Meanwhile, chop the chicken-free strips with a knife or vertical cutter mixer (VCM).

3. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, vegetable broth/water in a tilt skillet or wok. Sauté for 5-10 minutes, until vegetables are tender.

4. Add the teriyaki sauce to the vegetables; mix to combine. Continue to sauté for another 5 minutes, until heated through.

5. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

Serving Information

Portion 1 cup of teriyaki mixture on top of one cup of brown rice or noodles.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

Portion ½ cup of teriyaki mixture on top of ½ cup of brown rice or noodles.

Each bowl provides 1 meat/meat alternates, 1 ounce equivalent grains and ¼ cup other vegetable.

Nutrition Information per 2 m/ma, 2 oz. grain serving *From USDA Nutrient Database

Calories: 426 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 73g Fiber: 12g Total Sugar: 11g Protein: 23g Sodium: 455mg Vitamin A:
255µg Vitamin C: 33mg Calcium: 96mg Iron: 4mg Folate: 102µg



Teriyaki Wrap

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Chicken-free strips, 1 oz. meat alternate equivalent*	3 lbs. 2 oz.		6 lbs. 4 oz.	
Garbanzo beans, canned, drained, rinsed		$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup OR 1 $\frac{1}{4}$ - #10 cans		1 $\frac{1}{2}$ gallons + 1 cup OR 2 $\frac{1}{2}$ -#10 cans
Broccoli florets, fresh OR Broccoli florets, frozen	1 lb. OR 2 lbs. 12 oz.		2 lbs. OR 5 lbs. 8 oz.	
Carrots, shredded	1 lb. 8 oz.		3 lbs.	
Sugar snap peas, frozen	2 lbs. 12 oz.		5 lbs. 8 oz.	
Cabbage, sliced	2 lbs. 8 oz.			5 lbs.
Vegetable broth, low sodium or water		1 cup		1 pint
Prepared Teriyaki Sauce, such as Foothill Farms, La Choy or Schwan's brands		1 $\frac{1}{2}$ quarts		3 quarts
Tortilla, whole grain rich, 2 grain equivalent		50 each		100 each

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Chop the chicken-free strips with a knife or vertical cutter mixer (VCM).
2. Combine broccoli, carrots, sugar snap peas, garbanzo beans, chicken-free cubes, vegetable broth/water in a tilt skillet, wok or steamer. Sauté or steam for 5-10 minutes, until vegetables are tender.
3. Add the teriyaki sauce to the vegetables; mix to combine. Continue to sauté or steam for another 5 minutes, until heated through.

4. Transfer to a pan, cover and hold in warmer until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.



Teriyaki Wrap Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Portion 1 cup of teriyaki mixture on top of each tortilla. Fold in half.

Each bowl provides 2 meat/meat alternates, 2 ounce equivalent grains and ½ cup other vegetable.

OR

Portion ½ cup of teriyaki mixture on top of 1 oz. equivalent tortilla. Fold in half.

Each bowl provides 1 meat/meat alternates, 1 ounce equivalent grains and ¼ cup other vegetable.

Nutrition Information per 2 m/ma, 2 oz. grain serving *From USDA Nutrient Database

Calories: 426 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 73g Fiber: 12g Total Sugar: 11g Protein: 23g Sodium: 455mg Vitamin A:

255µg Vitamin C: 33mg Calcium: 96mg Iron: 4mg Folate: 102µg



Tropical Chickpeas with Pineapple

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #2- Same Day Service

YIELD

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Measure	Measure
Pineapple tidbits, drained	1 ½ gallons + 1 cup OR 3 -#10 cans	¾ gallon + ½ cup OR 1 ½ -#10 cans
Onions, chopped	1 quart	1 pint
Carrots, shredded	¾ gallon + ½ cup (12 ½ cups)	1 ½ quarts + ¼ cup (6 ¼ cups)
Garlic powder	¼ cup	2 Tbsp.
Ginger, granulated	2/3 cup	1/3 cup
Maple Syrup	2 quarts	1 quart
Soy Sauce, reduced sodium	1 1/3 cups	2/3 cup
White Vinegar	2 ½ cups	1 ¼ cups
Garbanzo beans, canned, drained and rinsed	3 gallons + 1 pint OR 5 -#10 cans	1 ½ gallons + 1 cup OR 2 ½ -#10 cans
Cornstarch	1 pint	1 cup
Water	1 pint	1 cup
Rice Preparation		
1 ounce grain equivalent: Brown rice, dried	6 lbs. 4 oz.	3 lbs. 2 oz.
Water	1 quart	1 quart
2 ounce grain equivalents: Brown rice, dried	OR 12 lbs. 8 oz.	OR 6 lbs. 4 oz.
Water	1 gallon (4 quarts)	½ gallon (2 quarts)

HACCP- Standard Operating Procedure- Use handwashing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare rice by combining with water and cooking. Fluff. Place in warmer until service.

