

## BYO Burrito with Black Beans



Burrito featuring MINOR'S® Latin Flavor Concentrates.

Yield	50 burritos 50(13oz)servings
Serves	50
Preparation time	10 minutes
Cooking time	10 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	fl oz	4	tbsp	Olive oil	
3	lb	1-1/2	qts	Onions	medium dice
3	lb	1-1/2	qts	Green Bell Peppers	medium dice
130	oz	50	each	Tortilla, whole wheat	10-inch
133	oz	1	gal 3 cups	Brown rice, cooked	hot
237	oz	1	gal 3 cups	Adobo Black Beans - prepared	
38	oz	1-1/2	qts	BYO Burrito Guacamole - prepared	
37	oz	1-1/2	qts	BYO Burrito Pico De Gallo - prepared	
100	oz	3	qts	BYO Burrito Green Sauce - prepared	
100	oz	3	qts	BYO Burrito Red Sauce - prepared	
100	oz	3	qts	BYO Burrito Corn Salsa - prepared	

### Preparation Steps

1. Toss onions and peppers with oil. Roast in a convection oven at 425°F for 8-10 minutes or until they are nicely browned.
2. Warm tortillas. Add rice, Adobo Black Beans, peppers, onions, BYO Burrito Pico de Gallo and BYO Burrito Guacamole to bottom half of the tortilla.
3. Fold the left and right quarters of the tortilla toward the middle of the burrito. Fold the bottom quarter of the tortilla over the fillings and tightly tuck the seams. Roll tight.
4. Top the half of the burrito with Green Sauce and the other half with Red Sauce. Add corn salsa to the top as well.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	588.3
Energy (KJ)	2521.2
Protein (g)	21.9
Carbohydrate, total (g)	100.8
Fats, total (g)	11.1
Sugars, total (g)	10.6
Fats, saturated (g)	1
Fiber, total dietary (g)	19.7
Sodium (mg)	521.7
Calcium (mg)	77.6
Cholesterol (mg)	0.1
Iron (mg)	5.6
Vitamin A (µg_RAE)	58.4
Vitamin C (mg)	49.2

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## BYO Burrito Corn Salsa



Speed scratch corn salsa.

Yield	3 qts 50(2oz)servings
Serves	50
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
37	oz	1-1/2 qts		Corn	kernels, roasted
6.25	oz	3 cups		Scallions	chopped
53	oz	1-1/2 qts		BYO Burrito Pico De Gallo - prepared	

### Preparation Steps

1. Combine corn, scallions, and BYO Burrito Pico de Gallo.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	27.1
Energy (Kj)	113.5
Protein (g)	1
Carbohydrate, total (g)	5.9
Fats, total (g)	0.4
Sugars, total (g)	1.7
Fats, saturated (g)	0.1
Fiber, total dietary (g)	1
Sodium (mg)	16.6
Calcium (mg)	7.2
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.2
Vitamin A (µg_RAE)	7.4
Vitamin C (mg)	6.5
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## BYO Burrito Green Sauce



Spicy green sauce featuring fire roasted jalapenos.

Yield	125 oz 50(2oz)servings
Serves	50
Preparation time	5 minutes
Cooking time	20 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2	fl oz	1/4 cup		Olive oil	
132	oz	2 gallons		Tomatillos	quartered
2	lb	2 qts		Onions	large dice
8	oz	1 cup		<u>Minor's® Fire Roasted Jalapeno Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
1.25	oz	1-1/2 cups		Cilantro	
32	fl oz	1 qt		Water	
1/2	oz	1 tbsp		<u>Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)</u>	

### Preparation Steps

1. Combine olive oil, tomatillos, and onions. Coat the onions and tomatillos evenly with oil and place on a sheet pan for roasting. Roast in a convection oven at 425°F for 10-15 minutes.
2. Add roasted onions and tomatillos to a blender with Fire Roasted Jalapeno Flavor Concentrate. Puree until smooth.
3. Add cilantro to pureed tomatillos and puree until the sauce takes on a bright green color and the cilantro is fully incorporated into the sauce.
4. Combine water with Vegetable Base and add to green sauce. Blend until fully incorporated.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	48.7
Energy (KJ)	205.5
Protein (g)	1
Carbohydrate, total (g)	6.9
Fats, total (g)	2.4
Sugars, total (g)	3.9
Fats, saturated (g)	0.3
Fiber, total dietary (g)	1.8
Sodium (mg)	99.7
Calcium (mg)	11.2
Cholesterol (mg)	0
Iron (mg)	0.6
Fats, monounsaturated (g)	1.2
Fats, polyunsaturated (g)	0.6
Vitamin A (µg_RAE)	7.8
Vitamin C (mg)	16.9
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## BYO Burrito Guacamole



Speed scratch guacamole.

Yield	100 fl.oz 50(2oz)servings
Serves	50
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	lb	2	qts	Avocado	pulp
77	oz	2	qts	BYO Burrito Pico De Gallo - prepared	

### Preparation Steps

1. Fold avocado pulp together with BYO Burrito Pico de Gallo.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	69.5
Energy (KJ)	291.4
Protein (g)	1.1
Carbohydrate, total (g)	5.5
Fats, total (g)	5.5
Sugars, total (g)	1.5
Fats, saturated (g)	0.8
Fiber, total dietary (g)	3
Sodium (mg)	21.3
Calcium (mg)	10.6
Cholesterol (mg)	0
Iron (mg)	0.3
Fats, monounsaturated (g)	3.6
Fats, polyunsaturated (g)	0.7
Vitamin A (µg_RAE)	7.6
Vitamin C (mg)	10
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## BYO Burrito Pico De Gallo



Fresh salsa featuring MINOR'S® Fire Roasted Jalapeno Flavor Concentrate.

Yield	144 oz. 96(2oz)servings
Serves	96
Preparation time	15 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
99	oz	4-1/2	qts	Tomatoes	seeded, diced
30	oz	1-1/2	qts	Onions	small dice
3	oz	1/2	cup	<u>Minor's® Fire Roasted Jalapeno Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
3	oz	1	cup	Cilantro	chopped

### Preparation Steps

1. Add tomatoes, onions, Fire Roasted Jalapeno Flavor Concentrate and cilantro to a bowl. Fold together until thoroughly combined.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	10.5
Energy (Kj)	44.1
Protein (g)	0.4
Carbohydrate, total (g)	2.2
Fats, total (g)	0.2
Sugars, total (g)	1.2
Fats, saturated (g)	0
Fiber, total dietary (g)	0.5
Sodium (mg)	17.1
Calcium (mg)	5.7
Cholesterol (mg)	0
Iron (mg)	0.1
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	15.4
Vitamin C (mg)	5.8
Vitamin D (µg)	0

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## BYO Burrito Red Sauce



Speed scratch red chile sauce.

