

TABLE OF CONTENTS

Beans Ranchero (Ranchero Beans) 2

Beans Pinto f/Dry (Pinto Beans) 4

Beef French Dip Sndw White (French Dip Sandwich) 6

Beef Roast f/Top Round (Roast Beef) 8

Milk 2% Bulk L & D 8 flz (2% Milk) 10

Potato O'Brien Diced f/Fresh (O'Brien Potatoes) 11

Raisins Seedless PC (Raisins) 13

Beans Ranchero (Ranchero Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
40 Min	63 °C	Simmer	1/2 Cup	ⓘ Contains: Beans/Legumes; Tomato; Onion; Garlic; AllergenWheat; AllergenMilk; Peppers Bell; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
50 kcal	9 g	2 g	1.5 g	40 mg	350 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP	
	10	25	50	100			
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Onion, Yellow	2 Oz	5 Oz	9.5 Oz	1 lb 3 Oz	Diced	Sauté onion and pepper in margarine until softened.
	Peppers, Green Fresh	2 Oz	5 Oz	9.5 Oz	1 lb 3 Oz	Diced	
	Margarine, Solids Salted	1 Tbsp 2 tsp	1/4 Cup	1/2 Cup	1 Cup		
3	Flour, All Purpose	1 3/4 tsp	1 Tbsp 2 tsp	3 Tbsp	1/3 Cup		Add flour and seasonings; stir until well blended.
	Garlic, Powder	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Chili Powder, Mild	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
	Salt, Iodized	1/8 tsp	1/4 tsp	1/2 tsp	1 tsp		

Beans Ranchero (Ranchero Beans)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Parsley, Dried	1 1/4 tsp	1 Tbsp	2 Tbsp	1/4 Cup		
Thyme, Ground	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp		
4 Beans Pinto f/Dry	1 Qt	2 1/2 Qt	1 Gal 4 Cup	2 Gal 8 Cup	Prepared	Add tomato and beans bring to a boil. Reduce and simmer for 20 minutes.
Tomato, Diced Cnd	2 1/3 Cup	1 1/2 Qt	3 Qt	1 Gal 8 Cup		
5						For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.
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.

Beans Pinto f/Dry (Pinto Beans)

COOK TIME	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
120 Min	63 °C	Boil	1/2 Cup	ⓘ Contains: Beans/Legumes

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
25 kcal	5 g	2 g	0 g	10 mg	200 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	9	21	41	81	
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Beans, Pinto Dry	7.5 Oz	1 lb 3 Oz	2 lb 6 Oz	4 lb 13 Oz	Sort through dried beans to remove any debris. Rinse thoroughly.
Water, Tap	1 1/8 Qt	2 3/4 Qt	1 Gal 6 Cup	2 Gal 13 Cup	
3					Place beans in a large pot or steam-jacketed kettle and cover with water.
4					Bring water to a boil and skim any foam off the top. Reduce heat to a slow simmer and occasionally stir gently.
5 Salt, Iodized	1/4 tsp	3/4 tsp	1 1/2 tsp	1 Tbsp	Cook for approximately 2 hours or until beans are just slightly tender. Add salt and continue cooking until desired consistency is reached. Drain well.
6					For Milk & Cheese or non-hazardous items: Cook to internal temp of 145F/62C held for 15 sec.

Beans Pinto f/Dry (Pinto Beans)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		9	21	41	81	
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.
11						Note: Soaking beans in water overnight can reduce cooking time, if desired.

Beef French Dip Sndw White (French Dip Sandwich)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
20 Min	200.0 °F	74 °C	Reheat	1 each	ⓘ Contains: AllergenWheat; Onion; Corn; Beef; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
210 kcal	21 g	18 g	6 g	80 mg	350 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
Beef Roast f/Top Round	1 lb 4 Oz	3 lb 2 Oz	6 lb 4 Oz	12 lb 8 Oz	Prepared	Slice roast wafer thin. Heat beef base, seasonings and water; and pour 1 cup broth per counter pan over meat. Cover and reheat.
Base, Beef Paste G-F LS	3 tsp	2 Tbsp 1 tsp	1/3 Cup	2/3 Cup		
Water, Tap	2 2/3 Cup	1 3/4 Qt	3 1/4 Qt	1 Gal 11 Cup		
2						
Garlic, Powder	1/8 tsp	1/2 tsp	3/4 tsp	1 3/4 tsp		
Onion, Powder	1/8 tsp	1/2 tsp	3/4 tsp	1 3/4 tsp		
Pepper, Black Ground	1/8 tsp	1/4 tsp	1/2 tsp	3/4 tsp		
3						Cover with aluminum foil.

