



JERSEY TASTES!

RECIPES

Three Sisters Soup



INGREDIENTS:

FAMILY-SIZE SERVES: 8 PORTION; SIZE: 2/3 CUP

- Nonstick Cooking Spray
- 1/3 lb. Meat Alternative Beef Made From Plants Bulk*
- 3/4 cup Onion, fresh, peeled, 1/4" diced
- 2 Garlic cloves, minced
- 3/4 cup Butternut Squash, 1/2" cubed
- 1/3 cup Green Beans, fresh, cut into 1/2" pieces
- 1/4 cup Corn, frozen
- 1 Tbsp. Thyme Leaves, dried
- 2/3 cups Summer Squash, unpeeled, 1/2" diced
- 15 oz. can Kidney Beans, rinsed, drained
- 1/4 cup Tomato Sauce
- 1/2 cup Tomatoes, canned, diced with juice
- 1/3 cup Water

SCHOOL FOOD SERVICE # PORTIONS: 25 EACH PORTION SIZE: 2/3 CUP

- Nonstick Cooking Spray
- 1 lb. Meat Alternative Beef Made From Plants Bulk*
- 2.5 cups Onion, fresh, 1/4" diced
- 1 tablespoon plus 1 teaspoon Garlic, minced
- 2.5 cups Butternut Squash, 1/2" cubed
- 1 cup Green Beans, fresh or frozen, 1/2" pieces
- 3/4 cup Corn, frozen
- 1/4 cup Thyme Leaves, dried
- 2 cups Summer Squash, unpeeled, 1/2" diced
- 7 cups (3/4 #10 can) Kidney Beans, rinsed, drained
- 1.5 cups Tomato Sauce
- 1.5 cups Tomatoes, canned, diced with juice
- 1 cup water

DIRECTIONS:

- 1 Coat skillet with nonstick cooking spray. Heat skillet on medium-high heat.
- 2 Add ground meat alternative & cook until browned, about 12-15 minutes. Drain.
- 3 Add to stockpot: browned meat alternative, onions, garlic, butternut squash, green beans, corn, & thyme.
- 4 Cook for 4-6 minutes on medium-high heat, stirring occasionally, until onions are tender.
- 5 Add summer squash, kidney beans, tomato sauce, diced tomatoes with juice & water. Stir well. Bring to a boil uncovered.
- 6 Reduce heat to medium & simmer uncovered for an additional 20 minutes, or until vegetables are tender. Stir often.
- 7 Serve 2/3 cup (#6 scoop). Critical Control Point: Hold at 140°F or higher.

PORTION SIZE:

Portion Size: 2/3 cup = 1.5 oz. * Meat Alt.; 1/4 cup Veg/Other OR 1/4 cup Veg/Legume & 1/4 cup Veg/Other

RECIPES MADE IN COLLABORATION WITH:



JERSEY TASTES!

RECIPES



Spaghetti with a Twist

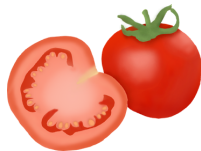


INGREDIENTS:

**FAMILY-SIZE
SERVES: 6**

PORTION SIZE: 1 EACH

- 1 Spaghetti Squash
- 1 lb. Meat Alternative Beef Made From Plants Bulk*
- 1 Onion, diced
- 2 cloves Garlic 15 ounces
- Tomatoes, diced, canned
- 1 tablespoon Tomato Paste
- 1 cup Marinara/Tomato Sauce
- 1 teaspoon Italian Seasoning



SCHOOL FOOD SERVICE

PORTIONS: 24

1 EACH/ PIECE

- 4 Spaghetti Squash
- 4 1/2 lb. Meat Alternative Beef Made From Plants Bulk*
- 4 Onions, approx. 1.5 lbs., diced
- 4 teaspoons Garlic, minced
- 1/2 #10 can Tomatoes, diced, canned
- 1/4 cup Tomato Paste
- 1 quart plus 1 cup Marinara/Tomato Sauce
- 1 Tbsp. Italian Seasoning

Great Lunch Entrée!

DIRECTIONS:

- 1** Cut squash in half, lengthwise. Cook squash until tender. For a 1.5-2 lb. spaghetti squash cook at 400°F for 40-50 minutes.
- 2** Brown ground beef. Drain fat. Add onions & garlic. Cook for additional 5 minutes.
- 3** Add diced tomatoes, tomato paste, tomato sauce & seasoning. Simmer 5 minutes.
- 4** Scoop squash out of shells. Add squash to tomato & beef mixture.

Place in a casserole dish or 2.5" full size steamtable pan (or back into the squash halves). Bake for 20 minutes at 350°F or until golden and bubbly. (Food Service: Cut pan into 4x6 = 24 portions).
- 5**



Fun Fact:
Did you know spaghetti squash can be baked, boiled, steamed or microwaved?

PORTION SIZE:

**Portion Size: 1 each/piece = 2 oz. Meat Alt.;
1/4 cup Veg/Other; 3/4 cup Veg/Red-Orange**

RECIPES MADE IN COLLABORATION WITH:



*recipes based on brands CN label or product formulation statement