

RECIPES KIDS LOVE

BASIC AMERICAN FOODS™



A school year of delicious food &





FUN, DELICIOUS FOODS TO BOOST ADP



It's never been easier to be a school lunch hero with these new kid-friendly recipes and fun-packed theme ideas from Basic American Foods. Every recipe is kid-approved so they're sure to be a hit with your students and staff. Always easy-to-prepare, these craveable dishes are developed to add variety to your menu, boost ADP and give students more of the foods they love.



Basic American Foods Potatoes and Beans are 100% substitutable. Use your allocated pounds for any of our delicious potatoes and beans.

- **Potatoes:** 110227
- **Beans:** 110381

RECIPES KIDS LOVE

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Delicious Fun Recipes

Brighten every day with the delicious foods your students love from Basic American Foods.

Get Creative

Use a variety of cookie cutters for any holiday or theme. Shapes such as shamrocks, trees, flowers, favorite animals, school mascots, etc. are a fun and simple way to customize this recipe.



change ups & tips:

- Add any cheese you like into the mashed potatoes and serve.

Use Our Tools

We make it easy for you to let parents know the tasty foods you are serving their kids. All of these delicious recipe photos are available for you to use for your calendars, flyers, signage, social media, and more! Go to buffoodservice.com/k-12 to get photos.



CHEESY POTATOES OF LOVE

Yield: About 40, 4.3 oz servings

INGREDIENTS

- 1 pouch Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
- 1 lb + 4 1/8 oz American-blend Cheese, yellow, sliced
- 1 gal + 1 cup Hot Water (170-190°F)
- 1 (1 second) spray Cooking Spray

DIRECTIONS

1. Using a heart shaped cookie cutter (about 1 1/2" x 1 1/2"), cut enough heart shapes out of each cheese slice. Set aside.
2. Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-steamtable pan.
3. Add potatoes and remaining cheese slices without the heart cutouts. Stir for 15 seconds or until cheese is fully incorporated. Let stand for 5 minutes, stir well.
4. Using a 1/2 cup/4.3 oz (#8 disher), scoop prepared cheesy potato mounds onto sheet pan(s) sprayed with pan spray. Top with heart shapes. Place in the warmer for no longer than 30 minutes. Serve.

NUTRITION*

Cal. 111	Fat 3.5g	Sat. Fat 1.5g	Sod. 325mg	Carb. 15g	Prot. 5g
Components: .5 oz eq M/MA, 1/2 cup Starchy Veg					

* Nutrition information is an approximate guideline, based upon supplier information and available reference data. These values may change based on your final products or preparation modifications.



change ups & tips:

- Use any cheese.
- This recipe isn't just for Halloween, serve from a steamtable pan without olives.



change ups & tips:

- Use any color for any holiday/event.
- For a spicier flavor, use country gravy. Can garnish with fresh or dried parsley.

GHOST POTATOES

Yield: About 40, 4.25 oz servings

INGREDIENTS

1 pouch	Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
1 gal + 1 cup	Hot Water (170-190°F)
2 Tbsp + 1 tsp	Granulated Garlic
1/3 cup + 2 tsp	Parmesan Cheese, grated
1 (1 second) spray	Cooking Spray
2 2/3 oz	Olives, black, canned, sliced, drained

DIRECTIONS

1. Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-steamtable pan.
2. Add potatoes, granulated garlic, and parmesan cheese, stir for 15 seconds.
3. Let stand for 5 minutes, stir well. Using a 1/2 cup/4.25 oz (#8 disher), scoop prepared potato mounds onto sheet pan(s) sprayed with pan spray.
4. Make ghost eyes by placing two olive slices on the side of each potato mound. Serve hot.

NUTRITION*

Cal. 79	Fat 1.5g	Sat. Fat 0.1g	Sod. 205mg	Carb. 14.5g	Prot. 2g
Components: 1/2 cup Starchy Veg					

LUCKY GREEN POTATOES

Yield: About 40, 4.25 oz servings

INGREDIENTS

1 pouch	Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
1 gal + 1 cup	Hot Water (170-190°F)
1 1/4 cup	Chicken Gravy Mix
40 drop (1/2 tsp)	Green Food Coloring

DIRECTIONS

1. Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-steamtable pan.
2. Whisk gravy mix into hot water until dissolved. Stir in food coloring. Add potatoes, stir for 15 seconds or until gravy is completely incorporated. If needed, add more water 1/2 cup at a time until desired consistency is reached.
3. Let stand for 5 minutes, stir well. Serve using a 1/2 cup/4.25 oz (#8 disher).

NUTRITION*

Cal. 85	Fat 1.5g	Sat. Fat 0.2g	Sod. 302mg	Carb. 16.5g	Prot. 2.5g
Components: 1/2 cup Starchy Veg					



change ups & tips:

- Substitute Teriyaki BBQ sauce for Marinara.
- Or use Alfredo sauce or Mexican style cheese sauce with chicken nuggets.