Yield	130 fl.oz 65(2oz)servings
Serves	65
Preparation time	5 minutes
Cooking time	10 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
105	oz		1 No. 10 can	Tomato puree	canned
3	oz		3 tbsp	<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
0.75	oz		1 tbsp	<u>Minor's® Gluten Free Beef Base made with Natural Ingredients (6x1lb)</u>	
32	fl oz		1 qt	Water	

### Preparation Steps

1. In a pot over medium heat, blend together tomato puree, Red Chile Adobo Flavor Concentrate, Vegetable Base and water. Season to taste.

### Chef's tip

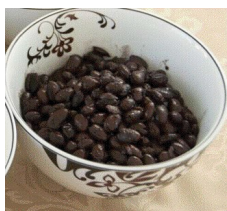
Great for wet burritos and enchiladas.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	19.9
Energy (Kj)	83.5
Protein (g)	0.8
Carbohydrate, total (g)	4.3
Fats, total (g)	0.3
Sugars, total (g)	2.3
Fats, saturated (g)	0
Fiber, total dietary (g)	0.9
Sodium (mg)	58.6
Calcium (mg)	8.9
Cholesterol (mg)	0.1
Iron (mg)	0.8
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	23.9
Vitamin C (mg)	4.9
Vitamin D (µg)	0

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## Adobo Black Beans



Flavorful adobo beans featuring MINOR'S® base and flavor concentrate.

Yield	6 qts 64(3oz)servings
Serves	64
Preparation time	5 minutes
Cooking time	10 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
138	oz		2 No. 10 cans	Black beans, cooked	drained, rinsed, divided
12	fl oz		1-1/2 cups	Water	
6	oz		3/4 cup	Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US	
1.25	oz		2 tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	

### Preparation Steps

- Place 2 cups of black beans in a food processor with water, Red Chile Adobo Flavor Concentrate, and Vegetable Base. Puree until smooth.
- Toss remaining black beans with adobo bean puree.

### Chef's tip

Serve as a side or as part of a bean burrito.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	85
Energy (KJ)	356.7
Protein (g)	5.5
Carbohydrate, total (g)	14.8
Fats, total (g)	0.6
Sugars, total (g)	0.2
Fats, saturated (g)	0.1
Fiber, total dietary (g)	5.4
Sodium (mg)	61.9
Calcium (mg)	17.4
Cholesterol (mg)	0
Iron (mg)	1.3
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.3
Vitamin A (µg_RAE)	26.7
Vitamin C (mg)	0.2
Vitamin D (µg)	0

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## Adobo Yogurt



Cooling sauce that compliments Latin themed entrees and sides.

Yield	1-1/2 qts 50(1oz)servings
Serves	50
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
2.5	oz		4-1/2 tbsp	<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	
3	lb		1-1/2 qts	Yogurt, plain, nonfat	

### Preparation Steps

1. Whisk together Red Chile Adobo Flavor Concentrate and yogurt.

### Chef's tip

Healthy alternative to adobo sour cream.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	19.1
Energy (Kj)	80.3
Protein (g)	1.5
Carbohydrate, total (g)	2
Fats, total (g)	0.6
Sugars, total (g)	1.9
Fats, saturated (g)	0.3
Fiber, total dietary (g)	0.1
Sodium (mg)	30
Calcium (mg)	50.2
Cholesterol (mg)	1.6
Iron (mg)	0.1
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.1
Vitamin A (µg_RAE)	16.8
Vitamin C (mg)	0.3

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# BYO BURRITO

## ORDER GUIDE

## Order Guide for **50** Servings

### > Dry Goods

- € ☐ Brown rice 3 lbs
- € ☐ 10" whole wheat tortillas 8 lbs or 50 each
- € ☐ Black beans 2 #10 cans
- € ☐ Tomato puree 1 #10 can

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- € ☐ Scallions 8 oz
- € ☐ Tomatillo 9 lbs
- € ☐ Onions, white 5 lbs
- € ☐ Cilantro fresh, 1 lb
- € ☐ Fresh diced tomatoes 6.5 lbs
- € ☐ Red onion 2 lbs
- € ☐ Bell peppers 3 lbs

### > Frozen

- € ☐ IQF roasted corn 2.5 lbs €

### > Protein

### > Dairy

€

### > Refrigerated

- ☐ Avocado pulp 4 lbs
- € ☐ MINOR'S® Red Chile Adobo Flavor Concentrate 1 tub
- € ☐ MINOR'S Fire Roasted Jalapeño Flavor Concentrate 1 tub
- € ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub

# BYO BURRITO

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Clean, medium dice, oil, season, and roast onions and peppers
- € ☐ Secure tortillas
- € ☐ Cook brown rice
- € ☐ Prepare adobo black bean recipe
- € ☐ Prepare BYO Burrito pico de gallo recipe
- € ☐ Prepare BYO Burrito corn salsa
- € ☐ Prepare BYO Burrito guacamole recipe
- € ☐ Prepare BYO Burrito green sauce recipe
- € ☐ Prepare BYO Burrito red sauce recipe
- € ☐ Prepare adobo yogurt recipe

### > Day of Service

- € ☐ Heat brown rice, black beans, red sauce, green sauce, roasted onions and peppers

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for holding rice, peppers and onions, black beans, red sauce and green sauce (2)
- € ☐ Deep half pan for rice, peppers and onions (2)
- € ☐ Deep 1/3 pans for beans, green sauce, red sauce (3)
- € ☐ 3 oz scoop for rice, beans (2)
- € ☐ 2 oz scoop for peppers and onions
- € ☐ 2 oz ladle for green sauce, red sauce (2)
- € ☐ Basket with liner for holding tortillas
- € ☐ Tongs for tortillas
- € ☐ Containers for holding salsas, adobo yogurt, guacamole (4)
- € ☐ 2 oz scoops for salsas, yogurt, guacamole (4)
- € ☐ Cutting board
- € ☐ Aluminum sheets for to-go burritos

## Roasted Garlic Mashed Potatoes



Classic roasted garlic mashed potatoes.

Yield	3-1/8 gal 50(8oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Potatoes	Russet, peeled, boiled, hot
40	fl oz	1-1/4 qts		Milk	hot
1	lb	2 cups		Butter	cubed
12.5	oz	1-1/4 cups		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	

### Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Roasted Garlic Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. Sauté zucchini and red peppers over medium high heat until hot. Top potatoes with vegetables, goat cheese, and parsley.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	219.5
Energy (Kj)	920.1
Protein (g)	4.2
Carbohydrate, total (g)	31.7
Fats, total (g)	8.6
Sugars, total (g)	4.2
Fats, saturated (g)	5.2
Fiber, total dietary (g)	4.8
Sodium (mg)	333.5
Calcium (mg)	45.1
Cholesterol (mg)	21.6
Iron (mg)	1
Vitamin A (µg_RAE)	73.1
Vitamin C (mg)	35.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Roasted Garlic Mashed Potato Bowl



Classic roasted garlic mashed potatoes and vegetables.

