



K-12 FOOD SERVICE RECIPE BOOKLET

Instructions, tips and recipes for creating
delicious, student-approved vegetarian
menu items using Adda Veggie



Vegan



Gluten Free



Soy Free

www.addaveggie.com/foodservice



Basic Adda Veggie Preparation Instructions *

* for one 24-serving pack. For additional servings, scale up the quantities used in each step.

INGREDIENTS

- Adda Veggie 24-serving pack
- Prepared veggies (e.g., riced cauliflower, grated carrots)
- Water
- Cooking oil

PREPARE MIX

- 1** In a large mixing bowl, add full bag of Adda Veggie Protein Crumbles and soak in 2½ cups of water for 5 minutes, stirring halfway.
- 2** Stir in Adda Mix and mix well.
- 3** Fold in prepared veggies.

COOK IN TILT SKILLET

- 1** Add ½ cup of cooking oil to a tilt skillet.
- 2** Once hot, add Adda Veggie mix and leave crumbles to cook undisturbed until golden brown. Ensure cooking surface is uncrowded.
- 3** Once browned, flip using a spatula and continue to cook. Add remaining ½ cup oil and chop with spatula until mixture appears evenly browned and crumbly. Remove from heat.

BAKE IN OVEN

- 1** Pre-heat oven to 350°F. Line 1 sheet pan with parchment paper.
- 2** Stir 1 cup of cooking oil into the prepared mix. Spread the mix out evenly on the sheet pan.
- 3** Bake for 15-20 minutes. Ground crumble will appear slightly browned when ready.

SERVE

Fold into a sauce or serve it on its own. See recipes for inspiration.



Adda Veggie Chipotle Adobo Mushroom Crumble

Plant-based ground meat replacement for Mexican dishes such as tacos, burritos, nachos and more.

NSLP/SBP CREDITING INFORMATION

A ½ cup serving (one No. 8 scoop) provides: 2 oz MMA, and ¼ cup other vegetable.

24 servings		
INGREDIENTS	Weight	Measure
Adda Veggie Protein Crumbles	0.61 lb	1 bag
Adda Mix (Chipotle Adobo Blend)	0.60 lb	1 bag
Mushrooms, crimini or white button, trimmed and chopped to ¼"	2.1 lb	12 cups
Canola oil		1 cup
Water		2.5 cups
<i>Optional: Tomato Sauce</i>		4 cups
Optional Accompaniments for Service		
Whole-grain tortillas or tortilla chips		
Lettuce, pico de gallo, shredded cheese, tomatoes, cilantro, guacamole.		

DIRECTIONS	
1	In a large mixing bowl, add full bag of Adda Veggie Protein Crumbles and soak in 2.5 cups of water for 5 minutes, stirring halfway.
2	Stir in Adda Mix and mix well.
3	Dice mushrooms into roughly ¼" pieces and add into prepared mixture.
	Cook Adda Veggie ground crumble on a tilt skillet or in an oven.
	Tilt Skillet Instructions: Add ½ cup of cooking oil to a tilt skillet. Once hot, spread the mix out evenly and leave to cook undisturbed until golden brown. Ensure cooking surface is uncrowded.
4	Once browned, flip using a spatula and continue to cook. Add remaining ½ cup oil and chop with spatula until mixture appears evenly browned and crumbly. Remove from heat.
	Baking Instructions: Pre-heat oven to 350°F. Line 1 sheet pan with parchment paper. Stir 1 cup of cooking oil into the prepared mix. Spread the mix out evenly on the sheet pan. Bake for 15-20 minutes, stirring halfway. Ground crumble will appear slightly browned when ready.
5	Transfer to a steam table pan (12" x 20" x 2") lightly coated with pan-release spray. <i>Optional: Add 4 cups of tomato sauce and bake for an additional 5 minutes at 350°F.</i>
	Critical Control Point: Hold for hot service at 135°F or higher.
6	During service, portion filling with a No. 8 scoop (½ cup).



Adda Veggie Farmer's Market Chili

A hearty, kid-friendly vegetarian chili packed with veggies and beans.

NSLP/SBP CREDITING INFORMATION

Elementary – 8 fl oz (one level #4 scoop) provides:

1.25 oz MMA, $\frac{1}{2}$ cup red/orange vegetable, and $\frac{1}{4}$ cup beans & peas.

Secondary – 10 fl oz (two rounded #6 scoops) provides:

2.75 oz MMA and $\frac{5}{8}$ cup red/orange vegetable – OR –

1.75 oz MMA, $\frac{5}{8}$ cup red/orange vegetable and $\frac{1}{4}$ cup beans & peas.

Serving Size:

Elementary – One level #4 scoop (36 servings)

Secondary – Two rounded #6 scoops (27 servings)

INGREDIENTS	27 or 36 servings	
	Weight	Measure
Adda Veggie Protein Crumbles	0.61 lb	1 bag
Adda Mix (Chipotle Adobo)	0.60 lb	1 bag
Water		2.5 cups
Onions, Yellow, diced	1 lb 5 oz	4 cups
Olive oil		$\frac{1}{2}$ cup
Water, Hot		12 cups
Tomato Paste	1.5 lb	2.5 cups
Chili Base/Seasoning	2.5 oz	
Kidney Beans, drained	$\frac{1}{2}$ #10 cn	5 cups
Pinto Beans, drained	$\frac{1}{2}$ #10 cn	5 cups
Tomatoes, diced w/ juices	1 #10 cn	
Green chiles, diced	$\frac{1}{2}$ 28 oz cn	14 fl oz

DIRECTIONS	
1	Pre-heat oven to 350°F, low fan. Line 1 sheet pan with parchment paper.
2	In a large mixing bowl, add full bag of Adda Veggie Protein Crumbles and soak in 2.5 cups of water for 5 minutes, stirring halfway.
3	Stir in Adda Mix and mix well. Mix diced onions and $\frac{1}{2}$ cup olive oil into prepared mix.
4	Spread the mix out evenly on the sheet pan. Bake for 15-20 minutes, stirring halfway. Ground crumble will appear well browned when ready. Place in warmer to hold at 135°F.
5	Line a 6" hotel pan. Add HOT water and tomato paste and whisk to combine and break up paste.
6	Add Chili Seasoning, stirring to combine.
7	Add Ingredients in this order, then MIX WELL: (1) Diced Tomatoes. (2) Drained Pinto and Kidney Beans. (3) Green Chiles
8	Cover and place in 375°F oven. After 30 minutes stir and rotate. After an additional 30 minutes stir again and take temperature. Continue cooking until temperature reaches 150°F.
9	Remove from oven. Add Adda Veggie crumble mixture into Chili and mix well to combine.
10	Serve: For Elementary, scoop ONE #4 scoop per serving. For Secondary, scoop TWO #5 scoops per serving.
	HAACP: 1. Hold at 135°F or above. 2. Leftovers must be cooled to 72 degrees in two hours, to 40 degrees in four hours.