POWER MEATBALL POTATO BOWL

Yield: About 40 servings

INGREDIENTS

1 pouch	Potato Pearls® EXCEL® Original Butter Mashed, Reduced Sodium
80 each	Meatballs, beef (1 oz each)
2 qt + 2 cup	Pasta Sauce
1 gal + 1 cup	Hot Water (170-190°F)

DIRECTIONS

1. Prepare meatballs according to manufacturer's instructions.
2. Heat sauce in a kettle or steamer. (Note: if heating in a steamer, heat covered to avoid additional moisture). Mix with meatballs.
3. Pour 4L (about 1 gallon plus 1 cup) of hot water (170-190°F) into 6" deep half-steamtable pan. Add potatoes, stir for 15 seconds. Let stand for 5 minutes, stir well.
4. Serve a ½ cup/4.13 oz (#8 disher) prepared potatoes, topped with 1 oz equivalent meatballs and ¼ cup sauce.

NUTRITION*

Cal. 175	Fat 5.5g	Sat. Fat 1.8g	Sod. 600mg	Carb. 21.5g	Prot. 9g
Components: 1 oz eq M/MA, ¼ cup Red/Orange Veg, ½ cup Starchy Veg					



change ups & tips:

- Replace the tortilla with whole grain rich tortilla chips.

HUEVOS RANCHEROS QUESADILLA

Yield: About 34 servings

INGREDIENTS

1 pouch	Santiago® Smart Servings™ Vegetarian Refried Beans, Low Sodium
15 ¾ oz	Eggs, liquid, whole, frozen
34 each	Tortillas, whole grain (8")
2 qt	Water, boiling
2 ½ cup	Tomatoes, canned, diced, no salt added
½ cup + 1 Tbsp	Green Chilies
1 Tbsp	Garlic Powder
1 lb + 1 ½ oz	Mozzarella Cheese, shredded
1 (1 second) spray	Cooking Spray
2 ½ cup	Salsa, low sodium

DIRECTIONS

1. Thaw eggs in refrigerator 1-2 days before preparation. Place tortillas in the warmer for about 45 minutes.
2. Pour ½ gallon (1.9L) boiling water into 4" deep half-steamtable pan. Quickly pour beans, tomatoes, green chilies, and garlic powder into water. Stir ingredients together and cover. Allow beans to sit for 25 minutes in the warmer.
3. Scramble eggs.
4. Preheat oven to 350°F. Fold each tortilla in half. In the center spread ¾ cup (3 oz ladle) bean mixture evenly in the center, top with ½ oz scrambled egg and ½ oz cheese. Fold in the center. Lightly spray quesadillas with pan spray and bake for 7-8 minutes or until tortilla is lightly toasted.
5. Cut each quesadilla into three triangles. Serve with 1 Tbsp salsa.

NUTRITION*

Cal. 270	Fat 7.2g	Sat. Fat 3.5g	Sod. 445mg	Carb. 39g	Prot. 13g
Components: 2 oz eq M/MA, 1.5 oz eq Grain, ½ cup Red/Orange Veg					



change ups & tips:

- A Mexican style cheese sauce would also go well with this recipe.
- Add an additional topping bar: onions, jalapenos, olives, salsa or hot sauce.

MACHO NACHOS

Yield: About 34 servings

INGREDIENTS

1 pouch	Santiago® Smart Servings™ Vegetarian Refried Beans, Low Sodium
1 qt + 2 cup	Water, boiling
2 ½ cup	Enchilada Sauce, green, canned
2 lb + 2 oz	Mexican-blend Cheese, shredded
2 lb + 2 oz	Tortilla Chips, whole grain
12 ⅓ oz	Lettuce, iceberg, shredded
15 ¾ oz	Tomatoes, fresh diced
1 cup + 1 Tbsp	Sour Cream, light

DIRECTIONS

1. Preheat oven to 350°F.
2. Pour 1 quart plus 2 cups boiling water into 4" deep half-steamtable pan. Quickly pour beans and enchilada sauce into water. Stir ingredients together. Allow beans to sit for 25 minutes in the warmer. Remove from the warmer and stir well. Top with 2 lb plus 2 oz cheese and bake uncovered for 10-12 minutes or until cheese is golden brown.
3. Assemble servings in a serving boat or tray: Place 1 oz tortilla chips in the dish, top with ½ cup/4 oz (#8 disher) beans and cheese. Top with ¼ cup (2 oz ladle) lettuce, 2 Tbsp (#30 disher) tomatoes, and 1 Tbsp sour cream. Serve.

NUTRITION*

Cal. 320	Fat 12.3g	Sat.Fat 5.8g	Sod. 360mg	Carb. 39g	Prot. 14.3g
Components: 2 oz eq M/MA, 1 oz eq Grain, ⅓ cup Red/Orange Veg, ⅓ cup Other Veg					



change ups & tips:

- These can be served anytime of the year. Use any color for various occasions.
- Serve with whole grain tortilla chips or vegetables sticks: carrots, celery, bell peppers, or jicama.

