



Visit [www.gardeinmeatlessmonday.com](http://www.gardeinmeatlessmonday.com) to access the online calendar, program details, submission forms, and more!



Chick'n Caesar Salad made with gardein™ Chick'n Strips



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# Delicious Menu Ideas for a Year of gardein™ Meatless Mondays



Beefless Stroganoff made with gardein™ Beefless Tips

[www.gardeinmeatlessmonday.com](http://www.gardeinmeatlessmonday.com)





gardein™ has partnered with Meatless Monday to create a program that helps food service operators benefit from the trend toward plant-based dishes and capture additional traffic and revenue. The simple menu ideas and delicious meatless products from gardein™ combined with the proven strategies of Meatless Monday make adding meatless options to your menu easy – and profitable!

## Why Meatless Monday?

- **Meets the demand for plant-based dishes** – a recent study of restaurant-goers found 79% eat vegetarian items more than once a week<sup>1</sup>
- **Increases profits** – capture additional traffic and revenue from patrons seeking vegetarian options
- **Allows for greater diner satisfaction** – more choices equal more happy customers
- **Easy to implement** – simply swap a traditional protein with a delicious gardein™ meatless product for a quick menu update
- **Reduces environmental impact** – decreasing meat consumption results in a significant carbon footprint reduction

**Plus – Meatless Monday is the perfect LTO to test meatless items before adding them to your daily menu!**

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*Special thanks to Meatless Monday for their information, statistics and support in putting together the gardein™ Meatless Monday program!  
For more information on Meatless Monday, visit [www.meatlessmonday.com](http://www.meatlessmonday.com).*

Meatless Monday research and implementation information courtesy of The Monday Campaigns, Inc. MenuMonitor 2015, Center of the Plate: Seafood and Vegetarian Consumer Trends Report



variation

[www.gardeinmeatlessmonday.com](http://www.gardeinmeatlessmonday.com)

## Beefless Burgers

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Prepare **gardein™ Beefless Burger** (087426700088/087426700089) according to packaging directions, top with the delicious suggestions below and serve on your favorite burger bun.

### **Teriyaki & Grilled Pineapple Beefless Burger** *(pictured)*

Prepared **gardein™ Beefless Burger**, grilled pineapple round, teriyaki sauce, Swiss cheese\*, leaf lettuce, red onion

### **Ultimate Beefless Burger**

Prepared **gardein™ Beefless Burger**, Thousand Island dressing\*, cheddar cheese\*, leaf lettuce, tomato, onion

### **Beefless Pizza Burger**

Prepared **gardein™ Beefless Burger**, marinara sauce, mozzarella cheese\*, fresh basil

### **Mushroom & Swiss Beefless Burger**

Prepared **gardein™ Beefless Burger**, sliced mushrooms (sautéed in butter\* and soy sauce), Swiss cheese\*, caramelized onions, leaf lettuce, tomato

### **Buffalo Beefless Burger**

Prepared **gardein™ Beefless Burger**, buffalo sauce, ranch dressing\*, bleu cheese\*, leaf lettuce, tomato

### **Korean Beefless Burger**

Prepared **gardein™ Beefless Burger**, kimchee, gochujang mixed with mayo\*, sliced cucumbers, cilantro

\*Substitute vegan option if desired.



variation

## Black Bean Burgers

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Prepare **gardein™ Black Bean Burger** (087426700116/087426700117) according to packaging directions, make it pop with one of the topping ideas below and serve on your favorite burger bun.