*Recommended cooking method: Steam or bake, covered for approximately 15 minutes. Alternative cooking method: Heat to a rolling boil. Cook until water is absorbed, about 30 minutes. HACCP Critical Control Point: Hold at 135°F or higher.

2. Combine pineapple, chickpeas, maple syrup, soy sauce, vinegar, onion, carrots, garlic and ginger in a saucepan, tilt skillet, kettle or steamtable pan. Simmer for 30 minutes, until sauce begins to thicken and chickpeas are well coated.

3. In a small bowl, whisk together cornstarch and cold water.

4. Add cornstarch mixture to the sauce, stirring constantly until the cornstarch is fully combined and mixture is thickened, approximately 3-5 minutes. Keep warm until meal service.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Tropical Chickpeas with Pineapple

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information for 2 M/MA

Portion 1 cup of Tropical chickpeas and Pineapple mixture over $\frac{1}{2}$ cup of brown rice.

Each serving provides 2 ounces meat/meat alternates, $\frac{1}{4}$ cup fruit, $\frac{3}{8}$ cup red/orange vegetable and 1 ounce grain equivalents.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 471 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 2g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 92g Fiber: 9g Total Sugar: 24g Protein: 16g Sodium: 283mg Vitamin A:
117 μ g Vitamin C: 7mg Calcium: 200mg Iron: 3mg Folate: 70 μ g

OR

Serving Information for 1 M/MA

Portion $\frac{1}{2}$ cup of Tropical chickpeas and Pineapple mixture over $\frac{1}{2}$ cup of brown rice.

Each serving provides 1 ounce meat/meat alternates, $\frac{1}{8}$ cup fruit, and 1 ounce grain equivalents.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 235 Total Fat: 3g Saturated Fat: 0.5g Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat:
0g Cholesterol: 0mg Carbohydrate: 46g Fiber: 4.5g Total Sugar: 12g Protein: 8g Sodium: 142mg Vitamin A:
59 μ g Vitamin C: 3mg Calcium: 48mg Iron: 2.5mg Folate: 56 μ g



Very Veggie Chili with Quinoa

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Tomatoes, diced, canned		2 - #10 cans OR 1 $\frac{2}{3}$ gallons		4 - #10 cans OR 3 $\frac{1}{3}$ gallons
Tomato paste		1 $\frac{1}{2}$ quarts		3 quarts
Kidney beans, canned, drained, rinsed		1 $\frac{1}{2}$ gallons + 1 cup OR 1 $\frac{1}{2}$ - #10 cans		3 gallons + 1 pint OR 3 - #10 cans
Black beans, canned, drained, rinsed		1 $\frac{1}{2}$ gallons + 1 cup OR 2 - #10 cans		3 gallons + 1 pint OR 4 - #10 cans
Onions, fresh, chopped	2 lbs. 12 oz. OR	1 $\frac{1}{2}$ quarts + $\frac{1}{4}$ cup	5 lbs. 8 oz. OR	$\frac{3}{4}$ gallon + $\frac{1}{2}$ cup
Green peppers, fresh, diced	10 oz.		1 lb. 4 oz.	
Carrots, shredded	1 lb.		2 lb.	
Vegetable broth, low sodium (for sweating the vegetables)		1 $\frac{1}{4}$ cups		2 $\frac{1}{2}$ cups
Corn, tempered	8 oz.		1 lb.	
Salt		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup
Chili powder		$\frac{2}{3}$ cup		1 $\frac{1}{3}$ cups
Garlic, granulated		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Cumin		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup
Quinoa	3 lbs. 2 oz. (dry)	OR 1 $\frac{1}{2}$ gallons + 1 cup, prepared	6 lbs. 4 oz. (dry)	3 gallons + 1 pint, prepared
Water		1 quart		2 quarts
Vegetable broth, low sodium (add after 30 minutes of simmering)		2 cups – 1 quart		1 quart- 2 quarts

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Prepare quinoa as directed on box/bag.
2. Sweat onions and peppers with vegetable broth on stove top or tilt skillet for five minutes, until onions are translucent.
3. Add remaining ingredients to the onion and pepper mixture. Let simmer for 30 minutes.
4. After 30 minutes, stir chili and add vegetable broth one cup at a time, until desired consistency is reached. Simmer for another 30 minutes to an hour.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.



Very Veggie Chili with Quinoa Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Serve 1 ½ cups chili with one ounce corn tortilla chips, roll or cornbread.

Each chili serving provides 2 meat/meat alternates, and ½ cup red/orange vegetable, 1 ounce grain equivalent.

OR

Serve ¾ cup chili with one ounce corn tortilla chips, roll or cornbread.

Each chili serving provides 1 meat/meat alternates, and ¼ cup vegetable component and ½ ounce grain equivalent.

Nutrition Information per 1 ½ cup serving *From USDA Nutrient Database

Calories: 418 Total Fat: 4g Saturated Fat: 1g Monounsaturated Fat: 1g Polyunsaturated Fat: 2g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 79g Fiber: 22g Total Sugar: 10g Protein: 22g Sodium: 780*mg Vitamin A:
156µg Vitamin C: 32mg Calcium: 166mg Iron: 9mg Folate: 254µg

*Sodium content will vary depending on products used. To decrease sodium further, replace vegetable broth with water and use reduced sodium tomato products.