FIRECRACKER DIP CUPS

Yield: About 17 servings

INGREDIENTS

1 pouch	Santiago® Smart Servings™ Vegetarian Refried Beans, Low Sodium
1 qt + 2 cup	Water, boiling
2 cup	Enchilada Sauce, red, canned
1 lb + 14 ⅝ oz	Mexican-style White Cheese Sauce
17 drop	Blue Food Coloring
2 cup	Tomatoes, fresh diced

DIRECTIONS

1. Pour 1 quart plus 2 cups boiling water into 4" deep half-steamtable pan. Quickly pour full pouch of beans and enchilada sauce into water. Stir ingredients together and cover. Allow bean mixture to sit for 25 minutes on steamtable. Cool bean mixture in the refrigerator. CCP: Cool to 41°F or lower within 4 hours. CCP: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours.
2. Separate cheese sauce in half. Blend one half cheese with food coloring, blend well.
3. In 16 oz clear plastic cups place ⅓ cup/5.4 oz (#6 disher) bean mixture at the bottom, top with ½ oz equivalent white cheese and ½ oz equivalent blue cheese sauce. Top with 2 Tbsp (#30 disher) chopped tomatoes. Serve with chips or fresh cut veggies for dipping.

NUTRITION*

Cal. 290	Fat 9g	Sat.Fat 4.7g	Sod. 655mg	Carb. 34g	Prot. 18g
Components: 1 oz eq M/MA, ½ cup Legumes, ⅓ cup Red/Orange Veg					



change ups & tips:

- Remove the taco bowl and use whole grain rich Frito's® or tortilla chips.

HAPPY TACO BOWL

Yield: About 13 servings

INGREDIENTS

1 pouch	Santiago® Refried Pinto Beans
2 qt	Water, boiling
½ cup + 1 Tbsp	Taco Seasoning, low sodium
1 lb + 5 ¼ oz	Romaine Lettuce, fresh, chopped
13 oz	Tostada Bowls, whole grain
3 ½ oz	Cheddar Cheese, reduced fat, shredded
12 ⅞ oz	Tomatoes, fresh, diced
2 ¾ oz	Olives, black, sliced canned, drained
1 ¾ cup	Sour Cream, light

DIRECTIONS

1. Pour ½ gallon (1.9L) boiling water into 4" deep half-steamtable pan. Whisk taco seasoning into water until fully incorporated.
2. Quickly pour beans into seasoned water. Stir ingredients together. Allow beans to sit for 40 minutes in the warmer. Remove from the warmer and stir well.
3. Place ¾ cup/6.6 oz (heaping 6 oz ladle) seasoned beans into tostada bowl. Spread ¾ cup (6 fl oz ladle) lettuce evenly over beans.
4. With the remaining ingredients make a smiley face. Sprinkle ¼ oz cheese on the top for spiky hair. Squeeze 2 Tbsp sour cream for eyes, place 2 tsp (#100 disher) olives for the nose and 1 Tbsp (~ #60 disher) tomatoes for mouth. Serve.

NUTRITION*

Cal. 380	Fat 8.8g	Sat. Fat 3.7g	Sod. 1060mg	Carb. 57g	Prot. 17g
Components: 2.25 oz eq M/MA, 1 oz eq Grain, ¾ cup Dark Green Veg, ⅓ cup Red/Orange Veg					



change ups & tips:

- Blend for a black bean hummus and serve with whole grain tortilla chips or vegetables sticks: carrots, celery, bell peppers, or jicama.

WALKING QUESADILLA BEAN DIP

Yield: About 13 servings

INGREDIENTS

1 pouch	Santiago® Seasoned Vegetarian Black Beans
3 ½ oz	Green Chilies with juice, canned
1 ¼ oz	Tomatoes, canned with juice, diced, no salt added
2 qt	Water, boiling
2 Tbsp	Cumin, ground
2 Tbsp	Garlic, powder
13 each	Tortillas, whole grain
13 oz	Cheddar Cheese, reduced fat, shredded
1 (1 second) spray	Cooking Spray
¾ cup + 1 ½ Tbsp	Sour Cream, light

DIRECTIONS

1. Preheat oven to 350°F. Heat tomatoes with juice and green chilies with juice in a stock pot or tilt skillet.
2. Pour ½ gallon (1.9L) boiling water into 4" deep half-steamtable pan. Whisk cumin and garlic powder into water until fully incorporated.
3. Quickly pour beans and 1 ¼ cup of heated green chilies-tomatoes mixture into seasoned water. Stir ingredients together. Allow beans to sit for 40 minutes in the warmer. Remove from the warmer and stir well.
4. Fold each tortilla on a sheet pan lined with parchment paper. Spread 1 oz of cheese in the center of each tortilla. Lightly spray with pan spray and bake for 7-8 minutes or until cheese is melted. Using a pizza cutter, cut each quesadilla into three triangles.
5. Place ¾ cup/7.1 oz (heaping 6 oz ladle) bean mixture in a boat or cup. Line the sides of the dish with three quesadilla triangles. Top bean mixture with 1 Tbsp sour cream. Serve.

NUTRITION*

Cal. 450	Fat 12g	Sat. Fat 6.8g	Sod. 960mg	Carb. 62g	Prot. 23g
Components: 3 oz eq M/MA, 1.5 oz eq Grain					



change ups & tips:

- Remove the pepperoni and serve with just cheese for Meatless Mondays or choose any traditional pizza toppings.

PEPPERONI POTATO PIZZA BAKE

Yield: About 31, 6.63 oz servings

INGREDIENTS

1 carton	BAF Au Gratin Potato Casserole, Reduced Sodium
1 gal + 1 qt	Water, boiling
1/3 cup + 5 tsp	Onions, dehydrated
1 Tbsp	Italian Seasoning
1 lb + 15 1/3 oz	Cheddar Cheese, reduced fat, shredded
10 1/3 oz	Pepperoni Slices, 1/4 oz each

DIRECTIONS

1. Add 5 quarts boiling water (212°F) for convection oven (4 1/2 quarts for conventional) to a 4" deep full-steamtable pan. Whisk in sauce mix, onions, and Italian Seasoning. Stir until cheese sauce is dissolved.
2. Add potato slices. Stir. Evenly top with shredded cheese. Top with 10 1/3 oz (enough to equal 1/4 oz equivalent M/MA each serving) pepperoni slices.
3. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. Serve 3/4 cup/6.63 oz (heaping 6 oz ladle).

NUTRITION*

Cal. 230	Fat 7.7g	Sat. Fat 4.5g	Sod. 540mg	Carb. 27g	Prot. 10.7g
Components: 1.25 oz eq M/MA, 1/2 cup Starchy Veg					



change ups & tips:

- Cook ham and eggs into the potatoes for an easy-to-serve casserole.

GREEN EGGS & HAM POTATO BOWL

Yield: About 32 servings

INGREDIENTS

1 carton	BAF Scalloped Potato Casserole, Reduced Sodium
1 lb + 13 1/8 oz	Eggs, liquid, frozen
1 lb + 4 oz	Ham, 97% fat free, diced
1 gal + 1 qt	Water, boiling
1/3 cup	Garlic, granulated
33 drop	Green Food Coloring
1 (1 second) spray	Cooking Spray

DIRECTIONS

1. Thaw eggs and ham in the refrigerator the day before.
2. Heat ham according to package directions.
3. Add 5 quarts boiling water (212°F) for convection oven (4 1/2 quarts for conventional) to a 2 1/2" deep full-steamtable pan. Stir in sauce mix until dissolved. Add potato slices. Stir.
4. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes.
5. While potatoes are baking, whisk granulated garlic and green food coloring into thawed eggs. Scramble eggs.
6. To cook eggs in the steamer: Evenly distribute egg mixture into (12" x 20" x 4") steamtable pan(s) lightly coated with pan spray. Cover and steam for 10 to 15 minutes or until 165°F. Stir and chop eggs.
7. Place heaping 1/2 cup/5.39 oz (#8 disher) potatoes in a bowl or boat. Top with 1 oz equivalent (2 Tbsp/#30 disher) green scrambled eggs and 1/2 oz (#20 disher) diced ham. Serve.

NUTRITION*

Cal. 170	Fat 5g	Sat. Fat 1.5g	Sod. 375mg	Carb. 26g	Prot. 7.8g
Components: 1.5 oz eq M/MA, 1/2 cup Starchy Veg					



change ups & tips:

- Try pre-cooked taco flavored crumbles.
- Add an additional topping bar: onions, jalapenos, olives, salsa or hot sauce.

CHEESY TACO POTATOES

Yield: About 31 servings

INGREDIENTS

1 carton	BAF Au Gratin Potato Casserole, Reduced Sodium
2 lb + 9 7/8 oz	Beef, 85/15, ground
1/2 cup + 1 Tbsp	Taco Seasoning
2 1/4 cup	Water, boiling
1 gal + 1 qt	Water
15 2/3 oz	Cheddar Cheese, reduced fat, shredded
1 lb + 7 oz	Lettuce, iceberg, shredded
3 3/4 cup + 2 1/2 Tbsp	Salsa, low sodium

DIRECTIONS

1. Brown ground beef. Season with taco seasoning and water according to package directions. Heat to 165°F.
2. Add 5 quarts boiling water (212°F) for convection oven (4 1/2 quarts for conventional) to a 4" deep full-steamtable pan. Stir in sauce mix. Stir until cheese sauce is dissolved.
3. Add potato slices and 1 oz equivalent seasoned beef. Stir. Evenly top with shredded cheese.
4. Bake in a convection oven at 300°F for 45-60 minutes. For conventional oven, bake at 400°F for 45-60 minutes. Top with lettuce right before serving to prevent it from wilting. Serve 1 cup/7.8 oz (8 oz ladle). Top with 2 Tbsp (1 fl oz ladle) salsa.

NUTRITION*

Cal. 265	Fat 10g	Sat. Fat 4g	Sod. 580mg	Carb. 29g	Prot. 12.7g
Components: 1.5 oz eq M/MA, 1/8 cup Red/Orange Veg, 1/2 cup Starchy Veg, 1/8 Other Veg					



change ups & tips:

- Use the "meat" sauce as a base for a pizza and top with cheese.

SPAGHETTI WITH "MEAT" SAUCE

Yield: 42 servings

INGREDIENTS

2 pouches	BAF Plant Protein Crumble-Beef
2 - #10 cans	Marinara sauce, low sodium
1/4 cup	Italian seasoning, salt-free

DIRECTIONS

1. Prepare Crumbles according to package directions. Cover and let sit for 5 minutes.
2. Combine Crumbles, marinara sauce, and Italian seasoning in a large pot. Simmer for 20 to 30 minutes.
3. Hold hot for service. Serve with 6-ounce ladle.

NUTRITION*

Cal. 140	Fat 5g	Sat. Fat 2g	Sod. 340 mg	Carb. 15g	Prot. 12g
Components: 2 oz eq M/MA, 1/2 cup Veg					



change ups & tips:

- Experiment with different cheeses to go more Southwest in flavor.

BAKED ZITI

Yield: 42 servings

INGREDIENTS

1 ½ pouches	BAF Plant Protein Crumble—Beef
2 ½ lbs	Pasta, penne, whole-grain
1 - #10 can	Tomatoes, low sodium, diced
¾ - #10 can	Marinara sauce, low sodium
(9 cups)	
6 Tbsp	Italian seasoning, salt-free
1 ¼ pounds	Mozzarella cheese, part skim, shredded
4 oz	Parmesan cheese, grated

DIRECTIONS

1. Prepare Crumbles according to package directions. Cover and let sit for 5 minutes.
2. Cook pasta according to manufacture instructions. Cook al dente.
3. Preheat oven to 350°F.
4. In a 12 x 20 x 4 steamtable pan (4" full-size), add tomatoes, marinara sauce, Italian seasoning, half of the mozzarella cheese, parmesan cheese, penne pasta, and Beef Crumbles. Stir gently to mix well.
5. Cover and bake at 350°F for 30 to 45 minutes.
6. Remove from oven and sprinkle on remaining cheese. Cover and place in warmer until cheese melts.
7. Hold hot for service.

NUTRITION*

Cal. 260	Fat 8 g	Sat. Fat 4 g	Sod. 340 mg	Carb. 33 g	Prot. 17 g
Components: 1 oz eq grain, 2 oz eq M/MA, ½ cup Veg					



change ups & tips:

- Wrap the ingredients in lettuce or use tortilla shells to make Korean tacos.

KOREAN "BULGOGI" RICE BOWL

Yield: 42 servings

INGREDIENTS

2 pouches	BAF Plant Protein Crumble – Beef
2 cups	Soy sauce, less sodium
½ cup	Oil, sesame
¼ cup	Ginger, ground
¼ cup	Garlic, granulated
¼ cup	Gochujang sauce
½ cup	Vinegar, apple cider
5 ½ lbs	Rice, brown, long grain, parboiled, dry
5 ½ qt	Water
2 ½ cups	Green onion, sliced (for garnish)
¼ cup	Sesame seeds, optional

DIRECTIONS

1. Prepare Crumbles according to package directions. Cover and let sit for 5 minutes.
2. Prepare bulgogi sauce (combine soy sauce, sesame oil, ginger, garlic, gochujang, and vinegar in a bowl). Whisk to combine.
3. Add bulgogi sauce to Beef Crumbles and place in a steamtable pan. Cover and place in 350°F oven for 30 minutes, or until temperature reaches 135°F. Hold hot for service.
4. Combine rice and water into a steamtable pan. Stir to combine. Cover tightly.
OVEN METHOD: Cook in a 350 °F oven for 35 to 40 minutes.
STEAMER METHOD: Cook in a steamer for 25 to 30 minutes.
5. Remove from oven or steamer and let sit for 10 to 15 minutes.
6. To serve, scoop 1 cup of rice into bowl or serving container. Top with ½ cup of sauced Beef Crumbles. Garnish with green onions and sesame seeds.

NUTRITION*

Cal. 340	Fat 8 g	Sat. Fat 2.5 g	Sod. 670 mg	Carb. 53 g	Prot. 15 g
Components: 2 oz eq M/MA, 2 oz eq Grain					



change ups & tips:

- Wrap it in a whole grain tortilla and add shredded cheese.
- Serve over whole grain noodles and top with cheese for a bowl option.

SLOPPY JOE

Yield: 42 servings

INGREDIENTS

2 pouches	BAF Plant Protein Crumble – Beef
2 lbs	Onions and peppers, frozen, thawed
¼ cup	Garlic, granulated
¼ cup	Tomato paste
60 oz	Tomato puree, unsalted
¼ cup	Vinegar, apple cider
2 tsp	Paprika
2 Tbsp	Chili powder
¼ cup	Sugar, brown
¼ cup	Worcestershire sauce
42 each	Hamburger buns, whole grain

DIRECTIONS

1. Prepare Crumbles according to package directions. Cover and let sit for 5 minutes.
2. Mix onions and peppers, granulated garlic, tomato paste, tomato puree, vinegar, paprika, chili powder, sugar, and Worcestershire sauce in a large bowl.
3. Add sauce to Beef Crumbles and place in a full-size, 2-inch steamtable pan that has been sprayed with pan spray.
4. Cover and place in 350°F oven for 30 to minutes, or until temperature reaches 135°F and flavors are combined. Hold hot for service.
5. To serve: place ½ cup (# 8 scoop) of Beef Crumble mixture on the bottom portion of the bun. Place the top of the bun on the mixture.

NUTRITION*

Cal. 270	Fat 6 g	Sat. Fat 2 g	Sod. 490 mg	Carb. 39 g	Prot. 17 g
Components: 2 oz eq M/MA, ½ cup Veg, 2 oz eq Grain					



change ups & tips:

- Spice it up with pepper Jack cheese.

CHEESY "BEEFY" PASTA BAKE

Yield: 42 servings

INGREDIENTS

1 pouch	BAF Plant Protein Crumble – Beef
2 lbs, 10 oz	Elbow macaroni, whole wheat, dry
2 lbs, 10 oz	Cheddar Cheese, low sodium, shredded
4 oz	Parmesan cheese, grated
1 ½ qts	Milk, low fat
½ tsp	Paprika
4 tsp	Garlic, granulated
2 tsp	Mustard, ground
2 tsp	Salt, kosher
1 tsp	Pepper, black, ground
1 tsp	Onion, granulated

DIRECTIONS

1. Prepare Crumbles according to package directions. Cover and let sit for 5 minutes.
2. Cook elbow macaroni according to manufacture instructions. Cook al dente.
3. Preheat oven to 350°F
4. Spray a full-size, 4-inch steamtable pan with pan spray. Add pasta, cheese, and Beef Crumbles to the pan. Stir well to combine.
5. In a bowl, whisk milk with spices until combined. Add milk and spices to pasta and beef crumble mixture. Stir.
6. Cover and bake for 35 minutes or until bubbling around the edges and internal temperature is above 165°F.
7. Remove cover and bake an additional 10 minutes to brown topping.
8. Hold hot for service.

NUTRITION*

Cal. 300	Fat 14 g	Sat. Fat 9 g	Sod. 300 mg	Carb. 26 g	Prot. 19 g
Components: 2 oz eq M/MA, 1 oz eq Grain					



change ups & tips:

- Make a “Beef” Teriyaki casserole with BAF Scalloped Potatoes. Top it with pineapple.

“BEEF” TERIYAKI BOWL

Yield: 42 servings

INGREDIENTS

2 pouches	BAF Plant Protein Crumble—Beef	2 Tbsp	Water
1/2 cup	Vinegar, apple cider	5 1/2 lbs	Rice, brown, long grain, parboiled
2 cups	Soy sauce, reduced sodium	5 1/2 qt	Water
1/4 cup	Oil, sesame	4 lbs	Broccoli florets, frozen
1/2 cup	Sugar, brown	4 lbs	Carrots, julienne or shredded
2 tsp	Ginger, ground	1 1/4 - #10 can	Pineapple tidbits, (10 1/2 cups) canned, drained
2 tsp	Garlic, granulated	1/4 cups	Sesame seeds, optional
2 Tbsp	Cornstarch		

DIRECTIONS

1. Prepare Crumbles according to package directions. Cover and let sit for 5 minutes.
2. Prepare teriyaki sauce (combine vinegar, soy sauce, oil, sugar, ginger, and garlic in a small pot over medium heat. Add in slurry of cornstarch and water and bring to boil. Stir until thickened.)
3. Add teriyaki sauce to Beef Crumbles and place in a steamtable pan. Cover and place in 350°F oven for 30 to minutes, or until temperature reaches 135°F. Hold hot.
4. Combine rice and water into a steamtable pan. Stir to combine. Cover tightly. OVEN METHOD: Cook in a 350 °F oven for 35 to 40 minutes. STEAMER METHOD: Cook in a steamer for 25 to 30 minutes.
5. Remove from oven or steamer and let sit for 10 to 15 minutes.
6. Steam broccoli until just tender.
7. To serve, scoop 1 cup of rice into bowl. Top with 1/2 cup sauced Beef Crumbles. Add 1/4 cup of steamed broccoli, 1/4 cup carrots, and 1/2 cup pineapple. Garnish with sesame seeds.

NUTRITION*

Cal. 380	Fat 6g	Sat. Fat 2.5g	Sod. 670mg	Carb. 66g	Prot. 16g
Components: 2 oz eq M/MA, 2 oz eq Grain, 1/2 cup Veg, 1/4 cup Fruit					



change ups & tips:

- Serve over whole grain noodles for a Thai pasta.
- Serve over chopped lettuce for a Thai salad.

THAI FLATBREAD

Yield: 42 servings

INGREDIENTS

2 pouches	BAF Plant Protein Crumble—Beef	3/4 cup	Water
1 lb	Peanut butter, creamy, unsalted	26 oz	Cabbage, shredded
3 oz + 2 Tbsp	Soy sauce, low sodium	18 oz	Carrots julienne or shredded
1/4 cup	Sugar, brown	3 cups	Cilantro, chopped
1/4 cup	Sriracha sauce	42 each	Flatbread, whole grain, round, 2 oz. eq. grain
1 cup + 1/2 cup	Lime juice	24 oz	Red peppers, julienned
		5 1/2 cups	Green onion, sliced

DIRECTIONS

1. Prepare Crumbles according to package directions. Cover and let sit for 5 minutes. Hold hot for service.
2. Prepare peanut sauce (combine peanut butter, 3 oz. soy sauce, sugar, sriracha, 1/2 cup lime juice, and 3/4 cup water in a bowl).
3. Toss cabbage, carrots, cilantro, and remaining lime juice and soy sauce together right before service. Hold cold for up to 45 minutes.
4. To serve: preheat oven to 375°F. Line flatbreads on a sheet pan (do not use parchment). Toast in the oven until almost firm, approximately 8 to 10 minutes. Remove from oven and top each flat bread with 1 tablespoon of peanut sauce. Top with Beef Crumbles and place back in oven for 5 minutes. Remove from oven. Top with coleslaw mix (3/8 cup).
5. Garnish with peppers (1/8 cup), green onions (2 Tbsp), and any extra peanut sauce. Serve immediately.

NUTRITION*

Cal. 340	Fat 14g	Sat. Fat 4g	Sod. 680mg	Carb. 39g	Prot. 19g
Components: 2 oz eq M/MA, 1/2 cup Veg, 2 oz eq Grain					



change ups & tips:

- Serve over whole grain noodles and top with cheddar cheese for a Southwest pasta.



change ups & tips:

- Put all the ingredients in a bowl for bowl tacos or a taco salad.
- Add queso for some extra zip.

SOUTHWEST VEGETARIAN CHILI

Yield: 60 servings

INGREDIENTS

2 pouches	BAF Plant Protein Crumble – Southwest Seasoned
4 lbs	Peppers and onions, frozen
½ cup	Chili powder
¼ cup	Garlic, granulated
½ cup	Cumin, ground
½ cup	Oregano, dried
1½ - #10 cans	Tomatoes, canned, diced, unsalted
¾ - #10 can	Tomato, crushed, low sodium
1½ - #10 cans	Beans, kidney, drained and rinsed
2 qts	Water

DIRECTIONS

1. In a steam jacketed kettle or tilt skillet, add peppers and onions, chili powder, garlic, cumin and oregano. Stir to combine. Heat over medium heat.
2. Add diced tomatoes and crushed tomatoes. Stir to combine.
3. Simmer for 40 minutes.
4. In a 4-inch half steamtable pan, pour 2 quarts of hot water. Add 2 pouches of Crumbles. Stir until all ingredients are combined well. Cover and let sit for 5 minutes.
5. Add Plant Protein Crumbles and beans to tomato mixture. Simmer for an additional 20 minutes. Hold warm for service.

NUTRITION*

Cal. 160	Fat 2.5g	Sat. Fat 1g	Sod. 460mg	Carb. 23g	Prot. 11g
Components: 2 oz eq M/MA, ½ cup Veg					

CRUNCHY TACOS

Yield: 120 tacos

INGREDIENTS

2 pouches	BAF Plant Protein Crumble - Southwest Seasoned
2½ lbs	Beef, ground, 85/15, raw
120 each	Taco shells, corn, unsalted
2 lbs	Cheddar Cheese, low sodium, shredded
2 lbs	Lettuce, Romaine, shredded
7 lbs	Tomatoes, diced
2 qts	Salsa

DIRECTIONS

1. In a 4-inch half steamtable pan, pour 2 quarts of hot water. Add 2 pouches of Crumbles. Stir until all ingredients are combined well. Cover and let sit for 5 minutes.
2. Cook ground beef in a tilt skillet or in the oven until internal temperature reaches 165°F.
3. Mix ground beef with cooked plant Crumbles using a standing mixer with a paddle attachment, until ground beef and Crumbles are the same size. Do not overmix.
4. First layer: Using a #20 scoop, place Crumble mixture on the bottom of each taco shell.
5. Second layer: Using a #30 scoop, spread 2 tablespoons (½ ounce) shredded cheese divided equally between two tacos.
6. Transfer tacos to a steamtable pan (12" x 20" x 2½").
7. In a portion cup place ¼ cup (#16 scoop) lettuce and ¼ cup (#16 scoop) chopped tomatoes.
8. In a portion cup place .125 cup (#30 scoop) of salsa.
9. Serve each student: 2 tacos, lettuce and tomato mixture in individual cups; salsa in individual cups.

NUTRITION*

Cal. 290	Fat 15g	Sat. Fat 5g	Sod. 400mg	Carb. 25g	Prot. 15g
Components: 2 oz eq grain, 2 oz eq M/MA, ½ cup Veg					



change ups & tips:

- Add lettuce and rice to turn it into a delicious nacho bowl.
- A little seasoned queso will heat things up.

PROTEIN-PACKED NACHOS

Yield: 60 servings

INGREDIENTS

2 pouches	BAF Plant Protein Crumble– Southwest Seasoned	1 tsp	Crushed red pepper flakes
1 ¼ lb	Jalapeños, sliced	7 ½ lbs	Tortilla chips, whole grain, unsalted, lowfat
1 tsp+ 1 tsp	Salt, kosher	1 – #10 can	Beans, black, low sodium, drained, rinsed
1 tsp	Sugar, granulated	2 lbs	Tomatoes, diced
1 cup	Vinegar	1 gallon	Salsa
1 cup	Water	2 lbs	Cheddar Cheese, low sodium, shredded
9 lbs	Zucchini, ½ inch dice		
½ cup	Oil, vegetable		

DIRECTIONS

1. Prepare Crumbles according to package directions. Cover and let sit for 5 minutes.
2. Toss jalapeños with salt and sugar. Let sit for 20 minutes.
3. Pour water and vinegar over jalapeños. Let sit for 3 to 4 hours or overnight.
4. Place cut zucchini in a large bowl. Toss with oil, crushed red pepper flakes and salt until seasonings are well distributed.
5. Preheat oven to 400°F. Place zucchini on a parchment lined sheet pan in an even layer, avoiding overcrowding. Bake for 20 to 25 minutes.
6. To assemble nachos: Place 2 oz. chips in an oven safe bowl. Top with: 3 Tbsp (#20 scoop) Crumbles, 1.25 cup (#30 scoop) black beans, .25 cup (#16 scoop) roasted zucchini, 4 slices of pickled jalapeño, 1 Tbsp diced tomatoes, and .5 oz (#30 scoop) of shredded cheese. Place in the warmer to melt cheese and keep warm for service.
7. Serve with ¼ cup (#16 scoop) of salsa.

