

HOORAY PURÉE® *Veggies Made Easy!*

Features & Benefits

- Shelf stable - no refrigeration necessary
- Gluten and dairy free
- “From scratch” and “Quick scratch” recipes
- Single Ingredient - Just the Veggie
- Non GMO
- No added preservatives or fortification
- Low calorie and no fat
- Low in sodium
- Healthy substitute for oil, fats, and dairy



K-12 RECIPE GUIDE

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Product Highlights



**All recipes meet
2017
sodium regs!**

HOORAY PURÉE® is Today's Product for K-12

- Improves nutritional value of foods that districts are already serving
- Reduces calories, sodium, trans and saturated fats
- Solves the problem of kids not “eating their vegetables”
- Reduces tray waste significantly

VERSATILITY

- Can be added to virtually any recipe
- Healthy substitute for oils, fats and dairy

UNIQUE

- First single ingredient shelf stable vegetable puree on the market
- Two year shelf life

TASTE and QUALITY

- HOORAY PURÉE® is just the vegetable: no additives, preservatives or even ascorbic acid
- Adds flavor and moisture to all foods

COMMITMENT

- HOORAY PURÉE® is committed to helping schools improve the nutrition of the meals they serve
- Individualized service to fit your needs for menu modification and nutritional info

Increases nutritional value in all foods

Decreases saturated fat, cholesterol, calories, & sodium

SEASONED BEEF TACOS

made with
Hooray Purée Butternut Squash



YIELD: 100 PORTIONS

EACH PORTION: 1/3 CUP

One portion provides 2 oz protein and 3/4 cup serving of other vegetables.

INGREDIENTS	100 PORTIONS
Raw ground beef	12.5 lbs
Vegetable oil	2 oz
Onion, yellow, finely chopped	5.4 lbs
Celery, finely chopped	2 lbs
Garlic, minced	1/2 cup
HOORAY PURÉE® Butternut Squash	(2) 50 oz pouches
Taco seasoning	1/4 cup
Kosher salt	1.5 Tbs
Black pepper, ground	2.5 tsp

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
100	3g	3g	30mg	150mg	6g	1g	12g	25%	4%	2%	6%
	1g										

METHOD

1. Thaw ground beef. Divide beef between 2 4-inch hotel pans (10 lbs per pan). Season with salt and pepper.
2. Cover & cook in the oven at 350° F for about 1 hour until meat reaches internal temperature of 266° F. Drain fat from meat.
3. While browning beef, over low-med heat, heat vegetable oil & add onions, celery, garlic & taco seasoning. Sauté until tender.
4. Add drained browned beef to cooked vegetables and puree. Mix well. Heat to 165° F.
5. Cool immediately according to HACCP SOP or hold above 135° F for service.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

QUINOA & SQUASH QUESADILLA

made with
Hooray Purée Butternut Squash



YIELD: 100 PORTIONS

EACH PORTION: 1 EACH

One portion provides 2 oz protein, 1.5 grain, and 3/4 cup serving of red/orange vegetables.

INGREDIENTS

100 PORTIONS

InHarvest White Quinoa[®]	50 oz
Water	3.1 quarts
Black Beans, canned, drained	6.25 quarts
Cheddar, shredded	6.25 lbs
HOORAY PURÉE[®] Butternut Squash	50 oz pouch
Salsa, USDA low sodium	3.1 quarts
Cumin, ground	1/2 cup
Tortillas, whole wheat flour (8 inch, 44 grams)	100 each

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
370	14g	2g	30mg	410mg	45g	9g	17g	20%	2%	25%	10%
	7g										

METHOD

1. Bring water to boil, add quinoa & cook until water is absorbed & quinoa is tender, about 12 mins.
2. Drain off any excess liquid & cool the quinoa under refrigeration.
3. In a large bowl or hobart mixer with paddle attachment, combine beans, cheese, squash puree, salsa, cumin & cooled quinoa.
4. Mix thoroughly.
5. Using a #8 disher, scoop the filling onto the bottom half of the tortilla.
6. Spread the filling out over half the tortilla to 1/2 inch from the edge.
7. Fold the tortilla over and press to seal.
8. Place quesadillas on parchment-lined sheet pans, 12 per tray with edges slightly overlapping.
9. Wrap the sheet pans and store under refrigeration until ready to cook.
10. Heat in a 350 degree oven until internal temperature reaches 165 (5-10 minutes).