Yield	36 lbs 50(11.5oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4	gal	Potatoes	Russet, peeled, boiled, hot
40	fl oz	1-1/4	qts	Milk	hot
1	lb	2	cups	Butter	cubed
12.5	oz	1-1/4	cups	<b>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</b>	
100	oz	1-1/2	gal	Zucchini	medium dice, roasted
9	lb	1-1/2	gal	Red bell peppers	medium dice, roasted
12.5	oz	2	cups	Goats cheese, soft	crumbled
2.75	oz	1	cup	Parsley, fresh	chopped

### Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Roasted Garlic Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. Sauté zucchini and red peppers over medium high heat until hot. Top potatoes with vegetables, goat cheese, and parsley.

### Chef's tip

50 cups Mashed Potatoes and 50 cups Vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	269.4
Energy (Kj)	1131.7
Protein (g)	7.1
Carbohydrate, total (g)	38.6
Fats, total (g)	10.4
Sugars, total (g)	8.6
Fats, saturated (g)	6.3
Fiber, total dietary (g)	7.1
Sodium (mg)	367.8
Calcium (mg)	71.4
Cholesterol (mg)	24.9
Iron (mg)	1.8
Vitamin A (µg_RAE)	234
Vitamin C (mg)	202.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Herb de Provence Yukon Gold Potatoes



Yukon gold potatoes flavored with Herb de Provence.

Yield	3-1/8 gal 50(8oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Potatoes	Yukon gold, boiled, hot
40	fl oz	1-1/4 qts		Milk	
1	lb	2 cups		Butter	melted
3.75	oz	7 tbsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	

### Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Herb de Provence Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	217.8
Energy (KJ)	912.3
Protein (g)	3.8
Carbohydrate, total (g)	30
Fats, total (g)	9.3
Sugars, total (g)	3.3
Fats, saturated (g)	5.5
Fiber, total dietary (g)	4.4
Sodium (mg)	179.3
Calcium (mg)	45.5
Cholesterol (mg)	21.6
Iron (mg)	1
Vitamin A (µg_RAE)	67.6
Vitamin C (mg)	35.8

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Herb de Provence Yukon Gold Potato Bowl



Yukon gold potatoes flavored with Herb de Provence.

Yield	32-1/2 lbs 50(10.4oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Potatoes	Yukon gold, boiled, hot
40	fl oz	1-1/4 qts		Milk	
1	lb	2 cups		Butter	melted
3.75	oz	7 tbsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
8	fl oz	1 cup		Olive oil	
7	oz	1 cup		Garlic	minced
50	oz	3 qts		Crimini mushrooms	quartered, roasted
50	oz	3 qts		Peas, green, fresh	
4	lb			Spinach, fresh	

### Preparation Steps

1. Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
2. Whisk together milk, butter and Herb de Provence Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
3. In oil, sauté garlic over medium high heat until garlic is lightly toasted. Add mushrooms, peas, and spinach. Top potatoes with sautéed vegetables.

### Chef's tip

50 cups Potatoes and 50 cups Vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	302.7
Energy (Kj)	1268.1
Protein (g)	7.4
Carbohydrate, total (g)	37.9
Fats, total (g)	14.1
Sugars, total (g)	5.5
Fats, saturated (g)	6.2
Fiber, total dietary (g)	6.9
Sodium (mg)	211.9
Calcium (mg)	100.8
Cholesterol (mg)	21.6
Iron (mg)	2.6
Vitamin A (µg_RAE)	248.6
Vitamin C (mg)	58.6

## Adobo Sweet Potatoes



Earthy sweet potatoes with red chile flavor.

Yield	3-1/8 gal 50(8oz)servings
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4 gal		Sweet potatoes	peeled, boiled, hot
10	fl oz	1-1/4 cups		Maple Syrup	
1	lb	2 cups		Butter	melted
10	oz	1-1/4 cups		<u>Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US</u>	

### Preparation Steps

- Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
- Whisk together maple syrup, butter and Red Chile Adobo Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	246.1
Energy (KJ)	1029
Protein (g)	3
Carbohydrate, total (g)	40.8
Fats, total (g)	8.1
Sugars, total (g)	11.1
Fats, saturated (g)	4.8
Fiber, total dietary (g)	5.7
Sodium (mg)	216.8
Calcium (mg)	61.3
Cholesterol (mg)	19.3
Iron (mg)	1.3
Fats, monounsaturated (g)	2
Fats, polyunsaturated (g)	0.6
Vitamin A (µg_RAE)	1397.5
Vitamin C (mg)	4.7
Vitamin D (µg)	0.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Adobo Sweet Potato Bowl



Earthy sweet potatoes with red chile flavor.

Yield	35 lbs (50 cups potatoes + 50 cups vegetables)
Serves	50
Preparation time	30 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
20	lb	3-3/4	gal	Sweet potatoes	peeled, boiled, hot
10	fl oz	1-1/4	cups	Maple Syrup	
1	lb	2	cups	Butter	melted
10	oz	1-1/4	cups	Minor's® Red Chile Adobo Flavor Concentrate Gluten Free (6x13.6oz)US	
24	fl oz	3	cups	Water	
3/4	oz	1	tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
8	fl oz	1	cup	Olive oil	
8	oz	1	cup	Garlic	minced
36	oz	6-1/4	gal	Kale, plain	stemmed, chopped
3	lb	3	qts	Corn	roasted
3	lb	3	qts	Red bell pepper	medium dice, roasted

### Preparation Steps

- Place potatoes in a mixer with a stiff whip attachment. Whip potatoes on medium high until all large pieces have been broken up. Do not over whip.
- Whisk together maple syrup, butter and Red Chile Adobo Flavor Concentrate. Add to potatoes and whip on medium high until combined thoroughly. Do not over whip. Season to taste.
- Whisk together water and Vegetable Base to make a vegetable stock.
- In a sauté pan heat oil over medium high heat, sauté garlic until lightly toasted. Add kale, corn, and red peppers to sauté pan. Sauté vegetables until hot, adding vegetable stock to help wilt the kale.
- Be sure all liquid has evaporated from vegetables before serving. Top potatoes with sautéed vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	334.2
Energy (Kj)	1398
Protein (g)	5.1
Carbohydrate, total (g)	51.3
Fats, total (g)	13.3
Sugars, total (g)	13.6
Fats, saturated (g)	5.5
Fiber, total dietary (g)	7.5
Sodium (mg)	262.5
Calcium (mg)	99.9
Cholesterol (mg)	19.3
Iron (mg)	8.6
Fats, monounsaturated (g)	5.4
Fats, polyunsaturated (g)	1.3
Vitamin A (µg_RAE)	1600.3



# BYO POTATO BOWL

## ORDER GUIDE

## Order Guide for **50** Servings

### > Dry Goods

- € ☐ Maple syrup 10 oz or 1-¼ cups

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- € ☐ Sweet potatoes 8 lbs  
€ ☐ Yukon gold potatoes 8 lbs  
€ ☐ Russet potatoes 8 lbs  
€ ☐ Garlic 8 oz  
€ ☐ Parsley 6 oz  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs  
€ ☐ Local seasonal vegetables 3 lbs

### > Frozen

- €      €

### > Protein

### > Dairy

- € ☐ Cheese (optional) 1 lb  
€ ☐ Milk 2.5 qts  
€ ☐ Butter 1 lbs

### > Refrigerated

- ☐ MINOR'S® Red Chile Adobo Flavor Concentrate 1 tub  
€ ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub (if the vegetables require wilting in the pan vegetable stock is recommended)  
€ ☐ MINOR'S'S Herb de Provence Flavor Concentrate 1 tub  
€ ☐ MINOR'S Roasted Garlic Flavor Concentrate 1 tub

# BYO POTATO BOWL

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Chop garlic 8 oz
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 4 lbs local seasonal produce
- € ☐ Wash russet, sweet, and Yukon potatoes
- € ☐ Peel russet and sweet potatoes
- € ☐ Large dice russet, sweet, and Yukon gold potatoes
- € ☐ Clean and chop 6 oz parsley
- € ☐ Reserve 1 qts milk
- € ☐ Reserve 1 lbs butter
- € ☐ Reserve maple syrup
- € ☐ Reserve cheese 1 lb (optional)
- € ☐ Make vegetable stock if vegetable stock is needed (use to wilt heartier greens in sauté pan)

### > Day of Service

- € ☐ Prepare 1/3 of each potato recipe (if you're using a single type of potato, prepare a full recipe)

### > Station Set Up

- |   |   |
|---|---|
| € <input type="checkbox"/> Clean uniform  | <input type="checkbox"/> ¼ cup scoops for vegetables (6)          |
| € <input type="checkbox"/> Gloves   | € <input type="checkbox"/> Heatproof spatula (2)                  |
| € <input type="checkbox"/> Sanitizer solution with kitchen towel                            | € <input type="checkbox"/> Serving spoon (2)                      |
| € <input type="checkbox"/> 3 additional kitchen towels                                      | € <input type="checkbox"/> Tablespoon scoop for cheese (optional) |
| € <input type="checkbox"/> 1-2 portable burners   | € <input type="checkbox"/> Teaspoon scoop for herbs               |
| € <input type="checkbox"/> Check the burner's function, power and/or fuel                   | €   |
| € <input type="checkbox"/> 2 appropriate size sauté pans                                    |   |
| € <input type="checkbox"/> Refuse container   |   |
| € <input type="checkbox"/> Chaffer for holding potatoes hot                                 |   |
| € <input type="checkbox"/> 3 deep 1/3 pans for chaffer                                      |   |
| € <input type="checkbox"/> 8 oz scoop for potatoes (3)                                      |   |
| € <input type="checkbox"/> Containers for holding vegetables, cheeses, garnishes cold (7-9) |   |
| €   |   |

## Creamy Roasted Garlic Polenta\*



Satisfying vegetarian comfort food at its best.

Yield	3-1/8 gallons (50 cups Polenta and 50 cups mix ins)
Serves	50
Preparation time	45 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
256	fl oz		2 gallons	Water	
20	oz		2 cups	<b>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</b>	
10	oz		1 cup	<b>MINOR'S® Vegetable Base Low Sodium Gluten Free (No Added MSG)* 6x1lb</b>	
68	oz		2-1/2 qts	Polenta	
8.5	oz		1 qt	Parmesan cheese, grated	
1	lb		2 cups	Butter	cubed

### Preparation Steps

1. Bring water to a simmer over medium high heat. Whisk in Roasted Garlic Flavor Concentrate and Vegetable Base and continue to simmer.
2. Whisk in polenta and reduce to low heat. Stir frequently, until polenta is soft and creamy. The cooking time for the polenta will vary based on the grind of the cornmeal. The more course the grind, the longer it will take to cook.
3. Whisk in Parmesan cheese and butter.

### Chef's tip

\*Lacto-ovo-vegetarian.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	264
Energy (KJ)	1108.6
Protein (g)	6.3
Carbohydrate, total (g)	35.5
Fats, total (g)	10.3
Sugars, total (g)	2.2
Fats, saturated (g)	5.7
Fiber, total dietary (g)	3.6
Sodium (mg)	682.9
Calcium (mg)	64.1
Cholesterol (mg)	23.6
Iron (mg)	1.8
Vitamin A (µg_RAE)	100.3
Vitamin C (mg)	1.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

# CREAMY ROASTED GARLIC POLENTA

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

€ ☐ Polenta 4.25 lbs

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

€ ☐ Parsley fresh 4 oz

€ ☐ Basil fresh 6 oz

€ ☐ Local seasonal vegetables 3 lbs

€ ☐ Local seasonal vegetables 3 lbs

☐ Local seasonal vegetables 3 lbs

€ ☐ Local seasonal vegetables 3 lbs

€ ☐ Local seasonal vegetables 3 lbs

€ ☐ Local seasonal vegetables 3 lbs

### > Frozen

€ €

### > Protein

### > Dairy

€ ☐ Parmesan cheese 1.5 lbs

€ ☐ Butter 1 lb

### > Refrigerated

☐ MINOR'S® Roasted Garlic Flavor Concentrate 2 lbs

€ ☐ MINOR'S Vegetable Base Low Sodium (No Added MSG) 1 lb

# CREAMY ROASTED GARLIC POLENTA

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean and chop fresh herbs
- € ☐ Grate Parmesan cheese 1.5 lbs
- € ☐ Reserve 1 lbs butter, cut into cubes
- € ☐ Reserve 4.25 lbs polenta

### > Day of Service

- € ☐ Prepare polenta

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for keeping polenta hot
- € ☐ 8 oz scoop for polenta
- € ☐ Containers for holding vegetables, herbs, and cheese cold (9)
- € ☐ ¼ cup scoops for vegetables (6)
- € ☐ Tablespoon scoop for cheese
- € ☐ Teaspoon scoop for herbs (2)
- € ☐ Serving spoon (2)
- € ☐ Heatproof spatula

## Hummus Flatbread



Customizable flat bread featuring hummus flavored with Roasted Garlic Flavor Concentrate.

Yield	50(12oz)/flatbreads
Serves	50
Preparation time	10 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
146	oz		1 gal	Roasted Garlic Hummus - prepared	
244	oz		50 each	Naan, whole wheat	
50	oz		3 qts	Carrots	medium dice, roasted
50	oz		3 qts	Yellow squash	medium dice, roasted
50	oz		3 qts	Green Bell Peppers	medium dice, roasted
24	oz		3 cups	Olive oil	
8	fl oz		1 cup	Red wine vinegar	
36	oz			Lettuce	baby blend

### Preparation Steps

1. Evenly spread hummus on one side of the naan. Top with carrots, squash and peppers.
2. Sauté naan over medium high heat until the bottom is crisp and toasted.
3. Combine oil and vinegar and toss baby lettuce in dressing.
4. Cut flatbread into quarters. Top the cut flatbread with baby greens.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	680.2
Energy (Kj)	2949.9
Protein (g)	21.6
Carbohydrate, total (g)	82.4
Fats, total (g)	30.6
Sugars, total (g)	8.3
Fats, saturated (g)	7
Fiber, total dietary (g)	13.7
Sodium (mg)	1167.7
Calcium (mg)	137.7
Cholesterol (mg)	1.4
Iron (mg)	4.8
Vitamin A (µg_RAE)	339.6
Vitamin C (mg)	33.4

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Jalapeno Hummus



Spicy hummus made with Fire Roasted Jalapeno Flavor Concentrate.

Yield	2-1/4 qts 24(3oz)servings
Serves	24
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
8	oz	1	cup	Minor's® Fire Roasted Jalapeno Flavor Concentrate Gluten Free (6x13.6oz)US	
4	lb	2	qt	Hummus	prepared

### Preparation Steps

1. Whisk together Fire Roasted Jalapeno Flavor Concentrate and hummus.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	139.2
Energy (KJ)	585.9
Protein (g)	6.2
Carbohydrate, total (g)	12
Fats, total (g)	8.2
Sugars, total (g)	0.3
Fats, saturated (g)	1.2
Fiber, total dietary (g)	4.7
Sodium (mg)	446.7
Calcium (mg)	31
Cholesterol (mg)	0
Iron (mg)	2
Fats, monounsaturated (g)	3.6
Fats, polyunsaturated (g)	3
Vitamin A (µg_RAE)	2.8
Vitamin C (mg)	14.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

## Roasted Garlic Hummus



Garlicky hummus made with Roasted Garlic Flavor Concentrate.

Yield	68 oz 22(3oz)servings
Serves	22
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
5	oz	1/2 cup		<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
4	lb	2 qts		Hummus	prepared

### Preparation Steps

- Whisk together the Roasted Garlic Flavor Concentrate and hummus.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	147.3
Energy (KJ)	618.9
Protein (g)	6.8
Carbohydrate, total (g)	13.7
Fats, total (g)	8.1
Sugars, total (g)	0.9
Fats, saturated (g)	1.2
Fiber, total dietary (g)	5.3
Sodium (mg)	531.6
Calcium (mg)	32.7
Cholesterol (mg)	0
Iron (mg)	2.1
Vitamin A (µg_RAE)	8.5
Vitamin C (mg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.



## Herbs de Provence Hummus



Herbaceous hummus made with Herb de Provence Flavor Concentrate.

Yield	2 qts 21(3oz)servings
Serves	21
Preparation time	5 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	oz	2 tbsp		<u>Minor's® Herb de Provence Flavor Concentrate Gluten Free 6x12.8 oz.</u>	
4	lb	2 qts		Hummus	prepared

### Preparation Steps

1. Whisk together Herb de Provence Flavor Concentrate and hummus.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	149.5
Energy (KJ)	627.3
Protein (g)	6.8
Carbohydrate, total (g)	12.6
Fats, total (g)	8.9
Sugars, total (g)	0.1
Fats, saturated (g)	1.4
Fiber, total dietary (g)	5.2
Sodium (mg)	382.5
Calcium (mg)	34
Cholesterol (mg)	0
Iron (mg)	2.1
Vitamin A (µg_RAE)	3
Vitamin C (mg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

# HUMMUS FLATBREAD

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

- € ☐ 9 lbs canned chick peas (garbonzo beans\*)
- ☐ Red wine vinegar 1 cup
- € ☐ Olive oil 2 qt
- € ☐ Whole wheat naan or similar flatbread 50 each, approx. 15.25 lbs

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- ☐ Approx. 24 lemons (3 cups juice\*)
- € ☐ Baby lettuce blend (organic if possible) 2 lbs 4 oz
- € ☐ Local seasonal vegetable 3 lbs
- € ☐ Local seasonal vegetable 3 lbs
- € ☐ Local seasonal vegetable 3 lbs
- € ☐ Local seasonal vegetable 3 lbs
- € ☐ Local seasonal vegetable 3 lbs
- € ☐ Local seasonal vegetable 3 lbs
- ☐ 4 oz peeled garlic\*

### > Frozen

€      €

### > Protein

€

### > Dairy

### > Refrigerated

- ☐ Hummus, prepared, plain 1-½ gallon
- € ☐ MINOR'S® Roasted Garlic Flavor Concentrate 1 tub-1 lb
- € ☐ MINOR'S Herb de Provence Flavor Concentrate 1 tub-1 lb
- € ☐ MINOR'S Fire Roasted Jalapeño Flavor Concentrate 1 tub-1 lb
- ☐ Tahini 3 cups\*

\*Used for the preparation of 1½ gallons of hummus

# HUMMUS FLATBREAD

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Prepare roasted garlic hummus recipe
- € ☐ Prepare herb de provence hummus recipe
- € ☐ Prepared jalapeño hummus recipe
- € ☐ Medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Clean and cut baby lettuce
- € ☐ Fill 1 8 oz bottle of red wine vinegar
- € ☐ Fill 3 8 oz bottles of olive oil

### > Day of Service

€

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Three 3 oz scoops for hummus
- € ☐ 3 spatulas for spreading hummus
- € ☐ 1 spatula for taking flatbread out of pan
- € ☐ Six ¼ cup scoops for vegetables
- € ☐ 1 small bowl for tossing greens
- € ☐ Tongs
- € ☐ Cutting board
- € ☐ Knife
- € ☐ Plates
- € ☐ Containers for holding cold vegetables (6)
- € ☐ Containers for holding cold hummus (3)
- € ☐ Basket with liner for flatbreads
- € ☐ Container for holding cold baby lettuce

## Quinoa and Potato Risotto



Vegetarian and gluten free grain entrée.

Yield	40-1/2 lbs 50(13oz)servings
Serves	50
Preparation time	5 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
48	fl oz		1-1/2 qts	Water	
1	oz		1-1/2 tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
25	oz		1-1/2 qts	Quinoa, prepared with Minor's® Natural Gluten Free Vegetable Base	
67	oz		1 gallon	Potatoes	Russet, peeled, small diced, blanched
12	oz		3 cups	Parmesan cheese, grated	
12	fl oz		1-1/2 cups	Olive oil	
100	oz		1-1/2 gallons	Butternut squash	diced, roasted
75	oz		1 gallon	Onions	diced, roasted
75	oz		1 gallon	Mushrooms	roasted
3	oz		1 cup	Parsley, fresh	chopped

### Preparation Steps

- Mix water and Vegetable Base together until base is dissolved.
- Add quinoa and potatoes to a sauté pan over medium high heat. Stir in vegetable stock and bring to a boil. Continue to stir until potatoes and quinoa are hot and stock reduces until no excess remains. The mixture should still be a bit wet and starchy. Fold in cheese and remove from heat.
- Heat oil in a sauté pan over medium high heat. Add squash, onions and mushrooms and sauté until hot.
- Add risotto to the plate. Toss vegetables with parsley and top the risotto with the vegetables.

