

Crispy Impossible Black Bean Shepard's Pie & Tots

Recipe group	Additional name	Diet factors	Portions	Portion size
Entree	PF K-12	VG, NF	12	13.94
				OZ

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	3 cup	1 lb 9.41 oz	0%	1 lb 9.41 oz	Beans, Black, canned, drained, rinsed	For Impossible Bean Crumble: In a large mixing bowl, smash beans with a potato masher or fork until broken down but not into a paste. Add remaining ingredients in Step 1 and mix well.
	4 1/3 cup	1 lb 0.80 oz	0%	1 lb 0.80 oz	Vegan Meat, <i>Impossible Burger</i> block	
	1 1/2 tsp	0 lb 0.15 oz	0%	0 lb 0.15 oz	Salt, Kosher	
	1 1/2 tsp	0 lb 0.13 oz	0%	0 lb 0.13 oz	Pepper, Black, table grind	
	3/4 cup	0 lb 2.50 oz	0%	0 lb 2.50 oz	Cumin, ground	



Combine beans, meat and spices.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
2	2 tbsp	0 lb 0.96 oz	0%	0 lb 0.96 oz	Oil, Canola	On a flat top grill heat oil over medium heat. Sauté onions for 3-5 minutes. Add garlic and cook for 1 minute. Add bean mixture and cook for another 9-10 minutes or until cooked through and meat is browned. Crumble can be held in hotel pans in hot box until ready to add to stew.
	1 1/3 cup	0 lb 6.00 oz	9%	0 lb 6.62 oz	Onions, White, small diced	
	2 tbsp	0 lb 1.06 oz	12%	0 lb 1.20 oz	Garlic, cloves, peeled, minced	



Cook onion and garlic.



Add meat mixture and cook to browned.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
3	6 cup	3 lb 0.00 oz	0%	3.00 lb	Stock, Vegetable, low sodium	For Stew: Combine all ingredients in step 3 in a stock pot over medium high heat and bring to a simmer.
	1/4 cup	0 lb 2.00 oz	0%	0 lb 2.00 oz	Vinegar, Red Wine	
	1/4 cup	0 lb 2.32 oz	0%	0 lb 2.32 oz	Tomato Paste, canned	
	3.0 ea	0 lb 0.03 oz	0%	0 lb 0.03 oz	Bay Leaves, dried, whole	
	2 tsp	0 lb 0.28 oz	0%	0 lb 0.28 oz	Thyme, dried, whole leaf	
	6 cup	1 lb 13.64 oz	0%	1 lb 13.64 oz	Peas and Carrots mixture, frozen	



Bring ingredients to a simmer.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
4					Once simmering, add in crumble. let simmer for 20-30 minutes until thickened. Stew can be held in hotel pans in hot box or hot well until ready for service.



Cook stew until thickened.

	Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
5	9 1/2 cup	2.00 lb	22%	2 lb 8.97 Potato, Tater Tot, oz frozen	For Tots: Prepare Tator Tots according to package. Tots can be held in hotel pans in hot box or hot well until ready for service.



Prepare Tots.

Capacity measure	EP	Trim loss	AP Name of ingredient	Methods
6				For Service: Portion 1 1/2 cup stew in a bowl and top with 1/2 cup tots.

RECIPE IMAGES



Crispy Impossible Black Beans Shepard's Pie & Tots

ALLERGENS

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WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	10 lb 7.27	0 %	10 lb 7.27	0 %	10 lb 7.27
	OZ		OZ		OZ
Size of portion	13.94 oz		13.94 oz		13.94 oz

ADDITIONAL INFO

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MEMO

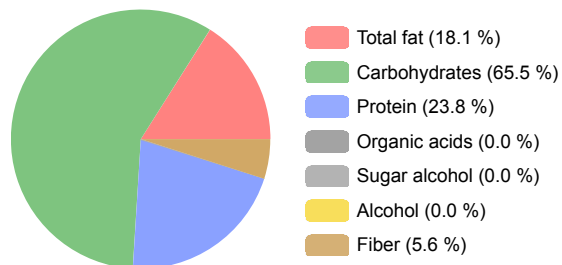
Each serving provides 2 meat/meat alternate, 1/2 cup starchy vegetable and 1/4 cup other vegetables.

NUTRITION INFORMATION

per portion

Energy nutritives				Calories	RDI	Minerals		RDI	
		RDI	% of energy						
Total fat	10.01 g	13 %	18.10 %	488.84 kcal	24 %	Salt	1.61 g		
Saturated	1.21 g	6 %	2.19 %	2,045.32 kJ		Salt	0.41 %		
Monounsaturated	3.82 g		6.91 %			Sodium	822.42 mg	36 %	Vitamins
Polyunsaturated	2.41 g		4.36 %			Phosphorus	427.85 mg	34 %	Vitamin A
Trans fatty acids	0.01 g		0.02 %			Potassium	2,192.83 mg	47 %	Vitamin D
Cholesterol	0.00 mg	0 %				Iron	13.15 mg	73 %	Thiamine
Linolenic acid	1.88 g		3.40 %			Calcium	259.07 mg	20 %	Riboflavin
Alpha-linolenic acid	389.87 mg		0.71 %			Zinc	2.55 mg	23 %	Niacin
Total Carbohydrate	78.81 g	29 %	65.50 %			Magnesium	165.79 mg	39 %	Vitamin B6
Sugars total	6.14 g	12 %				Iodine	0.00 µg	0 %	Vitamin B12
Added sugar	0.00 g	0 %	0.00 %			Selenium	4.15 µg	8 %	Folate
Lactose	0.00 g					Copper	0.92 mg	102 %	Vitamin C
Fiber	14.26 g	51 %	5.58 %						Vitamin E
Organic acids	0.00 g		0.00 %						Vitamin K
Sugar alcohol	0.00 g		0.00 %						Others
Starch	17.89 g		14.87 %						Water
Protein	28.61 g	57 %	23.78 %						246.94 g
Alcohol	0.00 g		0.00 %						

PERCENTAGE OF ENERGY



CO2



0.02 kg

Comparable values

Snacks	1.19 kg
Main courses	1.66 kg
Desserts	0.75 kg

Comparable CO2 emissions for equal sized portions.

Though the reported CO2 emissions represent a major part of the actual emissions, they do not make up the whole amount. Rather than comparing the absolute values, we recommend comparing the portions in relation to each other. The CO2 emissions are based on the size of the portions and the average climate impact of the ingredients, but they do not take into account the general climate impact allocated for all the portions in restaurant services or the climate impact caused by the manufacturing. The average CO2 emission values have been calculated from the JAMIX sample database, which contains different types of recipes.