

BASIC AMERICAN FOODS™

ALTERNATE PREPARATION SOLUTIONS

FOR TAKE-HOME MEALS

Continue to feed your students **delicious meals at home** with the foods they love. Schools are using these simple prep options to send home their student's favorite **mashed and beans** while utilizing the value of commodity pounds.

For Schools



2 EASY PREP OPTIONS

1 OVERNIGHT COLD REFRESH for Pick-Up & Reheat at Home Meals

- **AT SCHOOL:** Refresh mashed or beans with cold water, refrigerate overnight, portion for pick-up.
- **AT HOME:** Student microwaves

2 INDIVIDUAL DRY PORTIONS for Take & Make at Home Meals

- **AT SCHOOL:** Pre-portion dry mashed or beans
- **AT HOME:** Student adds water and heats

MASHED TAKE-HOME PREP OPTIONS

MASHED POTATOES (COMMODITY CODE 110227)	SKU
Potato Pearls® EXCEL® Original Butter Mashed Potatoes	76468
Potato Pearls® EXCEL® Original Butter Mashed Potatoes – Reduced Sodium	10799
Potato Pearls® Smart Servings™ Mashed Potatoes w/Vit C	10426
Potato Pearls® Extra Rich Mashed Potatoes	81837
Mashed Potatoes Complete w/Vit C	10215

OVERNIGHT COLD REFRESH FOR PICK-UP & REHEAT AT HOME MEALS

IN OPERATION

1. Add potatoes to **COLD** water (reference package instructions for pan size and amount of water ratio).
2. Stir 15 seconds.
3. Refrigerate overnight.
4. Stir (potatoes will be soupy; consistency similar to pancake batter).
5. Ladle chilled, prepared potatoes into containers*.
6. Package for student pick-up.
7. Student reheats at home with microwave.

*TIP: Continue to stir potatoes in pan while portioning to ensure mashed pearls do not settle on bottom.



HEAT AT HOME INSTRUCTIONS

1. Place potatoes in microwave safe bowl or container.
2. Microwave covered on high. See table for recommended time.
3. Let stand 2 minutes.
4. Carefully remove from microwave and stir prior to enjoying.

LEFTOVERS: Refer to Food Code published by FDA.

STUDENT MICROWAVE REHEAT AT HOME	COOK TIME BASED ON NUMBER OF 1/2 CUP SERVINGS		
	1	2	4
SKU 76468, 10799, 10426	2 min	2 ½ min	2 ½ min, stir, 1 min
SKU 81837, 10215	1 ½ min	2 ½ min	2 ½ min, stir, 1 min

INDIVIDUAL DRY PORTIONS FOR TAKE & MAKE AT HOME MEALS

IN OPERATION

1. Pre-portion dry mashed in containers or plastic bags according to grid below.

MAKE AT HOME STUDENT INSTRUCTIONS

OPTION 1: MICROWAVE

1. Combine potatoes and water in a microwave safe bowl.
2. Microwave covered on high. See table for recommended time.
3. Let stand 2 minutes.
4. Carefully remove from microwave and stir prior to enjoying.

OR

OPTION 2: STOVETOP

1. In a saucepan, heat water to boiling. Immediately remove from heat.
2. Stir in potatoes for 10 seconds.
3. Cover and let sit 5 minutes.
4. Uncover and stir before enjoying.



In Operation Step 1 — dry mashed in to-go container



STUDENT PREP TYPE	SKU	COMPONENT	COOK TIME BASED ON NUMBER OF 1/2 CUP SERVINGS		
			1	2	4
MICROWAVE	76468, 10799, 10426, 81837	Dry Potato	1/4 cup	1/2 cup	1 cup
		Water	1/2 cup	1 cup	2 cups
		Cook Time	1 min	1 1/2 min	2 min, stir, 1 min
	10215	Dry Potato	1/8 cup	1/4 cup	1/2 cup
		Water	1/2 cup	1 cup	2 cups
		Cook Time	1 min	1 1/2 min	2 min, stir, 30 sec
STOVETOP	76468, 10799, 10426, 81837	Dry Potato	Not recommended		1 cup
		Water	Not recommended		2 cups
	10215	Dry Potato	Not recommended		1/2 cup
		Water	Not recommended		2 cups

Refer to your state and local food code requirements for final cooking/heating temperatures and guidelines.

SEND HOME RECIPES KIDS LOVE



POWER MEATBALL BOWL

Components: 1 oz eq M/MA, ¼ cup Red/Orange Veg, ½ cup Starchy Veg

Yield: 40 servings

INGREDIENTS

1 pch	Potato Pearls® EXCEL® Original Butter Mashed – Reduced Sodium (SKU 10799)
4 L	Cold Water
80 each	Meatballs, beef (1 oz each)
2 qt + 2 cup	Pasta Sauce

INSTRUCTIONS

1. Pour 4 liters (about 1 gallon plus 1 cup) of **COLD** water and potatoes into 6" deep half steamtable pan.
2. Stir 15 seconds.*
3. Refrigerate overnight.
4. Stir (potatoes will be soupy; similar to pancake batter).
5. Use #8 scoop of chilled prepared potatoes into containers, top with 1 oz eq meatballs and ¼ cup pasta sauce.

