



# Spaghetti and Adda Veggie Carrot Ragu

Spaghetti and plant-based ragu sauce that is made with Adda Veggie Original Blend and shredded carrots.

### NSLP/SBP CREDITING INFORMATION

**1 cup (one 8 fl oz spoodle) provides: 2 oz MMA, ½ cup red/orange vegetable, and 1.5 oz equivalent grains.**

[Link to video tutorial](#)

INGREDIENTS	24 servings	
	Weight	Measure
Adda Veggie Protein Crumbles	0.61 lb	1 bag
Adda Mix (Original Blend)	0.66 lb	1 bag
Fresh carrots, shredded *	2.2 lb	
OR		
Crimini mushrooms, ¼" chopped	2.1 lb	
OR		
Riced cauliflower **	1.8 lb	
Low-sodium marinara sauce		9 cups
Olive oil		1 cup
Water		2 cups
Whole wheat spaghetti, uncooked	2.25 lb	
(optional) Basil, fresh	0.9 oz	48 leaves

DIRECTIONS	
1	Pre-heat oven to 350°F.
2	Line 1 sheet pan with parchment paper.
3	Heat water to boiling in a large pot. Add pasta. Cook until al dente, according to package directions. Drain well. Set aside. Optional: reserve 16 oz of pasta water for the sauce.
4	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.
5	Stir in Adda Mix and mix well.
6	Mix shredded carrots into prepared mix.
7	Add 1 cup of cooking oil to the prepared mix. Stir until evenly mixed.
8	Spread the mix out evenly on the lined baking sheet.
9	Bake for 10 minutes. Ground crumble will appear slightly browned when ready.
10	Add marinara sauce to a stock pot with optional 16 oz of pasta water and simmer for 5 minutes. Remove from heat.
11	Fold cooked Adda Veggie crumble into sauce.
12	Add cooked pasta to sauce and mix to incorporate.
13	Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan-release spray.
14	Portion ragu onto plates with one 8 fl oz spoodle (1 cup). Garnish with optional basil leaf.
Critical Control Point: Hold for hot service at 135°F or higher.	

\* If using coarse pre-shredded carrots, steam carrots for 10-15 minutes, until tender.

\*\* If using pre-packaged riced cauliflower (fresh or frozen), steam riced cauliflower for 10 minutes, until tender. Bake crumble for 15 minutes in step 9.



# Spaghetti and Adda Veggie Carrot Ragu

## NUTRITION INFORMATION

For 1 cup pasta (one 8 fl oz spoodle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>380</b>
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<b>Total Fat</b>	<b>13 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>450 mg</b>
<b>Total Carbohydrate</b>	<b>51 g</b>
Dietary Fiber	9 g
Total Sugars	9 g
Added Sugars	0 g
<b>Protein</b>	<b>20 g</b>
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Vitamin A	560 mcg
Vitamin D	0 mcg
Calcium	130 mg
Iron	4.6 mg
Potassium	720 mg

## NOTES

\* If using whole fresh carrots (without tops), use 2.9 lb raw carrots before trimming, peeling and shredding.

Cooking Process #2: Same-Day Service.

## YIELD / VOLUME

About 14 lb pasta with ragu sauce  
About 2 gal 1qt / 1 steam table pan (12" x 20" x 4")



# 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.

[Link to video tutorial](#)

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 cups
Optional Accompaniments for Service		
Whole-grain tortillas or tortilla chips		
Lettuce, pico de gallo, shredded cheese, tomatoes, cilantro, guacamole.		

DIRECTIONS	
1	Pre-heat oven to 350°F.
2	Line 1 sheet pan with parchment paper.
3	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.
4	Stir in Adda Mix and mix well.
5	Dice mushrooms into roughly ¼" pieces and add into prepared mixture.
6	Add 1 cup of cooking oil to the prepared mix. Stir until evenly mixed.
7	Spread the mix out evenly on the lined baking sheet.
8	Bake for 10 minutes. Ground crumble will appear slightly browned when ready.
9	Transfer to a steam table pan (12" x 20" x 2") lightly coated with pan-release spray.
10	Critical Control Point: Hold for hot service at 135°F or higher.
11	During service, portion filling with a No. 8 scoop (½ cup).



# Adda Veggie Chipotle Adobo Mushroom Crumble

## NUTRITION INFORMATION

Filling for 1 burrito (½ cup).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>170</b>
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<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>390 mg</b>
<b>Total Carbohydrate</b>	<b>8 g</b>
Dietary Fiber	3 g
Total Sugars	1 g
Added Sugars	0 g
<b>Protein</b>	<b>13 g</b>
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Vitamin A	0 mcg
Vitamin C	1 mg
Vitamin D	0 mcg
Calcium	80 mg
Iron	2.5 mg
Potassium	260 mg

## NOTES

\* For easier prep, use fresh sliced mushrooms. Give mushrooms a rough chop to make approx. ¼" pieces.