### Chef's tip

1 cup each Risotto and 1 cup vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	185.6
Energy (Kj)	782.5
Protein (g)	6.2
Carbohydrate, total (g)	21.3
Fats, total (g)	9.3
Sugars, total (g)	4.5
Fats, saturated (g)	2.2
Fiber, total dietary (g)	4.1
Sodium (mg)	170.8
Calcium (mg)	121.4
Cholesterol (mg)	6
Iron (mg)	1.2



## Creative Food and Beverage Solutions

Fats, monounsaturated (g)	5.6
Fats, polyunsaturated (g)	1
Vitamin A (µg_RAE)	323.1
Vitamin C (mg)	25.3
Vitamin D (µg)	0

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*

## Quinoa with MINOR'S® Natural Gluten Free Vegetable Base



Vegetarian, gluten free grain recipe.

Yield	2-1/2 qts 10(7.3oz)servings
Serves	10
Preparation time	5 minutes
Cooking time	30 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
64	fl oz	2 qts		Water	
1.25	oz	2 tbsp		Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
24	oz	1 qt		Quinoa	rinsed

### Preparation Steps

- Over medium high heat, whisk together water and Vegetable Base. Add quinoa and bring to a simmer.
- Cover pot with lid and place in a 350°F convection oven for 25-30 minutes or until quinoa is tender. Be sure to test the quinoa for doneness.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	276.4
Energy (Kj)	1227.1
Protein (g)	10.6
Carbohydrate, total (g)	44.6
Fats, total (g)	5.4
Sugars, total (g)	3.2
Fats, saturated (g)	0
Fiber, total dietary (g)	16.7
Sodium (mg)	278.6
Calcium (mg)	28.3
Cholesterol (mg)	0
Iron (mg)	3.4
Fats, monounsaturated (g)	1
Fats, polyunsaturated (g)	1.6
Vitamin A (µg_RAE)	100.3
Vitamin C (mg)	0.2
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

# QUINOA AND POTATO RISOTTO

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

€ ☐ Quinoa 2 lbs

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

€ ☐ Local seasonal produce 3 lbs

€ ☐ Local seasonal produce 3 lbs

€ ☐ Local seasonal produce 3 lbs

€ ☐ Local seasonal produce 3 lbs

€ ☐ Local seasonal produce 3 lbs

€ ☐ Local seasonal produce 3 lbs (not necessary if mushrooms are purchased)

€ ☐ Parsley, fresh 8 oz

€ ☐ Russet potatoes 6 lbs

€ ☐ Sliced wild mushroom blend 6.5 lbs (optional)

### > Frozen

€ €

### > Protein

€

### > Dairy

€ ☐ Parmesan cheese 12 oz €

### > Refrigerated

☐ MINOR'S® Natural Gluten Free Vegetable Base 1 tub

# QUINOA AND POTATO RISOTTO

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Place olive oil in squirt bottles
- € ☐ Prepare .75 times quinoa recipe
- € ☐ Small dice and blanch russet potatoes
- € ☐ Grate Parmesan cheese
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables
- € ☐ Clean, medium dice, oil, season, and roast 3 lbs local seasonal vegetables (or 6.5 lbs of sliced wild mushrooms)
- € ☐ Chop parsley

### > Day of Service

- €€ ☐ Prepare quinoa and potato risotto (ideally it would be best to break up the mise en place and make this fresh a few times during service)

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for keeping risotto hot
- € ☐ 8 oz scoop for risotto
- € ☐ Containers for holding vegetables cold (6)
- € ☐ ¼ cup scoops for vegetables
- € ☐ Containers for parsley (1)
- € ☐ ¼ Teaspoon for scooping parsley
- € ☐ Serving spoon
- € ☐ Heatproof spatula



## Red Thai Curry over Barley



Vegetarian dish with exotic flavors.

Yield	50 lbs 50(16oz)servings
Serves	50
Preparation time	5 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
100	fl oz	3-1/8	qts	Water	
2	oz	3	tbsp	Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
8	fl oz	1	cup	Olive oil	
100	oz	1-1/2	gallons	Butternut squash	diced, roasted
100	oz	1-1/2	gallons	Potatoes	quartered, blanched
75	oz	4-3/4	gallons	Kale, plain	chopped
50	oz	3	qts	Onions	medium diced,roasted
50	oz	3	qts	Tofu, firm	medium diced
192	fl oz	3	jugs	Minor's® Thai-Style Red Curry Sauce RTU 4x0.5 gal.	
300	oz	3	gallons	Barley, prepared with Minor's® Natural Gluten Free Vegetable Base	
8	oz	3	cups	Cilantro	chopped

### Preparation Steps

- Mix Vegetable Base into water until base is completely dissolved. Set aside.
- Add olive oil to pan over medium high heat. Add squash, potatoes, kale, and onions to sauté pan. Cook until hot. Add tofu, vegetable stock, and Thai-Style Red Curry Sauce. Reduce liquid until desired consistency is achieved.
- Serve over barley. Garnish with cilantro.

### Chef's tip

1 cup each Barley and 1 cup Curry.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	394.7
Energy (Kj)	1678.4
Protein (g)	10.1
Carbohydrate, total (g)	62.6
Fats, total (g)	13.1
Sugars, total (g)	10.2
Fats, saturated (g)	4.6
Fiber, total dietary (g)	10.7
Sodium (mg)	1253.3
Calcium (mg)	176.4
Cholesterol (mg)	0
Iron (mg)	17.1



## Creative Food and Beverage Solutions

Vitamin A (µg_RAE)	750
Vitamin C (mg)	81.5

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*

## Barley with MINOR'S® Natural Gluten Free Vegetable Base



Vegetarian, gluten free grain recipe.

Yield	1 gallon 16(5.5oz)servings
Serves	16
Preparation time	5 minutes
Cooking time	40 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
96	fl oz	3 qts		Water	
2	oz	3 tbsp		Minor's® Gluten Free Vegetable Base made with Natural Ingredients (6x1lb)	
28	oz	1 qt		Barley, pressed	hulled

### Preparation Steps

- Whisk together water and Vegetable Base in a pot over medium high heat. Add barley and bring to a simmer.
- Cover pot with lid and place in a 350°F convection oven for 35-40 minutes or until barley is tender. Be sure to test the barley for doneness.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	179.1
Energy (Kj)	750.7
Protein (g)	4.9
Carbohydrate, total (g)	39.3
Fats, total (g)	0.7
Sugars, total (g)	0.6
Fats, saturated (g)	0.1
Fiber, total dietary (g)	7.8
Sodium (mg)	267.7
Calcium (mg)	18.7
Cholesterol (mg)	0
Iron (mg)	1.3
Fats, monounsaturated (g)	0.1
Fats, polyunsaturated (g)	0.3
Vitamin A (µg_RAE)	3.8
Vitamin C (mg)	0.2
Vitamin D (µg)	0

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

# RED THAI CURRY OVER BARLEY

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

- € ☐ MINOR'S® Red Thai Curry 3 bottles
- € ☐ Barley 5.5 lbs

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- € ☐ Cilantro, fresh 1 lb
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs
- € ☐ Local seasonal produce 3 lbs

### > Frozen

€      €

### > Protein

### > Dairy

€

### > Refrigerated

- ☐ Tofu firm 3.5 lbs (optional)
- € ☐ MINOR'S Vegetable Base Low Sodium (No Added MSG)

# RED THAI CURRY OVER BARLEY

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Cilantro 1 lbs chopped
- € ☐ Dice tofu (optional)
- € ☐ Cook 3 times the recipe for barley made with MINOR'S® Natural Gluten Free Vegetable Base

### > Day of Service

- € ☐ Heat barley
- € ☐ Make vegetable stock with MINOR'S Vegetable Base Low Sodium (No Added MSG)

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for keeping barley hot
- € ☐ Container for vegetable stock
- € ☐ 2 oz ladle
- € ☐ 8 oz scoop
- € ☐ Containers for holding vegetables, tofu, and herbs (7-8)
- € ☐ ¼ cup scoops for vegetables, tofu (6-7)
- € ☐ Tablespoon for scooping herbs
- € ☐ Heatproof spatula (2)
- € ☐ Serving spoon (2)

## Spaghetti (Squash) Spaghetti



Healthy, low calorie way to enjoy spaghetti and marinara.

Yield	62-1/2 lbs 50(20oz)servings
Serves	50
Preparation time	45 minutes
Cooking time	2 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
349	oz		4-3/4 gallons	Spaghetti squash	cut in half, seeded
16	fl oz		2 cups	Olive oil	
10	oz		1 cup	<u>Minor's® Roasted Garlic Flavor Concentrate Gluten Free 6x1 lb.</u>	
3	oz		1 cup	Parsley, fresh	chopped
5	lb		1 gallon	Onions	diced, roasted
5	lb		1 gallon	Green Bell Peppers	diced, roasted
5	lb		1 gallon	Crimini mushrooms	quartered, roasted
100	fl oz		3 qts	Vegetable Broth prepared with Minor's® Gluten Free Vegetable Base	
200	oz		1-1/2 gallons	Marinara sauce	
2	oz		1 cup	Parmesan cheese, grated	
2	oz		1/2 cup	Basil, fresh	chiffonade

### Preparation Steps

1. Roast squash in a convection oven at 350°F for 30-35 minutes or until it is easily pierced with a knife.
2. Whisk together the olive oil, Roasted Garlic Flavor Concentrate and parsley. Use a fork to shred the interior of the squash. Once all of the squash has been removed from the skin, toss it with the garlic oil. Reserve.
3. Heat olive oil in a sauté pan over medium high heat. Sauté onions, peppers, and mushrooms until hot. Add vegetable stock and marinara to hot vegetables. Reduce until the sauce thickens.
4. Add spaghetti squash to plate and top with vegetables. Garnish with Parmesan cheese and basil.

### Chef's tip

1-1/2 cups Squash and 1 cup Sauce and Vegetables.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	282.1
Energy (KJ)	1183.9
Protein (g)	6.3
Carbohydrate, total (g)	37.1
Fats, total (g)	13.6
Sugars, total (g)	18.1
Fats, saturated (g)	2.2
Fiber, total dietary (g)	5.5
Sodium (mg)	873.1
Calcium (mg)	118.2
Cholesterol (mg)	1



## Creative Food and Beverage Solutions

Iron (mg)	2.2
Vitamin A (µg_RAE)	62.8
Vitamin C (mg)	49.6

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*

# SPAGHETTI SQUASH SPAGHETTI

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

- € ☐ Low Sodium Marinara sauce 1.5 gal approx. 2 #10 cans

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- € ☐ Spaghetti squash 22 lbs  
€ ☐ Parsley, fresh 8 oz  
€ ☐ Basil 8 oz  
€ ☐ Local seasonal produce 3 lbs  
€ ☐ Local seasonal produce 3 lbs  
€ ☐ Local seasonal produce 3 lbs  
€ ☐ Local seasonal produce 3 lbs  
€ ☐ Local seasonal produce 3 lbs  
€ ☐ Local seasonal produce 3 lbs

### > Frozen

- € €

### > Protein

- €

### > Dairy

- € ☐ Parmesan cheese 2 oz

### > Refrigerated

- ☐ MINOR'S® Roasted Garlic Flavor Concentrate 1 tub  
€ ☐ MINOR'S Natural Gluten Free Vegetable Base 1 tub



# SPAGHETTI SQUASH SPAGHETTI

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Squirt bottle of olive oil for sautéing
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Clean, medium dice, oil, season, roast 3 lbs local seasonal produce
- € ☐ Split in half, seed, roast spaghetti squash at 350 F° until easily pierced with a knife
- € ☐ Completely cool squash, then shred interior with a fork to make “spaghetti”
- € ☐ Reserve marinara sauce 1.5 gal
- € ☐ Clean, chop 8 oz parsley
- € ☐ Grate Parmesan cheese

### > Day of Service

- €€ ☐ Clean, chiffonade basil
- € ☐ Make garlic oil for squash with MINOR'S® Roasted Garlic Flavor Concentrate
- € ☐ Heat squash and toss with garlic oil

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for holding squash hot
- € ☐ Serving spoon
- € ☐ Containers for holding vegetables, basil, cheese (9)
- € ☐ ¼ cup scoops for vegetables (6)
- € ☐ Small tongs for basil
- € ☐ Teaspoon scoop for cheese
- € ☐ Heatproof spatula
- € ☐ Serving spoon
- € ☐ Container for holding marinara cold
- € ☐ Container for holding vegetable stock cold
- € ☐ 4 oz ladle for marinara
- € ☐ 2 oz ladle for vegetable broth

## Whole Grain Giddle Cakes & Mushroom Ragout



Savory whole grain cakes with a wild mushroom ragout.

Yield	37-3/4 lbs 50 (12oz) servings 150 cakes + 25 cups of sauce
Serves	50
Preparation time	15 minutes
Cooking time	3 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
4	lb	3	gallons	Wheat flour, whole-grain	
2	oz	1/4	cup	Baking powder	
.5	oz	3	tsp	Salt	
112	fl oz	3-1/2	qts	Milk	
19	fl oz	13	each	Eggs	beaten
8	fl oz	1	cup	Olive oil	
3	oz	1/4	cup	Honey	
56	oz	2	qt	Quinoa with Minor's® Low Sodium Vegetable Base - prepared	
44	oz	2	qt	Minnesota Wild Rice, cooked with Minor's® Low Sodium Vegetable Base - prepared	
50	oz	2	qt	Barley, prepared with Minor's® Vegetable Base Low Sodium	
24	fl oz	3	cups	Olive oil	
21	oz	1-1/2	qts	Oyster mushrooms, fresh	roasted
21	oz	1-1/2	qts	Shiitake mushrooms, fresh	roasted
21	oz	1-1/2	qts	Portabella mushrooms	roasted
21	oz	1-1/2	qts	Crimini mushrooms	roasted
50	fl oz	6-1/4	cups	Sherry, dry	
16	oz	1	pkg	<b>Trio® White Sauce Mix 8x16oz US</b>	prepared
6.25	oz	1-1/2	cups	Parmesan cheese, grated	
.75	oz	1/4	cup	Parsley, fresh	chopped
.75	oz	1/4	cup	Chives, fresh	chopped
.75	oz	1/4	cup	Tarragon, fresh	chopped

### Preparation Steps

1. Combine flour, baking powder and salt. Whisk together thoroughly.
2. Combine eggs, milk, olive oil and honey. Whisk together thoroughly. Add liquid egg mix to dry flour mix slowly while whisking. Fold in quinoa, rice and barley.
3. Sauté mushrooms in olive oil over high heat. Deglaze with sherry. Reduce sherry until almost dry.
4. Add White Sauce to mushrooms. Reduce slightly.
5. Finish creamed mushrooms with Parmesan cheese, parsley, chives and tarragon.
6. Ladle 1/4 cup of batter into sauté pan over medium high heat for each cake. Once bubbles form on the surface of the pancake and the bottom is golden brown, flip to finish cooking.

### Chef's tip

Almost any cooked grain or mushroom can be substituted into this recipe by volume using a 1:1 ratio.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	513.6
Energy (Kj)	2197.7

Protein (g)	14.1
Carbohydrate, total (g)	54.1
Fats, total (g)	25.1
Fats, saturated (g)	5.5
Fiber, total dietary (g)	8.3
Sodium (mg)	517.9
Calcium (mg)	220.7
Cholesterol (mg)	55.1
Iron (mg)	3
Vitamin A (µg_RAE)	60.3
Vitamin C (mg)	2.3

*The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.*

## Wild Mushroom Ragout



Creamy wild mushroom ragout featuring TRIO® White Sauce Mix.

Yield	3-1/8 gal 50(8oz)servings 25 cups ragout
Serves	50
Preparation time	15 minutes
Cooking time	3 minutes

### Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
24	fl oz		1-1/2 cups	Olive oil	
21	oz		1-1/2 qts	Oyster mushrooms, fresh	roasted
21	oz		1-1/2 qts	Shiitake mushrooms, fresh	roasted
21	oz		1-1/2 qts	Portabella mushrooms	roasted
21	oz		1-1/2 qts	Crimini mushrooms	roasted
50	fl oz		6-1/4 cups	Sherry, dry	
144	fl oz		1 pkg	Trio® White Sauce - prepared	
6.25	oz		1-1/2 cups	Parmesan cheese, grated	
.75	oz		1/4 cup	Parsley, fresh	chopped
.75	oz		1/4 cup	Chives, fresh	chopped
.75	oz		1/4 cup	Tarragon, fresh	chopped

### Preparation Steps

1. Sauté all variety of mushrooms in olive oil over high heat. Deglaze with sherry. Reduce sherry until almost dry.
2. Add White Sauce to mushrooms. Reduce slightly.
3. Finish creamed mushrooms with Parmesan cheese, parsley, chives, and tarragon.

### Nutrition

Nutritional analysis per serving	
Energy (Kcal)	216.8
Energy (KJ)	914.8
Protein (g)	3.2
Carbohydrate, total (g)	9.8
Fats, total (g)	15.5
Fats, saturated (g)	3.2
Fiber, total dietary (g)	1.1
Sodium (mg)	210.8
Calcium (mg)	49.1
Cholesterol (mg)	3.1
Iron (mg)	0.5
Vitamin A (µg_RAE)	7.4
Vitamin C (mg)	2.1

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.

# WHOLE GRAIN GRIDDLE CAKES

## ORDER GUIDE

Order Guide for **50** Servings

### > Dry Goods

- € ☐ Whole wheat flour 4 lbs  
☐ Baking powder 2 oz  
☐ Honey 3 oz  
☐ Milk 1 gal  
☐ Eggs 13 ea  
☐ Quinoa 1.5 lbs or 2 cups (or use leftover in house grains)  
☐ Wild rice 12 oz or 2 cups (or use leftover in house grains)  
☐ Barley, hulled or 14 oz or 2 cups (or use leftover in house grains)  
☐ Sherry, dry 2 bottles

### > Produce

*\*\*be sure to ask your distributor about local seasonal produce*

- ☐ Sliced wild mushroom blend 12 lbs  
☐ Parsley, fresh 4 oz  
☐ Chives 4 oz  
☐ Tarragon 4 oz  
☐ Thyme 4 oz

### > Frozen

€ €

### > Protein

€

### > Dairy

- ☐ Parmesan cheese

### > Refrigerated

- ☐ MINOR'S® Vegetable Base Low Sodium (No Added MSG) 1 tub  
☐ TRIO® White Sauce Mix 1 bag

# WHOLE GRAIN GRIDDLE CAKES

## PREP GUIDE

**Serves: 50**

*All preparation and set-ups must be in accordance with the health department regulations and follow standard operator procedures and policies.*

### > Day Before Service

- € ☐ Place olive oil in squirt bottles
- € ☐ Oil and roast 12 lbs sliced wild mushrooms
- € ☐ Clean and chop herbs
- € ☐ Reserve sherry
- € ☐ Prepare whole grain griddle cake batter recipe, do not cook cakes
- € ☐ Secure TRIO® White Sauce Mix
- € ☐ Grate Parmesan

### > Day of Service

- €€€ ☐ Prepare mushroom ragout

### > Station Set Up

- € ☐ Clean uniform
- € ☐ Gloves
- € ☐ Sanitizer solution with kitchen towel
- € ☐ 3 additional kitchen towels
- € ☐ 1-2 portable burners
- € ☐ Check the burner's function, power and/or fuel
- € ☐ 2 appropriate size sauté pans
- € ☐ Refuse container
- € ☐ Chaffer for mushroom ragout
- € ☐ ½ cup scoop for mushroom ragout
- € ☐ Container for holding batter cold
- € ☐ 4 oz ladle for batter
- € ☐ Pan spray
- € ☐ Spatula for flipping and serving cakes

€