



Gardein Plant Based
Ground Be'f

13.7 oz bag (frozen)

UPC 8 42234 00098 8

CACFP Credit

(Login to dcrhome.org for PFS)

1/4 c "ground be'f" counts as 1
oz eq meat alternate for ages
1-2 at lunch or dinner.

3/8 cup "ground be'f" counts as
1.5 oz eq meat alternate for
ages 3-5 at lunch or dinner.

1/2 cup "ground be'f" counts as
2 oz eq meat alternate for ages
6+ at lunch or dinner.

Nutrition Facts	
about 4.5 servings per container	
Serving size	3/4 cup (87g)
Amount per serving	Calories 120
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 7g	3%
Dietary Fiber 5g	18%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 18g	34%
Vitamin D 0mcg 0%	Calcium 80mg 6%
Iron 2mg 10%	Potassium 560mg 10%

INGREDIENTS: WATER, TEXTURED SOY PROTEIN CONCENTRATE, 2% OR LESS OF: CARAMEL COLOR, SALT, CANOLA OIL, NATURAL FLAVORS, GARLIC POWDER, YEAST EXTRACT, ONION POWDER, BLACK PEPPER.
CONTAINS SOY.

DISTRIBUTED BY:



Scan here for more food information
or call 1-877-305-6777.



Questions or comments, visit us at
www.gardein.com or call 1-877-305-6777.

COOKING INSTRUCTIONS



3-4
MINS

BEST IN SAUCE

Bring your favorite sauce to a simmer over medium heat in a covered sauce pan. Add frozen ground be'f to simmering sauce and cook, covered, for 3 to 4 minutes, stirring frequently.



5-7
MINS

STOVETOP

Two Servings: Add 1½ cups of frozen ground be'f to a large nonstick skillet and cook over medium heat, covered, for 5 to 7 minutes, stirring frequently. Full Bag: Add frozen ground be'f to a large nonstick skillet and cook over medium heat, covered, for 7 to 15 minutes, stirring frequently. Add to your favorite recipe.



2
MINS

MICROWAVE (1100 WATT)

Add 1½ cups (2 servings) of frozen ground be'f to a microwave-safe bowl, cover with microwave safe lid and cook for 2 minutes. Add to your favorite recipe.

For Food Safety and Quality • Keep frozen. Do not thaw. • Appliances vary. Adjust cooking times as needed. • Food must be cooked thoroughly to 165°F.

BE INSPIRED. EAT WELL.

Our gluten-free Plant-based Ground Be'f is the perfect start to everyday meals that are quick, delicious and oh-so-good.



Gardein Bolognese

Bring your favorite home-made or jarred red pasta sauce to a simmer over medium heat, add Gardein frozen Ground Be'f and continue to simmer for 3-5 minutes until hot throughout. Meanwhile, boil pasta according to package directions. Serve bolognese sauce over cooked pasta and garnish with fresh chopped basil and grated mozzarella or parmesan cheese (or vegan option).



Plant-Based Ground Be'f Tacos

Sauté Gardein Ground Be'f according to cooking directions above. