TABLE OF CONTENTS

Milk 1% Bulk 8 flz (1% Milk)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	8 fl. oz	Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	13 g	9 g	2.5 g	350 mg	110 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Milk, 1% Bulk	2 1/2 Qt	1 Gal 9 Cup	3 Gal 2 Cup	6 Gal 4 Cup	Pour milk cups.
3						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Margarine Spread Cup PC (Soft Margarine Cup)

SERVING SIZE	ALLERGIES
1 each	Contains: AllergenMilk

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	0 g	0 g	1 g	0 mg	40 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2						Portion according to serving size.
3						Discard unused product.

Tart Strawberry w/Topping f/Frz (Strawberry Tart w/Topping)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1 each	**Contains:** AllergenWheat; Strawberry; AllergenSoy; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	35 g	2 g	8 g	10 mg	120 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Strawberries, Sliced Unsweetened Frz	9.5 Oz	1 lb 8 Oz	2 lb 16 Oz	5 lb 15 Oz	Thaw strawberries and drain.
3	Glaze, Strawberry	1 lb 3 Oz	2 lb 16 Oz	5 lb 15 Oz	11 lb 14 Oz	Mix strawberries and glaze.
4	Pie Shell, Tart 3 in	10 each	25 each	50 each	100 each	Place #12 scoop of strawberry mixture in each tart shell.
	Topping, Whip Non-Dairy Bag	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	
5						Prepare whipped topping according to manufacturer's instructions. Put dollop of topping on each tart shell.
6						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Beef Tips Savory (Savory Beef Tips)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
150 Min	300.0 °F	71 °C	Bake	1/2 Cup

ALLERGIES
Contains: Tomato; Corn; Onion; Carrots; Beef; Garlic; AllergenFish; AllergenWheat; AllergenSoy; Celery

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
180 kcal	8 g	21 g	8 g	30 mg	470 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Flour, All Purpose	1/3 Cup	3/4 Cup	1 1/2 Cup	3 Cup		Combine flour, pepper, and salt. Combine seasoned flour with meat until meat is coated. Shake off excess flour mixture.
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Salt, Iodized	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		
	Beef, Cubes Raw	2 lb 8 Oz	6 lb 4 Oz	12 lb 8 Oz	25 lb		
3	Oil, Vegetable	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Place oil in a large bowl. Add meat and toss to coat. Place meat in a single layer on baking pan(s) and Bake at 325F/162C for 12 minutes.
4	Celery, Fresh	2 Oz	5 Oz	10.5 Oz	1 lb 5 Oz	Diced	Prepare broth per separate recipe. Add meat and remaining ingredients to the broth. Place beef mixture into large pan(s), cover, and Bake at 300F/148C for 2.5 hrs.

Beef Tips Savory (Savory Beef Tips)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
	Carrot, Fresh	2 Oz	5 Oz	10.5 Oz	1 lb 5 Oz	Diced	
	Seasoning Mix Steak	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Prepared	
	Pepper, Black Ground	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Soup Broth Beef f/Base	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup		
	Onion, Yellow	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Diced	
	Sauce, Worcestershire	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Juice, Tomato Bulk	1/2 Cup	1 1/8 Cup	2 1/4 Cup	1 1/8 Qt		
	Seasoning, Cajun	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Thyme, Dried Leaves	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
5	Cornstarch	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup		Mix cornstarch and water until smooth. Remove pan(s) from oven and place on the range. Remove beef, reserving liquid in pan. Add cornstarch mixture to liquid and bring to boil, stirring constantly until thick and smooth. Add beef back to gravy.
	Water, Tap	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		

Beef Tips Savory (Savory Beef Tips)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.
7							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
8							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
9							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
10							Discard unused product.