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

CARROT & SUNRISE BLEND QUICHE

made with
Hooray Purée Carrot



YIELD: 100 PORTIONS

EACH PORTION: 1 EACH

One portion provides 2 1/2 oz protein, 1 grain, and 1/2 cup serving of red/orange vegetables.

INGREDIENTS

100 PORTIONS

InHarvest Sunrise Blend with Quinoa Flakes®	50 oz
Water	1.25 quarts
Scallions, thinly sliced	3/4 cups
Eggs, beaten	3 eggs
Eggs	50 eggs
Milk, skim	1.5 cups
HOORAY PURÉE® Carrot	50 oz
Cumin, ground	3 tsp
Nutmeg, ground	1.5 tsp
Salt	2 tsp
Pepper	1 Tbs
Cheddar, shredded	25 oz

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
250	10g	2g	200mg	360mg	24g	4g	15g	50%	0%	15%	10%
	4.5g										

METHOD

1. Place Sunrise Blend® in a bowl. Bring water to a boil and pour over the blend. Cover with a plate or plastic wrap for 20 minutes.
2. Drain and cool slightly.
3. Mix Sunrise Blend® with scallions and 1st egg amount.
4. Line 8 oz muffin tins with cupcake liners. Add 1/2 cup sunrise blend to each and press to line the bottoms evenly.
5. Whisk together the carrot puree, remaining eggs, milk, cumin, nutmeg, salt and pepper.
6. Pour 3/8 cup egg mixture evenly on top of Sunrise mixture in each cup.
7. Top each with 1/2 oz cheese (about 1/8 cup).
8. Bake in a pre-heated oven at 350 for 45 minutes or until eggs have set.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

CHICKEN & BROCCOLI ALFREDO

made with
Hooray Purée Butternut Squash



YIELD: 50 PORTIONS

EACH PORTION: 2/3 CUP

One portion provides 2 oz protein, 1 grain, and 1/2 cup serving of red/orange and 1/4 cup serving of dark green vegetables.

INGREDIENTS	100 PORTIONS
Butter	3/4 cup
Garlic minced	1/2 cup
Lemon juice	1/2 cup
Flour, all purpose	1 cup
HOORAY PURÉE® Butternut Squash	50 oz pouch
Milk	1.75 quarts
Parmesan cheese	1 quart
Penne pasta	2 lb 10 oz
Broccoli florets	1.75 lbs
USDA Fajita Chicken	5.25 lbs

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
260	8g	6g	55mg	510mg	30g	3g	16g	40%	70%	15%	8%
	3.5g										

METHOD

1. Boil water in a stock pot. Add pasta. Cook until firm tender, 8 minutes. Drain and hold.
2. Steam broccoli until vibrant green and firm, strain and rest. Separate into two equal piles.
3. Steam chicken for 7 minutes or until 165° F.
4. In a pot, melt butter over medium heat and sauté garlic and lemon.
5. Add flour, stir and cook for 1 minute. Whisk in milk, and butternut squash puree; whisking constantly until just thickened.
6. Add parmesan cheese and stir until melted.
7. Add broccoli, chicken, pasta and sauce to large mixing bowl, toss well.
8. In each of two 2 1/2 inch steam-table pans, spray with pan-release and split the mixutre between the pans.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

COMFY CHICKEN STEW WITH BISCUIT

made with
Hooray Purée Butternut Squash



YIELD: 100 PORTIONS

EACH PORTION: 8 OZ

One portion provides 2 oz protein, 1 grain, and 1/2 cup serving of red/orange vegetables.

INGREDIENTS	100 PORTIONS
Sauce, gravy	23.6 lbs
Carrot, whole, unpeeled, sliced (1/8")	5.7 lbs
Celery, finely chopped	2.3 bunch (32 oz)
Corn, frozen	4.5 lbs
HOORAY PURÉE® Butternut Squash	(2) 50 oz pouches
Chicken, diced, cooked	3.6 lbs
Whole Grain Biscuit, frozen	6.25 lbs

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
180	4.5g	4g	15mg	300mg	27g	3g	11g	110%	4%	4%	10%
	1.5g										

METHOD

1. In a tilt skillet or pan large enough to hold the vegetables, steam the carrots and celery in small amount of water to pre-cook them.
2. When the vegetables are tender, remove them from the heat and cool on sheet pans in the walk-in.
3. Combine gravy, chicken, cooled vegetables, butternut squash purees and mix thoroughly.
4. Transfer to 2-inch hotel pans and hold hot for service or cool according to HACCP SOP.
5. On day of service, reheat, covered to an internal temperature of 165° F.
6. For the frozen biscuits: place frozen biscuits on sheet pans. Warm in 350°F oven.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

CHICKEN TETRAZZINI

made with
Hooray Purée Butternut Squash



YIELD: 50 PORTIONS

EACH PORTION: 5x5 square

One portion provides 2 oz protein, 1/2 grain, and 1/2 cup serving of red/orange vegetables.