### **Mexican Black Bean Burger** *(pictured)*

Prepared **gardein™ Black Bean Burger**, avocado, corn salsa, taco sauce, leaf lettuce, tomato

### **Super Spicy Black Bean Burger**

Prepared **gardein™ Black Bean Burger**, Sriracha ketchup, pepper jack cheese\*, jalapeño slices, leaf lettuce, tomato, onion

### **Black Bean Burger with Pineapple Salsa**

Prepared **gardein™ Black Bean Burger**, pineapple salsa (pineapple, cilantro, red bell pepper, lime juice), leaf lettuce

### **Asian Black Bean Burger**

Prepared **gardein™ Black Bean Burger**, hoisin mayo (mayo\*, hoisin sauce, 5 spice powder, sesame oil), pickles, red bell peppers, leaf lettuce

### **Huevos Rancheros Black Bean Burger**

Prepared **gardein™ Black Bean Burger**, fried egg (or scrambled vegan egg substitute), cheddar cheese\*, avocado, salsa

### **Middle Eastern Black Bean Burger**

Prepared **gardein™ Black Bean Burger**, hummus or tahini sauce, cucumber, leaf lettuce, tomato

\*Substitute vegan option if desired.



# Veggie Burgers

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Prepare **gardein™ Veggie Burger** (087426700114/087426700115) according to packaging directions, apply the following toppings and serve on your favorite burger bun.

## **Veggie Burger with Chipotle Mayo** *(pictured)*

Prepared **gardein™ Veggie Burger**, chipotle mayo (mayo\*, chives, chipotle chili powder), leaf lettuce, tomato, onion

## **Greek Veggie Burger**

Prepared **gardein™ Veggie Burger**, olive tapenade, tzatziki sauce\*, feta cheese, leaf lettuce, tomato, onion

## **California Veggie Burger**

Prepared **gardein™ Veggie Burger**, guacamole, sprouts, tomato, red onion

## **Veggiepalooza Burger**

Prepared **gardein™ Veggie Burger**, avocado, cucumber slices, spinach leaves, tomato, red onion

## **Caprese Veggie Burger**

Prepared **gardein™ Veggie Burger**, mozzarella cheese\*, tomato, fresh basil, balsamic vinegar

## **Pesto Veggie Burger**

Prepared **gardein™ Veggie Burger**, pesto mayo\*, mozzarella cheese\*, leaf lettuce, tomato

\*Substitute vegan option if desired.



## variation

# Chick'n Sandwiches

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Prepare **gardein™ Chick'n Breast** (087426700016) according to packaging directions, apply the following toppings and serve on your favorite sandwich carrier.

### **Grilled Chick'n Club** *(pictured)*

Prepared **gardein™ Chick'n Breast**, mayo\*, avocado, lemon juice, tomato, arugula

### **Pesto Chick'n Sandwich**

Prepared **gardein™ Chick'n Breast**, pre-made basil pesto, mayo\*, mozzarella cheese\*, tomato

### **Grilled Chick'n BBQ Sandwich**

Prepared **gardein™ Chick'n Breast**, BBQ sauce, bread-and-butter pickles, red onion

### **Chick'n Bahn Mi**

Prepared **gardein™ Chick'n Breast**, cilantro, jalapeño, pickled carrots and cucumbers, Sriracha mayo\*

### **Balsamic & Goat Cheese Chick'n Sandwich**

Prepared **gardein™ Chick'n Breast**, balsamic vinegar, goat cheese\*, leaf lettuce, tomato, red onion

### **Buffalo Chick'n Sandwich**

Prepared **gardein™ Chick'n Breast**, buffalo sauce, ranch dressing\*, bleu cheese\*, leaf lettuce, tomato

\*Substitute vegan option if desired.



## Taco Suggestions

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Prepare gardein™ product according to packaging directions, apply the following toppings and serve on a taco shell, tortilla, or in a bowl.

### **Beefless Taco** *(pictured)*

Prepared **gardein™ Beefless Tips** (087426700043), taco seasoning, corn, avocado, shredded lettuce, tomato

### **Fishless Taco**

Prepared **gardein™ Fishless Filet** (084223400166), tartar sauce\*, coleslaw\*

### **Chick'n Taco**

Prepared **gardein™ Chick'n Strips** (087426700010), taco seasoning, Mexican cheese blend\*, avocado, salsa

### **Loaded Beefless Taco**

Prepared **gardein™ Ground Crumble** (087426700113), taco seasoning, black beans, guacamole, ranchero sauce, sour cream\*, cheddar cheese\*, shredded lettuce, tomato

### **Fiesta Chick'n with Corn Salsa**

Prepared **gardein™ Breaded Chick'n Tenders** (087426700032), corn, grape tomatoes, avocado, cilantro, olive oil, lemon juice

### **Asian Fishless Taco**

Prepared **gardein™ Fishless Filet** (084223400166), Asian slaw, Sriracha mayo\*, cilantro [substitute **gardein™ Chick'n Strips** (087426700010) or **gardein™ Beefless Tips** (087426700043)]

\*Substitute vegan option if desired.





## variation

# Chick'n Pieces

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Prepare **gardein™ Crispy Chick'n Pieces** (087426700072) according to packaging directions, and while still warm, toss with the following ingredients and serve.

### **Asian Crispy Chick'n Pieces** *(pictured)*

Prepared **gardein™ Crispy Chick'n Pieces**, sweet & sour sauce, serve over bok choy

### **Thai Crispy Chick'n Pieces**

Prepared **gardein™ Crispy Chick'n Pieces**, Thai chili sauce, sesame seeds

### **Buffalo Crispy Chick'n Pieces**

Prepared **gardein™ Crispy Chick'n Pieces**, hot sauce, serve with bleu cheese dressing\*

### **Southern Crispy Chick'n Pieces**

Prepared **gardein™ Crispy Chick'n Pieces**, syrup, serve over a waffle

### **Honey BBQ Crispy Chick'n Pieces**

Prepared **gardein™ Crispy Chick'n Pieces**, honey BBQ sauce

### **General Tso Crispy Chick'n Pieces**

Prepared **gardein™ Crispy Chick'n Pieces**, General Tso sauce, garnish with sliced scallions

### **Teriyaki Crispy Chick'n Pieces**

Prepared **gardein™ Crispy Chick'n Pieces**, teriyaki sauce, garnish with sliced scallions

### **Honey Mustard Crispy Chick'n Pieces**

Prepared **gardein™ Crispy Chick'n Pieces**, honey mustard sauce, sprinkle smoked paprika over top

\*Substitute vegan option if desired.



# Quesadillas

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Prepare gardein™ product according to packaging directions, apply the following toppings to one side of a tortilla, fold over and heat on a skillet, panini press or 350°F oven.

## **Traditional Chick'n & Cheese Quesadilla** *(pictured)*

Prepared **gardein™ Chick'n Strips** (087426700010), shredded cheddar and Monterey Jack cheeses\*, corn, tomato

## **Beefless Italian Quesadilla**

Prepared **gardein™ Italian Pizza Crumble** (087426700068), pizza sauce, mozzarella cheese\*

## **Cheeseburger-less Quesadilla**

Prepared **gardein™ Ground Crumble** (08742600113), ketchup, American cheese\*, chopped onions, dill pickles

## **Greek Quesadillas**

Prepared **gardein™ Beefless Tips** (087426700043), sliced black olives, chopped roasted red peppers, feta cheese\*

## **Buffalo Chick'n Quesadilla**

Prepared **gardein™ Chick'n Strips** (087426700010), buffalo sauce, Monterey Jack cheese\*

## **Southwest Steakless Quesadilla**

Prepared **gardein™ Beefless Tips** (087426700043), sautéed chopped onions, Monterey Jack cheese\*, pico de gallo, cilantro

## **BBQ Quesadilla**

Prepared **gardein™ Chick'n Strips** (087426700010), BBQ sauce, baked beans, cheddar cheese\*

\*Substitute vegan option if desired.



## variation

### Sliders

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Prepare 3 **gardein™ Meatless Meatballs** (087426700071) according to packaging directions, smash in between a slider bun, add toppings and serve.