Soup Broth Beef f/Base (Beef Broth)

COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
0.0 °F	Boil	6 fl. oz	Contains: Beef; Corn

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
10 kcal	1 g	1 g	0 g	10 mg	105 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	1 3/4 Qt	1 Gal 2 Cup	2 Gal 4 Cup	4 Gal 8 Cup	Heat Water and add Base, stirring until dissolved to internal temp 145F/62C held for 15 sec.
	Base, Beef Paste LS G-F	2 Tbsp	1/3 Cup	2/3 Cup	1 1/3 Cup	
3						CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
4						CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
5						CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.

Seasoning Mix Steak (Steak Seasoning)

COOK METHOD	SERVING SIZE	ALLERGIES
Dry	1 Tbsp	Contains: Onion; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
15 kcal	4 g	1 g	0 g	10 mg	2250 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Salt, Iodized	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup	Combine all ingredients, stirring well to incorporate.
	Garlic, Powder	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
	Pepper, Black Ground	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	
	Onion, Dehydrated	2 Tbsp 1 tsp	1/3 Cup	3/4 Cup	1 1/2 Cup	
3						Discard unused product.

Vegetable Marinated Salad f/Fresh (Marinated Vegetable Salad)

COOK METHOD	SERVING SIZE	ALLERGIES
Chill	1/2 Cup	**Contains:** Onion; Carrots; Peppers Bell; Garlic; Broccoli; Cauliflower; Mushroom; Celery; AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
40 kcal	7 g	2 g	1.5 g	30 mg	95 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2							WASH ALL PRODUCE under cool, running water. Drain well.
3	Carrot, Fresh	6 Oz	0 lb 15 Oz	1 lb 14 Oz	3 lb 12 Oz	Diced	Combine all vegetables. Steam until crisp tender. May use canned Mushrooms
	Cauliflower, Fresh	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Chopped	
	Broccoli, Florets Fresh	6 Oz	0 lb 15 Oz	1 lb 14 Oz	3 lb 12 Oz	Chopped	
	Celery, Fresh	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Chopped	
	Onion, Yellow	2 Oz	5 Oz	10 Oz	1 lb 4 Oz	Chopped	
	Mushrooms, Fresh	6 Oz	0 lb 15 Oz	1 lb 14 Oz	3 lb 12 Oz	Chopped	

Vegetable Marinated Salad f/Fresh (Marinated Vegetable Salad)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4	Dill, Weed Dried	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		Combine remaining ingredients. Pour over Vegetables and marinate for two hours.
	Basil, Dried Leaves	3/4 tsp	2.0 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp		
	Oregano, Dry	1/4 tsp	3/4 tsp	1 1/4 tsp	2 1/2 tsp		
	Dressing, Italian Bulk	1/4 Cup	2/3 Cup	1 1/4 Cup	2 1/2 Cup		
5							Portion 1/2 cup into individual serving dishes.
6							CCP -- Maintain <40F/4C; discard unused product. (FDA)

Noodles Parslied (Parslied Noodles)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE
15 Min	300.0 °F	63 °C	Boil	1/2 Cup

ALLERGIES
Contains: AllergenWheat; AllergenEggs; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	20 g	4 g	3 g	20 mg	125 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Water, Tap	2 1/2 Qt	1 Gal 8 Cup	3 Gal	6 Gal		Bring water and salt to a boil.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
3	Noodles, Egg Dry	9.5 Oz	1 lb 8 Oz	3 lb	6 lb		Add pasta gradually while stirring. Reheat to boiling temp. Cook uncovered at a fast boil until tender, about 10 min. Test for doneness. Noodles should still be firm to the bite. Stir occasionally to help prevent sticking. Drain.
4	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup	Melted	Stir in margarine and parsley.
	Parsley, Dried	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
5							For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Noodles Parslied (Parslied Noodles)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
6							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
7							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
8							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
9							Discard unused product.