INGREDIENTS

100 PORTIONS

Water	3 gal
Salt	2 tsp
Penne pasta	2 lbs 6 oz
Vegetable oil	1/4 cup
Fresh vegetable mix:	onions (1LB), carrots (1LB), celery (1/2LB), green peppers (4 oz)
OR Frozen vegetable mix	2 lbs 8 oz
Fresh mushroom slice	1 lbs 4 oz
Canned pimentos, diced (drained)	1 cup
Margarine or butter	1 cup
All purpose flour	1 cup
Non fat dry milk: not fully reconstituted	4 cups dry + 3 cups water
HOORAY PURÉE® Butternut Squash	50 oz pouch
Chicken stock, non MSG, hot	2 quarts
Ground black or white pepper	1 tsp
Onion salt	2 tsp
Granulated garlic	2 tsp
Cooked chicken, diced	6 lbs. 4 oz.
Grated parmesan cheese	6 oz (2 cups + 2 Tbs)

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
270	9g	9g	35mg	370mg	27g	2g	18g	70%	10%	20%	8%
	2g										

METHOD

1. Boil water and salt in a stock pot. Add pasta. Cook until firm tender, 8 minutes. Drain and hold in ice bath. Set aside.
2. In a large sauce pan heat the oil. Add the onions, carrots, celery, peppers, mushrooms & pimentos. Saute vegetables for 5 minutes or until tender. Set aside.
3. Melt the margarine or butter in a stock pot, add 4 cups dry non fat milk and cook for 5 minutes. Slowly add 3 cups of water to the non fat dry milk mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, butternut squash puree and spices. Simmer for 5 minutes.
4. In each of two 2 1/2 steam-table pans combine 3 qt of cooked pasta, 3 lb 2 oz cooked chicken, 1 qt of cooked vegetable and 2 qt 1 cups of sauce. Sprinkle 3 oz of Parmesan cheese on top of each pan.
5. Bake until golden brown: Conventional oven 350F for 30 minutes; Convection oven 325F for 35 minutes.
6. Cut each pan 5 x 5 (25 pieces per pan)

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

TURKEY TETRAZZINI

made with
Hooray Purée Butternut Squash



YIELD: 50 PORTIONS

EACH PORTION: 5x5 square

One portion provides 2 oz protein, 1/2 grain, and 1/2 cup serving of red/orange vegetables.

INGREDIENTS

100 PORTIONS

Water	3 gal
Salt	2 tsp
Penne pasta	2 lbs 6 oz
Vegetable oil	1/4 cup
Fresh vegetable mix	onions (1LB), carrots (1LB), celery (1/2LB), green peppers (4 oz)
OR Frozen vegetable mix	2 lbs 8 oz
Fresh mushroom slice	1 lbs 4 oz
Canned pimentos, diced (drained)	1 cup
Margarine or butter	1 cup
All purpose flour	1 cup
Non fat dry milk: Not fully reconstituted	4 cups dry + 3 cups water
HOORAY PURÉE® Butternut Squash	50 oz pouch
Chicken stock, non MSG, hot	2 quarts
Ground black or white pepper	1 tsp
Onion salt	2 tsp
Granulated garlic	2 tsp
Cooked turkey, diced	6 lbs. 4 oz.
Grated parmesan cheese	6 oz (2 cups + 2 Tbs.)

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
270	9g	9g	35mg	370mg	27g	2g	18g	70%	10%	20%	8%
	2g										

METHOD

1. Boil water and salt in a stock pot. Add pasta. Cook until firm tender, 8 minutes. Drain and hold in ice bath. Set aside.
2. In a large sauce pan heat the oil. Add the onions, carrots, celery, peppers, mushrooms & pimentos. Saute vegetables for 5 minutes or until tender. Set aside.
3. Melt the margarine or butter in a stock pot, add 4 cups dry non fat milk and cook for 5 minutes. Slowly add 3 cups of water to the non fat dry milk mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, butternut squash puree and spices. Simmer for 5 minutes.
4. In each of two 2 1/2 steam-table pans combine 3 qt of cooked pasta, 3 lb 2 oz cooked turkey, 1 qt of cooked vegetable and 2 qt 1 cups of sauce. Sprinkle 3 oz of Parmesan cheese on top of each pan.
5. Bake until golden brown: Conventional oven 350F for 30 minutes; Convection oven 325F for 35 minutes.
6. Cut each pan 5 x 5 (25 pieces per pan)

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

TURKEY NOODLE SOUP

made with
Hooray Purée Butternut Squash



YIELD: 100 PORTIONS

EACH PORTION: 6 OZ

One portion provides 2 oz protein and 1/2 cup serving of red/orange vegetables.

INGREDIENTS		100 PORTIONS	
Canola oil		1 Tbs	
Celery, diced		1.5 quarts	
Carrot, diced		1.5 quarts	
Onion, diced		3 cups	
Chicken stock, low sodium		3 gal	
HOORAY PURÉE® Butternut Squash		50 oz pouch	
Black pepper, ground		1 tsp	
Poultry seasoning		1 tsp	
Parsley, fresh, finely chopped		1/4 cup	
Egg noodles, dry		1.5 lbs	
Cooked turkey breast, diced		2 lbs	

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS											
CALORIES	TOTAL FAT (G)	SATURATED FAT (G)	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
60	0.5g	0g	15mg	55mg	8g	1g	5g	40%	2%	2%	4%

METHOD

1. Heat oil in stockpot and add celery, carrot & onion and cook until onions are translucent. Add chicken stock, butternut squash puree, black pepper, poultry seasoning and parsley.
2. Bring to a boil. Reduce heat and cover to simmer for 20 minutes.
3. Add noodles and turkey. Return to simmer, cover and cook additional 10 minutes until noodles are tender.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

CHICKEN NOODLE SOUP

made with
Hooray Purée Carrot



YIELD: 100 PORTIONS

EACH PORTION: 6 OZ

One portion provides 2 oz protein and 1/2 cup serving of red/orange vegetables.

INGREDIENTS

100 PORTIONS

Canola oil	1 Tbs
Celery, diced	1.5 quarts
Carrot, diced	1.5 quarts
Onion, diced	3 cups
Chicken stock, low sodium	3 gal
HOORAY PURÉE® Carrot	50 oz pouch
Black pepper, ground	1 tsp
Poultry seasoning	1 tsp
Parsley, fresh, finely chopped	1/4 cup
Egg noodles, dry	1.5 lbs
Cooked chicken, diced	2 lbs

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
60	1g	0g	15mg	55mg	8g	1g	4g	50%	2%	2%	4%

METHOD

1. Heat oil in stockpot and add celery, carrot and onion and cook until onions are translucent. Add chicken stock, carrot puree, black pepper, poultry seasoning and parsley.
2. Bring to a boil. Reduce heat and cover to simmer for 20 minutes.
3. Add noodles and chicken. Return to simmer, cover and cook additional 10 minutes until noodles are tender.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

CARROT GINGER SOUP

made with

Hooray Purée Carrot



YIELD: 100 PORTIONS

EACH PORTION: 6 OZ

One portion provides 2 oz protein and 1/2 cup serving of red/orange vegetables.

INGREDIENTS

100 PORTIONS

Canola oil	1/4 cup
Onion, diced	6 lbs
Apple, diced	7.5 lbs
HOORAY PURÉE® Carrot	(2) 50 oz pouches
Vegetable stock	10 quarts
Ginger, ground	5 Tbs
Coconut milk	3 quarts + 3 cups

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
120	8g	7g	0mg	380mg	12g	2g	1g	50%	6%	2%	8%
	6g										

METHOD

1. Heat oil in stockpot and cook onions and apples over medium heat for 3 minutes. Add carrot puree, vegetable stock and ginger and bring to simmer. Remove from stove and process with immersion.
2. Return to stove and stir in coconut milk. Heat until 165°F. DO NOT BOIL.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

CARBANZO & SPINACH SOUP

made with
Hooray Purée Spinach



YIELD: 100 PORTIONS

EACH PORTION: 6 OZ

One portion provides 2 oz protein and 1/2 cup serving of dark green vegetables.