#### **Meatless Meatball Parm Sliders** *(pictured)*

Prepared **gardein™ Meatless Meatballs**, marinara sauce, mozzarella cheese\*

#### **Mushroom & Swiss Sliders**

Prepared **gardein™ Meatless Meatballs**, sliced mushrooms (sautéed in butter\* and soy sauce), Swiss cheese\*, caramelized onions

#### **Meatless Meatball Pesto Sliders**

Prepared **gardein™ Meatless Meatballs**, basil pesto, marinara sauce

#### **Swedish Meatless Meatball Sliders**

Prepared **gardein™ Meatless Meatballs**, Swedish meatball gravy\*, fresh parsley

#### **Meatless Meatball Biscuits & Gravy Sliders**

Prepared **gardein™ Meatless Meatballs**, sausage gravy\* on biscuit

#### **Meatless Meatball with Vodka Sauce Sliders**

Prepared **gardein™ Meatless Meatballs**, vodka sauce\*, provolone cheese\*

#### **BBQ Meatless Meatball Sliders**

Prepared **gardein™ Meatless Meatballs**, BBQ sauce, cheddar cheese\*, slaw

\*Substitute vegan option if desired.



## Stir-Fry

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Prepare gardein™ product according to packaging directions, cook the remaining ingredients in a hot skillet and toss all ingredients with sauce before serving.

### **Beefless Sesame-Ginger Stir-Fry**

Prepared **gardein™ Beefless Strips** (087426700020), green beans, ginger sauce (garlic, ginger, soy sauce, vinegar, and sugar), sesame seeds and green onions (as garnish)

### **Chick'n Teriyaki Stir-Fry**

Prepared **gardein™ Crispy Chick'n Pieces** (087426700072) or **gardein™ Chick'n Strips** (087426700010), snow peas, green beans, teriyaki sauce, sesame seeds and green onions (as garnish)

### **Asian Beefless Strip Stir-Fry** *(pictured)*

Prepared **gardein™ Beefless Strips** (087426700020), broccoli, red bell pepper, snow peas, carrots, Asian sauce (soy sauce, brown sugar, ginger)

### **Orange Beefless Stir-Fry**

Prepared **gardein™ Beefless Strips** (087426700020), orange sauce (garlic, orange juice, soy sauce, corn starch), orange slices and sesame seeds (as garnish)

### **Ginger Garlic Crispy Chick'n Stir-Fry**

Prepared **gardein™ Crispy Chick'n Pieces** (087426700072) or **gardein™ Chick'n Strips** (087426700010), ginger garlic sauce (oyster sauce, soy sauce, ginger, garlic, cilantro), green onion (as garnish)



## recipe

# Bolognese Sauce

yield: 8 servings

### Ingredients:

- |                              |  |
|------------------------------|--|
| 6 tbsp. Olive Oil            | 2 lb. <b>gardein™ Italian Pizza Crumble</b> (087426700068) or <b>Ground Crumble</b> (087426700113) |
| ½ c. Carrots, diced          | 2 lb. Pasta, cooked according to directions  |
| ½ c. Celery, diced           | Salt & Ground Black Pepper to taste  |
| ½ c. Onion, diced            | <b>Optional Garnishes:</b>   |
| 1 ½ tbsp. Garlic, chopped    | Basil, chopped   |
| ½ tsp. Red Chili Flakes      | Parmesan Cheese*   |
| 1 c. White Wine (Chardonnay) |  |
| 2 qt. Marinara Sauce         |  |

### Preparation:

1. Heat olive oil in a sauce pan over medium-high heat. Add carrots, celery, onion, garlic and red chili flakes. Sauté until onions are translucent.
2. Add wine and cook for 5 minutes until slightly reduced. Reduce heat to low, add marinara sauce and simmer for 15 minutes. Add Italian Pizza Crumble or Ground Crumble. Season with salt and pepper to taste.
3. Toss with cooked pasta. Optional: garnish with Parmesan cheese and basil.

# Quick & Easy Meatless Sauce

yield: 8 servings

### Ingredients:

- |   |                        |
|---|------------------------|
| 2 lb. <b>gardein™ Italian Pizza Crumble</b> (08742600068) or <b>Ground Crumble</b> (087426700113) | ¼ c. Vegetable Oil     |
|   | 1 ½ qt. Marinara Sauce |

### Preparation:

1. Heat oil in a large pan over medium heat. Add Italian Pizza Crumble or Ground Crumble and cook until browned, about 4-5 minutes. Remove from heat.
2. Add sauce to crumbles; stir until combined. Return to heat and bring to a simmer. Reduce heat to low and simmer, stirring occasionally, 4-5 minutes.