Beef French Dip Sndw White (French Dip Sandwich)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
		10	25	50	100		
4							Casseroles & Precooked Foods: Cook to internal temp of 165F/74C held for 15 sec.
5	Bun Hot Dog	10 slice	25 slice	50 slice	100 slice		Serve 2 oz beef on bun/roll, with a side of 1/4 cup of hot seasoned broth for dipping.
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.

Beef Roast f/Top Round (Roast Beef)

COOK TIME	COOK TEMP	COOK-END TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
240 Min	450.0 °F	63 °C	Roast	3 Oz	ⓘ Contains: Beef; Garlic

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
140 kcal	0 g	20 g	6 g	20 mg	200 mg

INGREDIENTS	SERVINGS				PREPARATION STEP	
	7	17	34	67		
1					WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.	
2	Beef, Round Top Inside Raw	1 lb 11 Oz	4 lb 3 Oz	8 lb 5 Oz	16 lb 11 Oz	Rub roast with seasonings. Place meat thermometer into center of meat. Place in roasting pan and brown in oven for 10 min per side. When meat is browned, reduce heat to 300F/149C.
	Salt, Iodized	1/2 tsp	1 tsp	2 tsp	1 Tbsp 1 tsp	
	Pepper, Black Ground	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
	Garlic, Powder	3/4 tsp	2 tsp	1 Tbsp 1 tsp	2 Tbsp 2 tsp	
3						Cook roast until cooked through, approx. 3-4 hours.
4						For Fresh Beef, Veal, and Lamb Cuts (Steaks, Roasts, Chops): Cook to internal temp of 145F/63C held for 15 sec.

Beef Roast f/Top Round (Roast Beef)

	INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
		7	17	34	67	
5						Let stand 30 min before slicing. Slice roast in 1 oz portions and arrange in steam pan(s). Save drippings to make au jus gravy as desired.
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.

Milk 2% Bulk L & D 8 flz (2% Milk)

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

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
120 kcal	12 g	8 g	5 g	290 mg	115 mg

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

Regular (RG7): • Normal, everyday foods of various textures that are developmentally and age appropriate • Any method may be used to eat these foods • Foods may be hard and crunchy or naturally soft • Sample size is not restricted at Level 7. • Includes hard, tough, chewy, fibrous, stringy, dry, crispy, crunchy, or crumbly bits • Includes food that contains pips, seeds, pith inside skin, husks or bones • Includes 'dual consistency' or 'mixed consistency' foods and liquids Note: This recipe is for Level 7 Regular Texture only and must be tested to meet the appropriate IDDSI level at service. Level may vary based on ingredients, preparation, equipment, temperature, and holding time.

Potato O'Brien Diced f/Fresh (O'Brien Potatoes)

COOK TIME	COOK TEMP	COOK METHOD	SERVING SIZE	ALLERGIES
45 Min	400.0 °F	Bake	1/2 Cup	ⓘ Contains: Potatoes; Onion; Peppers Bell; AllergenMilk; AllergenSoy

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
100 kcal	21 g	2 g	1.5 g	10 mg	25 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
1						WASH HANDS before beginning preparation & SANITIZE surfaces & equipment.
2 Potato, Russet/Baking Fresh	2 lb	5 lb	10 lb	20 lb	Peeled & Cubed	Steam or boil potatoes until tender.
	Water, Tap	2 lb	5 lb	10 lb		
3	Onion, Yellow	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	Pan fry potatoes and vegetables in margarine. Add seasoning and cook to light brown; 30-40 min. Serve immediately.
	Pimento, Pieces Cnd	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	
	Peppers, Green Fresh	2 Oz	4.5 Oz	9 Oz	1 lb 2 Oz	
	Margarine, Solids Salted	1 Oz	2.5 Oz	5 Oz	10 Oz	

Potato O'Brien Diced f/Fresh (O'Brien Potatoes)

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	INGREDIENT PREP	PREPARATION STEP
	10	25	50	100		
Pepper, Black Ground	1/8 tsp	1/2 tsp	3/4 tsp	1 1/2 tsp		
4						CCP -- Maintain >140F/60C; discard unused product.

Raisins Seedless PC (Raisins)

SERVING SIZE	ALLERGIES
2 each	ⓘ Contains: AllergenSulphites

NUTRIENTS PER SERVING					
CALORIES	CARBOHYDRATES	PROTEIN	TOTAL FAT	CALCIUM	SODIUM
170 kcal	44 g	2 g	0 g	30 mg	15 mg

INGREDIENTS	SERVINGS	SERVINGS	SERVINGS	SERVINGS	PREPARATION STEP
	10	25	50	100	
1					