INGREDIENTS	100 PORTIONS
Canola oil	1.5 cups
Onion, diced	5 lbs
Garlic, minced	3 oz
HOORAY PURÉE® Spinach	50 oz pouch
Carbanzo beans, drained & rinsed	(2) #10 cans
Chicken stock, low sodium	3 quarts
Red wine vinegar	1/2 cup
Paprika	1/4 cup
Cumin, ground	1 Tbs
Black pepper	2 tsp

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
100	4.5g	3g	0mg	90mg	12g	3g	4g	20%	4%	4%	4%
	0g										

METHOD

1. Heat oil in stockpot, add garlic and onions and cook until the onions are translucent. Mix in paprika, cumin and spinach puree.
2. Add garbanzo beans, tomatoes and stock. Bring to a boil. Reduce heat to low. Simmer uncovered for 15 minutes.
3. Add vinegar & black pepper. Mix well.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

SPINACH BEEF TACO SOUP

made with
Hooray Purée Spinach



YIELD: 100 PORTIONS

EACH PORTION: 1/2 CUP

One portion provides 3/4 cup serving of other vegetables.

INGREDIENTS	100 PORTIONS
Canola oil	2 Tbs
Onion, diced	1/2 cup
Celery, diced	1/2 cup
Beef crumbles	2.5 lbs
HOORAY PURÉE® Spinach	50 oz pouch
Tomatoes, diced, canned	3 lbs
Salsa	3 lbs
Corn, frozen	3 lbs
Pinto beans, drained & rinsed	4 lbs
Kidney beans, drained & rinsed	4 lbs
Cumin	1 Tbs + 1 tsp
Garlic, granulated	2 tsp
Basil, dry	1 Tbs + 1 tsp
Chili powder	4 Tbs
Black pepper	1.5 tsp
Sugar	2 Tbs

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
90	1.5g	2g	5mg	200mg	14g	3g	6g	20%	0%	4%	6%
	0g										

METHOD

1. Heat oil in stockpot and add celery & onion and cook until onions are translucent. Add beef crumbles and cook for 5 minutes. Add all remaining ingredients.
2. Bring to a boil. Reduce heat and cover to simmer for 20 minutes.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

SPINACH LENTIL SOUP

made with

Hooray Purée Butternut Squash



YIELD: 100 PORTIONS

EACH PORTION: 1 CUP

One portion provides 1 oz protein and 3/4 cup serving of other vegetables.

INGREDIENTS	100 PORTIONS
Canola oil	1 Tbs
Onion, diced	2 quarts
Garlic, chopped	1/3 cup
Italian seasonings, dried	1/4 cup
Tomato paste, canned	3 lbs
HOORAY PURÉE® Butternut Squash	(2) 50 oz pouches
Water, tepid	4.5 gal
Lentils, dry	7 lbs
Spinach, chopped & frozen	8 lbs

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (G)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
160	1g	6g	0mg	90mg	29g	7g	10g	170%	8%	8%	15%
	0g										

METHOD

1. Heat oil in stockpot and cook onions and garlic over medium heat for 3 minutes. Add Italian seasoning, tomato paste, butternut squash puree, water and lentils. Simmer 35 minutes over medium heat, stirring frequently.
2. Add spinach, continue cooking for additional 30 minutes or until lentils are soft.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

TURKEY & BEAN SOUP

made with
Hooray Purée Spinach



YIELD: 100 PORTIONS

EACH PORTION: 1 CUP

One portion provides 3/4 cup of other vegetables.

INGREDIENTS	100 PORTIONS
Onion, diced	1 lb
Celery, diced	12 oz
Carrot, diced	12 oz
Garlic, minced	6 cloves
HOORAY PURÉE® Spinach	50 oz pouch
Chicken stock, low sodium	2 gal
White beans, drained & rinsed	(1 .5) #10 can
Black pepper, ground	1 tsp
Cooked turkey breast, 1/4" pieces	2 lb 12 oz
Basil, fresh, finely chopped	1/4 cup
Parsley, fresh, finely chopped	1/4 cup
Thyme, fresh, finely chopped	1/4 cup

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G) SATURATED FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
70	0.5g	1g	10mg	55mg	9g	3g	7g	35%	2%	2%	4%
	0g										

METHOD

1. Add onions, celery, carrots and garlic to stock pot and sweat mixture over medium heat, stirring frequently. Cook until vegetable are soft and onions are translucent.
2. Add carrot puree, chicken stock, beans and black pepper. Reduce temperature to low heat. Cover and simmer for 20 mins. Stir occasionally.
3. Add turkey, basil, parsley & thyme. Mix in well and simmer for 10 minutes.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

VEGETABLE SOUP

made with
Hooray Purée Carrot



YIELD: 100 PORTIONS

EACH PORTION: 1/2 CUP

One portion provides 3/4 cup serving of other vegetables.