\*Substitute vegan option if desired.



# Beefless Stroganoff

yield: 12 servings

## Ingredients:

½ c. **Earth Balance® Buttery Spread** (3377604115)

3 lb. **gardein™ Beefless Tips** (087426700043)

1 lb. Mushrooms, fresh, sliced (2 ½ c.)

4 Onions, medium, thinly sliced

2 Garlic Cloves, finely chopped

¼ c. All-Purpose Flour

3 c. Vegetable Broth

2 tbsp. Worcestershire Sauce

3 c. Sour Cream\*

Salt & Ground Black Pepper to taste

6 c. Egg Noodles\*, prepared

Parsley (optional)

## Preparation:

1. Heat buttery spread in sauté pan over medium heat. Brown the Beefless Tips on all sides in batches. Remove from pan and set aside.
2. Add onions, garlic and mushrooms. Cook for 3 minutes.
3. Sprinkle flour over mushroom mixture; stir until incorporated.
4. Stir in vegetable broth and Worcestershire sauce. Add Beefless Tips, bring to a boil and simmer for 5 minutes.
5. Stir in sour cream; adjust seasoning as needed.
6. Serve over noodles. Optional: garnish with parsley.

\*Substitute vegan option if desired.



recipe

# Korean BBQ Sandwich

yield: 16 servings

## Ingredients:

- ¼ c. Vegetable Oil
- 4 lbs. **gardein™ Ground Crumble** (087426700113)
- 3 c. Korean Barbecue Sauce
- 2 c. Purple Cabbage, thinly sliced
- 2 c. White Cabbage, thinly sliced
- 16 Radishes, thinly sliced

- 3 Avocados, sliced
- 16 Buns

## Optional Garnishes:

- ¼ c. Black Sesame Seeds
- 1 c. Scallions, thinly sliced

## Preparation:

1. Heat oil in a large pan over medium heat. Add Ground Crumble and 2 c. Korean barbecue sauce; cook for 5-7 minutes until crispy.
2. Place a 4 oz. scoop of the meatless mixture on each bun; top with purple & white cabbage, radish, avocado and a drizzle of barbecue sauce.  
Optional: garnish with sesame seeds and scallions.



# Meatless Meatballs Marinara

yield: 12 servings

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## Ingredients:

36 **gardein™ Meatless Meatballs** (087426700071)

2 qt. Marinara

## Optional Garnishes:

Basil

Parmesan Cheese\*

## Preparation:

1. Place Meatless Meatballs in a pan.
2. Cover with tomato sauce and bring to a simmer over medium-low heat.
3. Cook until internal temperature reaches 165°F, about 15 minutes.
4. Serve over pasta or on an Italian roll for a meatless meatball sub.





recipe

# Fishless & Chips

yield: 20 servings

## Ingredients:

- 40 pieces **gardein™ Fishless Filets** (084223400166)
- 5 lb. French Fries (prepared from frozen or fresh)
- 40 oz. Tartar Sauce (prepared)
- Salt & Ground Black Pepper (to taste)

## Optional Garnishes:

- Malt Vinegar

## Preparation:

1. Cook Fishless Filets in deep fryer until golden brown. Remove and soak up excess oil on a dry paper towel.
2. Serve 2 Fishless Filets wrapped in parchment, 4 oz. French Fries, 2 oz. of tartar sauce, and 2 oz. of malt vinegar (if desired). Season to taste with salt & pepper.



# Beefless Stew

yield: 12 servings

## Ingredients:

½ c. Vegetable Oil	1 ½ tbsp. Thyme, dried
3 lbs. <b>gardein™ Beefless Tips</b> (087426700043)	1 ½ tbsp. Rosemary, dried
3 Onions, medium, peeled and chopped	½ c. Flour
6 Garlic Cloves, minced	3 c. Vegan "Beef" Broth
6 Celery Stalks, thinly sliced	3 c. Red Wine, dry
6 Carrots, medium, ½" dice	6 Potatoes, medium, ½" dice
	Salt and Ground Black Pepper to taste

## Preparation:

1. Heat oil in a large saucepan over medium-high heat. Add Beefless Tips and brown on all sides. Remove from saucepan and set aside.
2. Add onions, garlic and celery to saucepan and cook for 3 minutes.
3. Add carrots, thyme, and rosemary and continue to cook for 3 minutes.
4. Sprinkle in flour, then slowly add broth and wine while stirring.
5. Add potatoes and bring to a boil. Reduce heat to low; cover and simmer for 30 minutes. Add Beefless Tips back to saucepan and cook for an additional 5 minutes. Season with salt and pepper and serve.



recipe

# Beefless or Chick'n Souvlakia with Tzatziki

yield: 20 servings

## Ingredients:

- |  |   |
|--|---|
| 1 ⅔ c. Extra Virgin Olive Oil  | 20 6" Wooden Skewers<br>(soaked in water)     |
| 1 tbsp. Paprika  | 40 oz. Tzatziki Sauce*, prepared              |
| 2 ½ tbsp. Oregano, dried   | 20 Pitas                                      |
| 1 tbsp. Marjoram, dried  | 5 Onions, sliced into ¼" rounds               |
| ¼ c. Garlic, minced  | 5 Green Peppers, sliced into chunks           |
| 1 tsp. Salt, fine  | 1 ¼ c. Grape Tomatoes, quartered              |
| 1 tsp. Ground Black Pepper, coarse   | 1 ¼ c. Watercress or Shredded<br>Leaf Lettuce |
| 3 lb. <b>gardein™ Beefless Tips</b> (087426700043)<br>or <b>gardein™ Chick'n Cubes</b> ¾" (087426700011) |   |

## Preparation:

1. In a large bowl, whisk together olive oil, paprika, oregano, marjoram, garlic, salt and pepper. Add frozen Beefless Tips or Chick'n Cubes and mix well to coat. Marinate for 15 minutes. Skewer 4-5 Beefless Tips or Chick'n Cubes onto each skewer. Reserve marinade for vegetables.
2. On a grill over medium heat, grill Beefless Tips or Chick'n Cubes for 6-8 minutes until browned and heated through, turning for even cooking. Set aside for 1 minute.
3. Meanwhile, brush onion and green pepper with reserved marinade and grill for 4-5 minutes until browned and heated through.
4. Grill pitas until marked and warmed, approximately one minute per side.
5. Fill each pita with cooked Beefless Tips or Chick'n Cubes, onions, green pepper and grape tomatoes. Top with 2 oz. tzatziki sauce and watercress or lettuce.

\*Substitute vegan option if desired.



# Chick'n Caesar Salad

yield: 20 servings

## Ingredients:

¼ c. Vegetable Oil

3 lb. **gardein™ Chick'n Strips**  
(087426700010)

5 heads Romaine Lettuce, medium,  
washed, dried, torn into bite-size pieces

5 c. Caesar Dressing\*, prepared

5 c. Croutons

Parmesan Cheese\*, shaved, to taste

5 tbsp. Lemon Juice

Ground Black Pepper to taste

8 c. Frisée, washed, dried

## Preparation:

1. Add 1 tbsp. oil to a large nonstick pan over medium-high heat. Sauté Chick'n Strips in batches for 7-8 minutes until golden brown. Add more oil as needed. Remove from pan and set aside.
2. In a large bowl, toss romaine lettuce, frisée and Caesar dressing until all ingredients are combined. Transfer to serving platter.
3. Top with prepared Chick'n Strips. Garnish with croutons, shaved Parmesan cheese, lemon juice and black pepper.

Tip: Chick'n Strips can be cooked in advance and served chilled.

\*Substitute vegan option if desired.



## recipe

# Beefless Chuck Chili

yield: 12 servings

### Ingredients:

- |  |   |
|--|---|
| ¼ c. Vegetable Oil                         | 2 tbsp. Chipotle in Adobo, puréed                     |
| 5 Onions, chopped                          | 2 qt. Tomatoes, diced, canned                         |
| 1 Jalapeño, seeded, deveined, minced       | 1 qt. Vegetable Stock                                 |
| 4 Garlic Cloves, minced                    | 4 lb. <b>gardein™ Beefless Tips</b><br>(087426700043) |
| 6 tbsp. Chili Powder                       | or <b>gardein™ Chick'n Cubes</b> ¾"                   |
| 3 tsp. Ground Cumin                        | (087426700011)  |
| 2 Bay Leaves                               | Salt and Ground Black Pepper to taste                 |
| ½ c. Tomato Paste                          | ½ c. Cilantro, chopped                                |
| 2 c. Chickpeas, canned, drained, rinsed    | Sour Cream*   |
| 2 c. Kidney Beans, canned, drained, rinsed | 12 Lime Wedges  |
| 2 c. Corn, frozen                          |   |

### Preparation:

1. In a large pot, sauté onions, jalapeño and garlic in oil until onions are translucent.
2. Add chili powder, cumin, bay leaves and tomato paste. Cook for 5 minutes.
3. Add chickpeas, kidney beans, frozen corn, diced tomatoes and chipotle purée.
4. Add vegetable stock to cover mixture and cook for 30 minutes, stirring often.
5. In sauté pan, in batches, caramelize Beefless Tips or Chick'n Cubes on all sides until golden brown. Add to chili and adjust seasoning.
6. Garnish chili with chopped cilantro, sour cream and lime wedge.

\*Substitute vegan option if desired.



# Beefless Philly Cheesesteak

yield: 10 servings

## Ingredients:

2 tbsp. Canola Oil	2 ½ lb. <b>gardein™ Beefless Strips</b> (087426700020)
2 c. Onions, thinly sliced	10 slices Provolone Cheese*
2 c. Red Pepper Strips	10 slices American Cheese*
2 c. Green Pepper Strips	10 Italian Sandwich Rolls
2 tbsp. Garlic, minced, divided	
Salt and Ground Black Pepper to taste	
½ lb. Mushrooms, sliced	
1 tbsp. Thyme, chopped	

## Preparation:

1. Preheat oven to 350°F. Heat oil in a large sauté pan over medium-high heat. Add onions and sauté for 3 to 4 minutes until translucent. Add the peppers and sauté until lightly browned.
2. Add 1 tbsp. garlic and cook until aromatic. Season to taste with salt and pepper. Set aside.
3. In the same pan, add the mushrooms and sauté until golden brown. Stir in thyme and 1 tbsp. garlic, cook until aromatic. Season with salt and pepper. Set aside.
4. In the same pan, cook Beefless Strips until warmed through (add additional oil as needed).
5. Lightly toast rolls in preheated oven. Place 4 oz. of prepared Beefless Strips on each roll. Top with mushrooms, onion and pepper mixture, and 1 slice each of provolone and American cheese. Bake until cheese is melted.

\*Substitute vegan option if desired.



## gardein™ Meatless Monday Toolkit

- **Menu Idea Guide** – easy menu ideas for Meatless Monday (and beyond!)
- **Online Calendar** – discover seasonal menu suggestions along with helpful tips for Meatless Monday promotions
- **POS Materials** – table tents, posters, window clings, menu stickers, and waitstaff buttons and hats to help you promote gardein™ Meatless Monday – ask your Pinnacle sales representative for details
- **Menu Branding Allowance Program** – get \$150 when you promote gardein™ in your operation
- **Earn Double Foodservice ProPoints®** – earn DOUBLE POINTS when you purchase at least 10 cases of eligible gardein™ products

Visit [www.gardeinmeatlessmonday.com](http://www.gardeinmeatlessmonday.com) to access the online calendar, program details, submission forms, and more!