***TIP:** continue to stir potatoes in pan while portioning to ensure mashed pearls do not settle on bottom.



CUSTOMIZE MASHED TO FIT YOUR MENU

- **RANCH MASHED**

POTATOES: Add 1 oz of Ranch Dressing (dry)

- **GARLIC MASHED**

POTATOES: Add 1 Tbsp of garlic powder

BEANS TAKE-HOME PREP OPTIONS

BEANS (COMMODITY CODE 110381)	SKU
Santiago® EXCEL® Refried Pinto Beans	82948
Santiago® Smart Servings™ Vegetarian Refried Beans – Low Sodium	10302
Santiago® Vegetarian Refried Beans	54914

OVERNIGHT COLD REFRESH FOR PICK-UP & REHEAT AT HOME MEALS

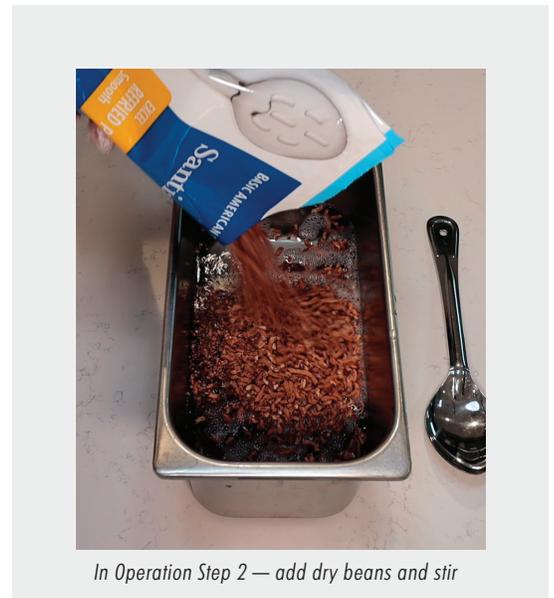
IN OPERATION

1. Pour ½ gallon of **COLD** water into 4" deep half steamtable pan.
2. Add all beans and stir for 15 seconds.
3. Refrigerate overnight.
4. Stir.
5. Scoop chilled prepared refried beans into containers.
6. Package for student pick-up.
7. Student reheats at home with microwave.

HEAT AT HOME INSTRUCTIONS

1. Place beans in microwave safe bowl or container.
2. Microwave covered on high. See table for recommended time.
3. Let stand 2 minutes.
4. Carefully remove from microwave and stir prior to enjoying.

LEFTOVERS: Refer to Food Code published by FDA.



STUDENT MICROWAVE REHEAT AT HOME	COOK TIME BASED ON NUMBER OF 1/2 CUP SERVINGS		
	1	2	4
SKU 82948	2 min	2 ½ min	2 ½ min, stir, 1 min
SKU 10302, 54914	1 min, 45 sec	3 min	2 ½ min, stir, 2 min

INDIVIDUAL DRY PORTIONS FOR TAKE & MAKE AT HOME MEALS

IN OPERATION

1. Pre-portion dry beans in containers or plastic bags according to grid below.

MAKE AT HOME STUDENT INSTRUCTIONS

OPTION 1: MICROWAVE

1. Combine beans and water in a microwave safe bowl.
2. Microwave covered on high. See table for recommended time.
3. Let stand 2 minutes.
4. Carefully remove from microwave and stir prior to enjoying.

OR

OPTION 2: STOVETOP

1. In a saucepan, heat water to boiling. Immediately remove from heat.
2. Stir in beans for 10 seconds.
3. Cover and let sit 5 minutes.
4. Uncover and stir before enjoying.



In Operation Step 1 — dry beans in to-go container



STUDENT PREP TYPE	SKU	COMPONENT	COOK TIME BASED ON NUMBER OF 1/2 CUP SERVINGS		
			1	2	4
MICROWAVE	82948	Dry Beans	1/2 cup	1 cup	2 cups
		Water	1/2 cup	1 cup	2 cups
		Cook Time	2 min	3 min	2 min, stir, 2 1/2 min
STOVETOP		Dry Beans	Not recommended	1 cup	2 cups
		Water		1 cup	2 cups

Note: Refried Beans w/Whole Beans not recommended.

Refer to your state and local food code requirements for final cooking/heating temperatures and guidelines.

APPLY THESE PREPARATION METHODS TO SOME OF OUR RECIPES KIDS LOVE



BE A SCHOOL LUNCH HERO

Save the day by sending your students home with delicious, nutritious foods from Basic American Foods. For more information, contact info@baf.com.

HAPPY TACO BOWL/CUP

Components: 2.25 oz eq M/MA

Yield: 13 servings

INGREDIENTS

1 pch	Santiago® Refried Beans
½ gal	Cold Water
½ cup + 1 Tbsp	Taco Seasoning, low sodium
13 oz	Tostada Bowls, whole grain
3½ oz	Cheddar Cheese, reduced fat, shredded

INSTRUCTIONS

1. Pour **COLD** water into 4" deep half steamtable pan.
2. Add all beans and taco seasoning, stir for 15 seconds.
3. Refrigerate overnight.
4. Stir.
5. Scoop ¾ cup (6oz ladle) seasoned chilled beans into container.
6. Sprinkle ¼ oz cheese on top.

BEAN DIP CUP

Components: 1 oz eq M/MA, ½ cup Legume, ⅓ cup Red/Orange Veg

Yield: 17 servings

INGREDIENTS

1 pch	Santiago® Refried Beans
2 L	Cold Water
2 cup	Enchilada Sauce, red, canned
1 lb + 14 ½ oz	Mexican-style White Cheese Sauce

INSTRUCTIONS

1. Pour 1 ½ quarts **COLD** water and 2 cups enchilada sauce into 4" deep half steamtable pan.
2. Add beans and stir for 15 seconds.
3. Refrigerate overnight.
4. Stir.
5. In a 16 oz plastic cup container place #6 scoop bean mixture at the bottom, top with 1 oz equivalent Mexican-style cheese sauce. Serve with chips or fresh cut veggies for dipping.

*Bean Dip may be consumed chilled.