INGREDIENTS	100 PORTIONS
Canola oil	1 Tbs
Celery, diced	1.5 quarts
Carrot, diced	1.5 quarts
Onion, diced	3 cups
Vegetable stock, low sodium	3 gal
HOORAY PURÉE[®] Carrot	50 oz pouch
Black pepper, ground	1 Tbs
Garlic, granulated	1 Tbs
Parsley, fresh, finely chopped	1/4 cup
Corn, frozen & cut	2 lbs
Green Beans, frozen & cut	2 lbs
Green peas, frozen	2 lbs
Tomatoes, diced in juice	(2) #10 cans

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G) SATURATED FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
60	0g	5g	0mg	105mg	9g	3g	2g	50%	6%	2%	2%
	0g										

METHOD

1. Heat oil in stockpot and add celery, carrot & onion and cook until onion is translucent. Add vegetable stock, carrot puree, black pepper, granulated garlic and parsley.
2. Bring to a boil. Reduce heat and cover to simmer for 20 minutes.
3. Add corn, green beans, green peas and tomatoes. Return to simmer, cover and cook additional 10 minutes until vegetables are tender.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

BEEF CHILI WITH BEANS

made with
Hooray Purée Carrot



YIELD: 50 PORTIONS

EACH PORTION: 1/2 CUP

One portion provides 2 oz protein and 3/4 cup serving of other vegetables.

INGREDIENTS	100 PORTIONS
Raw ground beef	7 lbs
Fresh onions, chopped	2 1/3 cups
Granulated garlic	1.5 Tbs
Fresh green pepper, chopped	1.5 cups
Ground white pepper	2 tsp
Chili powder	3 Tbs
Paprika	1 Tbs
Onion powder	1 Tbs
Ground cumin	1/4 cup
Canned diced tomatoes with juice	5 cups
HOORAY PURÉE® Carrot	50 oz pouch
Canned tomato paste	8 oz
Canned pinto beans, drained and rinsed	(1/2) #10 can

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
	SATURATED FAT (G)										
130	3g	3g	35mg	150mg	11g	2g	15g	50%	4%	2%	10%
	1g										

METHOD

1. Brown ground beef, drain, add onions, granulated garlic, green pepper, white pepper, chili powder, paprika, onion powder and cumin and cook for 5 minutes.
2. Stir in diced tomatoes with juice, carrot puree and tomato paste. Mix well, bring to a boil and reduce heat. Cover, simmer slowly, stirring occasionally until thickened, about 35 minutes.
3. Stir in beans and simmer for one hour.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.

SEASONED BEEF TACOS

made with
Hooray Purée Spinach



YIELD: 100 PORTIONS

EACH PORTION: 1/3 CUP

One portion provides 2 oz protein and 3/4 cup serving of other vegetables.

INGREDIENTS

100 PORTIONS

Raw ground beef	12.5 lbs
Vegetable oil	2 oz
Onion, yellow, finely chopped	5.4 lbs
Celery, finely chopped	2 lbs
Garlic, minced	1/2 cup
HOORAY PURÉE® Spinach	(2) 50 oz pouches
Taco seasoning	1/4 cup
Kosher salt	1.5 Tbs
Black pepper, ground	2.5 tsp

NUTRITIONAL INFORMATION & MEAL CONTRIBUTIONS

CALORIES	TOTAL FAT (G) SATURATED FAT (G)	SUGARS	CHOLESTEROL (MG)	SODIUM (MG)	TOTAL CARBS (MG)	DIETARY FIBER (G)	PROTEIN (G)	VITAMIN A (%DV)	VITAMIN C (%DV)	CALCIUM (%DV)	IRON (%DV)
90	3g	1g	30mg	150mg	4g	1g	12g	35%	4%	4%	8%
	1g										

METHOD

1. Thaw ground beef. Divide beef between (2) 4-inch hotel pans (10 lbs per pan). Season with salt and pepper.
2. Cover & cook in the oven at 350° F for about 1 hour until meat reaches internal temperature of 266° F. Drain fat from meat.
3. While browning beef, over low-med heat, heat vegetable oil & add onions, celery, garlic & taco seasoning. Sauté until tender.
4. Add drained browned beef to cooked vegetables and spinach puree. Mix well. Heat to 165° F.
5. Cool immediately according to HAACP SOP or hold above 135° F for service.

NOTES

1. CCP: Internal temperature must reach 165°F for 15 seconds. Hold for service at 140°F for higher.