# Meatless, Well Done!



Chick'n Strips

Product Code	Description	Unit Wt. (each)	Case Pack	Net Wt./ Case	Gross Wt./ Case	Case Dimensions	Case Cube
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## CHICK'N PRODUCTS

087426700010	<b>Chick'n Strips</b>	N/A	10 lb. bulk	10.0 lbs.	10.6 lbs.	14.9"L x 9.0"W x 6.4"H	0.50
087426700011	<b>Chick'n Cubes ¾"</b>	N/A	10 lb. bulk	10.0 lbs.	10.6 lbs.	11.5"L x 8.9"W x 7.4"H	0.44
087426700016	<b>Chick'n Breast</b>	3.8 oz.	50 ct.	12.0 lbs.	12.6 lbs.	15.2"L x 7.7"W x 6.5"H	0.44

## BREADED/BATTERED CHICK'N PRODUCTS

084223400100	<b>Crispy Chick'n Patties</b>	3.1 oz.	32 ct.	6.2 lbs.	6.8 lbs.	11.6"L x 7.8"W x 7.9"H	0.42
087426700032	<b>Breaded Chick'n Tenders</b>	N/A	12 lb. bulk	12.0 lbs.	12.6 lbs.	15.2"L x 7.7"W x 6.5"H	0.44
087426700072	<b>Crispy Chick'n Pieces</b>	N/A	10 lb. bulk	10.0 lbs.	10.6 lbs.	14.9"L x 9.0"W x 6.4"H	0.50

## BEEFLESS PRODUCTS

087426700020	<b>Beefless Strips</b>	N/A	10 lb. bulk	10.0 lbs.	10.6 lbs.	14.9"L x 9.0"W x 6.4"H	0.50
087426700043	<b>Beefless Tips</b>	N/A	10 lb. bulk	10.0 lbs.	10.6 lbs.	11.5"L x 8.9"W x 7.4"H	0.44
087426700113	<b>Ground Crumble</b> <span style="color: #E67E22;">Gluten-Free</span>	N/A	10 lb. bulk	10.0 lbs.	10.6 lbs.	15.3"L x 7.7"W x 5.9"H	0.40
087426700068	<b>Italian Pizza Crumble</b>	N/A	10 lb. bulk	10.0 lbs.	10.6 lbs.	15.3"L x 7.7"W x 5.9"H	0.40
087426700071	<b>Meatless Meatballs</b>	1.06 oz.	10 lb. bulk.	10.0 lbs.	10.6 lbs.	15.3"L x 7.7"W x 5.9"H	0.40
084223400101	<b>Breakfast Patties</b>	1.83 oz.	48 ct.	5.4 lbs.	6.1 lbs.	11.6"L x 7.8"W x 7.9"H	0.42

## BURGERS

087426700088	<b>Beefless Burger</b>	3.4 oz.	48 ct.	10.2 lbs.	10.8 lbs.	9.1"L x 9.1"W x 7.6"H	0.36
087426700089	<b>Beefless Burger</b>	4.2 oz.	48 ct.	12.6 lbs.	13.3 lbs.	9.8"L x 9.8"W x 7.6"H	0.42
087426700116	<b>Black Bean Burger</b> <span style="color: #E67E22;">Gluten-Free</span>	3.4 oz.	48 ct.	10.2 lbs.	10.8 lbs.	9.1"L x 9.1"W x 7.6"H	0.36
087426700117	<b>Black Bean Burger</b> <span style="color: #E67E22;">Gluten-Free</span>	4.2 oz.	48 ct.	12.6 lbs.	13.3 lbs.	9.8"L x 9.8"W x 7.6"H	0.42
087426700114	<b>Veggie Burger</b> <span style="color: #E67E22;">Gluten-Free</span>	3.4 oz.	48 ct.	10.2 lbs.	10.8 lbs.	9.1"L x 9.1"W x 7.6"H	0.36
087426700115	<b>Veggie Burger</b> <span style="color: #E67E22;">Gluten-Free</span>	4.2 oz.	48 ct.	12.6 lbs.	13.3 lbs.	9.8"L x 9.8"W x 7.6"H	0.42

## FISHLESS PRODUCTS

084223400166	<b>Fishless Filets</b>	1.7 oz.	48 ct.	5.1 lbs.	5.7 lbs.	11.6"L x 7.8"W x 6.9"H	0.36
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