PU4 Pasta Salad Rotini Italian Soft (PU4 Soft Italian Pasta Salad)

4 PU4

COOK METHOD	SERVING UTENSIL	SERVING SIZE	ALLERGIES
Puree	#10 scoop	1 #10 sc.	**Contains:** AllergenWheat; Peppers Bell; AllergenSulphites; Garlic; Onion

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
240 kcal	29 g	4 g	12 g	20 mg	590 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Pasta Salad Rotini Italian Soft	1 1/4 Qt	3 1/8 Qt	1 Gal 9 Cup	3 Gal 2 Cup	Prepared	Pour liquid in blender or food processor. Add prepared salad. Blend until desired consistency is reached.
	Dressing, Italian Bulk	1 1/4 Cup	3 1/8 Cup	1 1/2 Qt	3 1/8 Qt		
3							Add additional liquid as needed to achieve desired consistency.
4							CCP -- Maintain <40F/4C; discard unused product. (FDA)
5							Note: May use alternate liquid as desired.

Pureed (PU4): NOTE: This Recipe should be appropriate for those on a Level 4 Pureed. To determine if this Recipe is appropriate for an IDDSI level, this Recipe must be tested and pass the appropriate IDDSI Level test at point of service. Actual IDDSI level may vary depending on type and quantity of ingredients used, preparation method, equipment used, temperature and length of holding time. See IDDSI Framework for detailed instructions on IDDSI testing methods.

Pasta Salad Rotini Italian Soft (Soft Italian Pasta Salad)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE
10 Min	0.0 °F	Boil	1/2 Cup

ALLERGIES
Contains: AllergenWheat; Peppers Bell; Onion; AllergenSulphites; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	25 g	4 g	6 g	20 mg	300 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	PREPARATION STEP
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Pasta, Rotini Tri-Color Dry	10 Oz	1 lb 9 Oz	3 lb 2 Oz	6 lb 4 Oz	Cook pasta in an appropriate amount of boiling water until tender. Drain.
3	Parsley, Dried	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup	Pour dressing over pasta & mix. Sprinkle parsley over salad and mix. Chill before serving
	Dressing, Italian Bulk	1 1/4 Cup	3 Cup	1 1/2 Qt	3 Qt	
4						CCP -- Maintain <40F/4C; discard unused product. (FDA)

Zucchini & Corn Calabacitas (Calabacitas)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
15 Min	74 °C	Simmer	1/2 Cup	Contains: Corn; AllergenMilk; Onion; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
60 kcal	12 g	2 g	2 g	20 mg	35 mg

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
1							WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2	Margarine, Solids	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		Mince onion. Heat margarine in pan, add onions and cook until softened. Add zucchini to onions; continue cooking until zucchini is softened and partially cooked. (Add a small amount of water to pan to decrease cooking time.)
	Onion, Yellow	2 Oz	5.5 Oz	11 Oz	1 lb 6 Oz	Chopped Fine	
	Zucchini, Frz	1 lb	2 lb 8 Oz	5 lb	10 lb		
	Peppers, Chile Green Cnd	3 Tbsp 1 tsp	1/2 Cup	1 Cup	2 Cup		
3	Cumin, Ground	1/2 tsp	1 1/2 tsp	1 Tbsp	2 Tbsp		Add corn and continue cooking 10 - 15 min longer. Add seasoning and peppers ; mix well. Add water as needed.
	Corn, Whole Kernel Frz	1 lb	2 lb 8 Oz	5 lb	10 lb		

Zucchini & Corn Calabacitas (Calabacitas)

	INGREDIENTS	SERVINGS 10	SERVINGS 25	SERVINGS 50	SERVINGS 100	INGREDIENT PREP	PREPARATION STEP
4							Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
5							CCP -- Maintain: Product held at >135F/57C Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.
6							CCP -- Cool: Product must reach 135F/57C to 70F/21C within 2 hrs and 70F/21C to 40F/4C within 4 hrs.
7							CCP -- Reheat: To internal temperature of 165F/74C held for at least 15 seconds.
8							Discard unused product.