Wonderful White Beans & Greens

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Turnip greens, raw, chopped (thick stems removed) OR Turnip greens, frozen, chopped leaves	7 lbs. 12 oz. OR 5 lbs. 4 oz.		15 lbs. 8 oz. OR 10 lbs. 8 oz.	
Great northern beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Brown rice, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		¾ cup		1 ½ cups
Cajun seasoning OR Scratch seasoning:		3 Tbsp.		3/8 cup
Salt		2 tsp.		1 Tbsp. + 1 tsp.
Garlic powder		2 tsp.		1 Tbsp. + 1 tsp.
Paprika		1 Tbsp.		2 Tbsp.
Black pepper		1 tsp.		2 tsp.
Onion powder		1 tsp.		2 tsp.
Cayenne pepper		1 tsp.		2 tsp.
Thyme, dried		1 tsp.		2 tsp.
Oregano, dried		1 tsp.		2 tsp.
Tomatoes, canned, diced		1 ½ quarts + 1 cup		3 quarts + 1 pint
Water		3 cups		1 ½ quarts
Balsamic vinegar		½ cup		1 cup
Soy sauce, reduced sodium		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Prepare rice by combining with water and cook in steamer or oven. Fluff. Place in warmer until service.
2. Heat oil in tilt skillet or steam jacketed kettle.
3. Add the chopped turnip greens and seasoning to skillet, stir and allow greens to wilt for about 3 minutes.
4. Add beans, tomatoes, water, balsamic vinegar, and soy sauce to greens. Reduce heat and simmer for about 15 minutes until mixture reaches 140°F for 15 seconds and greens are tender.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher

Wonderful White Beans & Greens

Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Plate $\frac{1}{2}$ cup beans and greens over 1 cup rice.

Each $1 \frac{1}{2}$ cup serving provides 2 meat/meat alternates, 2 ounce grain equivalents, and $\frac{1}{4}$ dark green vegetable.

OR

Portion $\frac{1}{4}$ cup beans and greens over $\frac{1}{2}$ cup rice.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and $\frac{1}{8}$ cup vegetable serving.

Nutrition Information per 2 m/ma and 2 oz. grain equivalent *From USDA Nutrient Database

Calories: 383 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g
Cholesterol: 0mg Carbohydrate: 71g Fiber: 11g Total Sugar: 3g Protein: 15g Sodium: 442mg Vitamin A:
247 μ g Vitamin C: 14mg Calcium: 181mg Iron: 5mg Folate: 100 μ g



Index

Amazing Lo Mein with Edamame	2
Amazing Lo Mein.....	3
Artichoke, Bean & Spinach Potato	4
Baja Breakfast Bowl.....	6
Bento Box Combinations	7
Black Bean & Corn Salad	8
Buddha Bowl.....	9
Chana Masala	11
Chickpea Biryani	13
Chili Cheez Boats	15
Chili Cheez Nachos.....	16
Chocolate Chip Cookie Dough Hummus.....	16
Crazy Chickpea Salad	18
Crazy Curry Bowl	19
Crazy Curry Wrap.....	21
Enchilada Chili	23
Enchilada Stack	24
Energizing Edamame & Rice Shaker	25
Fiesta Rice & Beans Bowl	27
Fiesta Rice & Beans Shaker.....	29
Hearty Hummus & Quinoa Bowl	31
Hearty Veggie Doro Wat.....	32
Lemon Garlic Hummus.....	34
Mediterranean Flatbread with Lemon Garlic Hummus.....	35
Mighty Marinara with Chickpeas	37
Minestrone Soup	39
Oatmeal Raisin Hummus.....	41
Outrageous Orange Stir Fry Bowl.....	42



Pozole de Frijol (Bean, Hominy & Chili Soup)	46
Protein Packed Pasta Marinara.....	48
Protein Packed Two Bean Chili.....	50
Pumped Up Pasta Bake	51
Rainbow Hummus Wraps	53
Rockin’ Roasted Chickpeas	55
Savory Shepherd’s Pie	56
Sizzling Street Tacos with Cilantro Crema.....	58
Southwest Sweets, Beans & Quinoa Shaker	60
Spicy Sweet Potato Enchiladas	62
Spinach and Artichoke Flatbread with Lemon Garlic Hummus.....	64
Sriracha Lime Taco Filling.....	66
Super Sweet Potato & Black Bean Chili	67
Sweet & Savory Chickpea Biryani.....	69
Sweet Sloppy Joes with Lentils Only	71
Sweet Sloppy Joes with Lentils.....	72
Taco Pizza.....	74
Teriyaki Bowl	76
Teriyaki Wrap	78
Tropical Chickpeas with Pineapple	80
Very Veggie Chili with Quinoa.....	82
Wonderful White Beans & Greens.....	84