Cooking Process #2: Same-Day Service.

## YIELD / VOLUME

About 4 lb chipotle crumble  
About 3 qt / 1 steam table pan (12" x 20" x 2")



# Adda Veggie Cauliflower Sloppy Joe

Plant-based sloppy joe made with Adda Veggie Original Blend and riced cauliflower.

## NSLP/SBP CREDITING INFORMATION

One sandwich (½ cup filling) provides: 2 oz MMA, ¼ cup other vegetable, and 1.75 oz equivalent grains.

24 servings		
INGREDIENTS	Weight	Measure
Adda Veggie Protein Crumbles	0.61 lb	1 bag
Adda Mix (Original Blend)	0.66 lb	1 bag
Riced Cauliflower, fresh or frozen *	1.8 lb	
Cooking oil		1 cup
Water		2 cups
Sloppy Joe Sauce		
Tomato Sauce, canned, no salt added		1.5 cups
Barbecue Sauce, low sodium		3 cups
Water		1.5 cups
Accompaniments for Service		
Hamburger bun, whole wheat		24 buns
(optional) Pickles, chopped cabbage or cole slaw.		

DIRECTIONS	
1	Pre-heat oven to 350°F.
2	Line 1 sheet pan with parchment paper.
3	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.
4	Stir in Adda Mix and mix well.
5	Mix riced cauliflower into prepared mix.
6	Add 1 cup of cooking oil to the prepared mix. Stir until evenly mixed.
7	Spread the mix out evenly on the lined baking sheet.
8	Bake for 15 minutes. Ground crumble will appear slightly browned when ready.
9	Prepare sauce: Combine barbecue and tomato sauces with 1.5 cups water. Heat in a large stock pot.
10	Mix in cooked meatless crumble and remove from heat.
11	Pour sloppy joe mixture into steam table pan (12" x 20" x 2").
	Critical Control Point: Hold sloppy joe mixture for hot service at 135°F or higher.
12	Place bottom half of each bun on a sheet pan. Use 2 sheet pans for 24 servings.
13	To serve, using a No. 8 scoop portion ½ cup sloppy joe mixture onto the bottom half of each bun.
14	Place top half of bun on top of each sandwich.

\* If using pre-packaged riced cauliflower (fresh or frozen), steam riced cauliflower for 10 minutes, until tender.

If using fresh, whole cauliflower, pulse in a food processor until finely riced.



### NUTRITION INFORMATION

Filling for 1 sandwich (1/2 cup).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>230</b>
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<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>430 mg</b>
<b>Total Carbohydrate</b>	<b>23 g</b>
Dietary Fiber	4 g
Total Sugars	12 g
Added Sugars	8 g
<b>Protein</b>	<b>13 g</b>
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Vitamin A	40 mcg
Vitamin C	24 mg
Vitamin D	0 mcg
Calcium	90 mg
Iron	2.6 mg
Potassium	340 mg

### NOTES

Cooking Process #2: Same-Day Service.

### YIELD / VOLUME

About 7 lb sloppy joe mixture  
About 1 gal 1 cup / 1 steam table pan (12" x 20" x 2")



# Indian Masala Sweet Potato Patty

Plant-based, Indian-inspired burger patties made with sweet potato and Adda Veggie Indian Masala Blend.

**NSLP/SBP CREDITING INFORMATION**  
**One patty provides: 2 oz MMA and 3/8 cup red/orange vegetable.**

24 servings		
INGREDIENTS	Weight	Measure
Adda Veggie Protein Crumbles	0.61 lb	1 bag
Adda Mix (Indian Masala Blend)	0.69 lb	1 bag
Sweet Potatoes, Cubes, No Salt Added, Frozen	4.0 lb	10.5 cups steamed
(optional) Sautéed spinach		1.5 cups
Cooking oil		1 cup
Water		2 cups
Optional Accompaniments for Service		
Hamburger bun, whole wheat		
Sliced red onion, cilantro chutney, date syrup, yogurt, sliced tomato, lettuce		

DIRECTIONS	
1	Pre-heat oven to 350°F.
2	Toss cubed sweet potatoes in 1 cup of oil. Line a sheet pan with parchment paper and spread sweet potatoes out on pan.
3	Roast: Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.
4	Line 2 sheet pans with parchment paper. Lightly coat with pan-release spray.
5	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.
6	Stir in Adda Mix and mix well.
7	Add in roasted sweet potato. Knead the mix by hand to incorporate sweet potato. (Optional: replace 1.5 cups of steamed sweet potato with sautéed spinach).
8	Using a No. 8 scoop, portion 1/2 cup patties. Flatten each patty into an oval shape and place 12 patties on each prepared sheet pan (18" x 26" x 1").
9	Bake for 15 minutes. Patties will appear slightly browned when ready.
10	Serve patties on a bun, on top of a salad or on their own with optional toppings.
	Critical Control Point: Hold patties for hot service at 135°F or higher.



## NUTRITION INFORMATION

One patty (1/2 cup mix).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>240</b>
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<b>Total Fat</b>	<b>11 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>390 mg</b>
<b>Total Carbohydrate</b>	<b>25 g</b>
Dietary Fiber	4 g
Total Sugars	7 g
Added Sugars	0 g
<b>Protein</b>	<b>13 g</b>
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Vitamin A	4730 mcg
Vitamin C	8 mg
Vitamin D	0 mcg
Calcium	100 mg
Iron	2.9 mg
Potassium	400 mg

## NOTES

Cooking Process #2: Same-Day Service.

## YIELD

About 6.5 lb, or 24 4-ounce patties





# Adda Veggie Spinach Lasagna

Vegetarian version of a traditional lasagna made with Adda Veggie Original Blend and spinach.

## NSLP/SBP CREDITING INFORMATION

1 serving provides: 2.5 oz MMA, 3/8 cup red/orange vegetable, 1/8 cup dark green vegetable and 1.5 oz equivalent grains.

INGREDIENTS	24 servings	
	Weight	Measure
Adda Veggie Protein Crumbles	0.61 lb	1 bag
Adda Mix (Original Blend)	0.66 lb	1 bag
Fresh Spinach, chopped *	2.3 lb	
OR		
Frozen Spinach, chopped **	2.2 lb	
Low-sodium marinara sauce		10 cups
Olive oil		1 cup
Water		2.5 cups
Whole Wheat Lasagna Noodles, no boil	2 lb	
Mozzarella Cheese, low-moisture part-skim, low-sodium, shredded	1.1 lb	
(optional) Basil, fresh		24 leaves

\* If using fresh chopped spinach, sauté in oil.

\*\* If using frozen spinach, thaw and bake in a single layer at 375°F for 10 minutes.

	DIRECTIONS
1	Preheat oven to 350°F on low or no 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.
4	Add prepared spinach and 1 cup of cooking oil to the mix. Stir until evenly mixed.
5	Spread the mix out evenly on the lined baking sheet.
6	Bake for 10 minutes. Ground crumble will appear slightly browned when ready. In a large mixing bowl, combine marinara sauce with the baked Adda Veggie crumble.
7	Using a 4" full hotel pan, assemble lasagna layered as follows: <ul style="list-style-type: none"> <li>• Cover the bottom of the pan with 2 cups marinara sauce</li> <li>• Lasagna noodles</li> <li>• Marinara + Adda Veggie crumble mixture - 4 cups</li> <li>• Shredded mozzarella - 1 cup</li> <li>• Lasagna noodles</li> <li>• Marinara + Adda Veggie crumble mixture - 4 cups</li> <li>• Shredded mozzarella - 1 cup</li> <li>• Lasagna noodles</li> <li>• Marinara + Adda Veggie crumble mixture - 4 cups</li> <li>• Shredded mozzarella - 1 cup</li> <li>• Lasagna noodles</li> <li>• Marinara + Adda Veggie crumble mixture - 4 cups</li> <li>• Shredded mozzarella - 1 cup</li> <li>• Lasagna noodles</li> <li>• Remaining mozzarella to top it off</li> </ul>
8	Cover tightly with foil and bake for 30-40 minutes, or until lasagna is fully cooked.
9	Uncover lasagna, place back in the oven for 3-5 minutes or until a golden crust has formed on the top. Internal temperature must reach 165°F before serving.
10	Cut the lasagna into equal sized pieces, 4 across by 6 down to make 24 servings. (Each serving will be roughly 3.5" x 3").
	Critical Control Point: Hold for hot service at 135°F or higher.



# Adda Veggie Spinach Lasagna

## NUTRITION INFORMATION

For 1 piece (roughly 3.5" x 3").

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>410</b>
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<b>Total Fat</b>	<b>17 g</b>
Saturated Fat	3.5 g
Cholesterol	15 mg
<b>Sodium</b>	<b>460 mg</b>
<b>Total Carbohydrate</b>	<b>45 g</b>
Dietary Fiber	9 g
Total Sugars	8 g
Added Sugars	0 g
<b>Protein</b>	<b>27 g</b>
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Vitamin A	1470 mcg
Vitamin D	0.1 mcg
Calcium	310 mg
Iron	5.5 mg
Potassium	700 mg

## NOTES

Cooking Process #2: Same-Day Service.

## YIELD / VOLUME

About 13 lb lasagna  
About 2 gal 1qt / 1 steam table pan (12" x 20" x 4")