NUTRITION*

Cal. 430	Fat 12 g	Sat. Fat 4.5 g	Sod. 570 mg	Carb. 62 g	Prot. 18 g
Components: 2 oz eq grain, 2 oz eq M/MA, ½ cup Veg					



change ups & tips:

- Serve with side of tortilla chips for kids to dig in.
- Or wrap everything in a tortilla.

SPICY RANCH SOUTHWEST BOWL

Yield: 60 bowls

INGREDIENTS

4 pouches	BAF Plant Protein Crumble– Southwest Seasoned	6 ¼ lbs	Black beans, unsalted, drained and rinsed
7 ½ lbs	Rice, brown, long grain, regular, dry	2 Tbsp	Cumin, ground
7 ½ qts	Water	2 Tbsp	Chili powder
5 lbs	Corn, frozen, thawed	2 Tbsp + 1 Tbsp	Onion powder
1 qt	Salsa	2 Tbsp + 1 Tbsp	Garlic, granulated
		6 ½ cups	Prepared Ranch Dressing
		6 oz	Hot Sauce

DIRECTIONS

1. Prepare Crumbles according to package directions. Cover and let sit for 5 minutes.
2. Combine rice and water into a 2-inch steamtable pan. Stir to combine. Cover tightly. Let stand for 10 to 15 minutes.
3. Remove cover; fluff rice with a fork before serving.
4. Add corn to a 2-inch steamtable pan. Stir in salsa. Cover and steam for 20 minutes or until internal temperature reaches 135°F.
5. Drain and rinse beans. Place beans in a 4-inch, full-sized steamtable pan.
6. In a small bowl, mix together cumin, chili powder, 2 Tbsp onion powder and 2 Tbsp granulated garlic.
7. Add seasonings to beans and blend. Cover beans and steam for 35 minutes or until beans reach an internal temperature of 135°F.
8. For dressing, whisk hot sauce with Ranch Dressing.
9. In a serving bowl: place 1 cup of cooked rice; top with ¾ cup (#10 scoop) of Crumbles; place ¼ cup (#16 scoop) of corn salsa mixture on one side of the Crumbles; place ¼ cup (#16 scoop) of seasoned black bean mixture on the other side of the Crumbles. Drizzle Ranch Dressing on top for presentation.

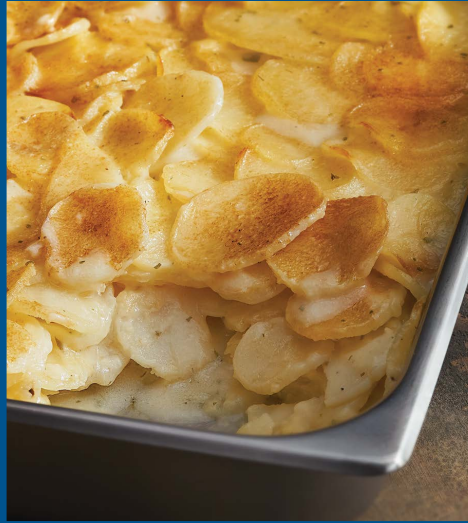
NUTRITION*

Cal. 460	Fat 9 g	Sat. Fat 2.5 g	Sod. 750 mg	Carb. 74 g	Prot. 20 g
Components: 2 oz eq grain, 2 oz eq M/MA, ½ cup Veg					

**Keep kids coming back for more with
these **FAVORITE** menu choices**



LOWER SODIUM
**EXCEL® Original Butter Mashed –
Reduced Sodium**
SKU 10799



LOWER SODIUM
**Scalloped Potato Casserole –
Reduced Sodium**
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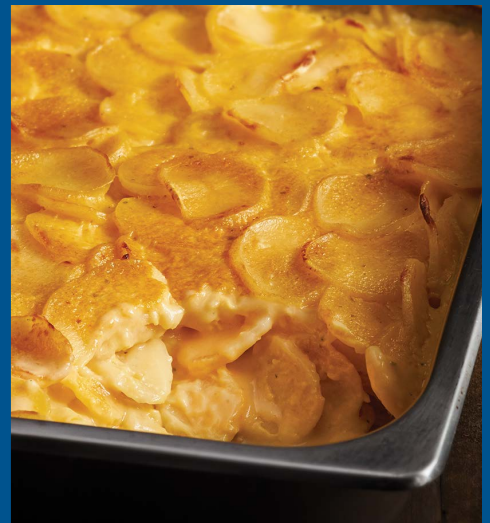
LOWER SODIUM
**Smart Servings™ Vegetarian
Refried Beans – Low Sodium**
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NEW!
**Plant Protein Crumbles –
Southwest Seasoned**
SKU 11084



NEW!
**Plant Protein Crumbles –
Beef**
SKU 11093



LOWER SODIUM
**Au Gratin Potato Casserole –
Reduced Sodium**
SKU 20922

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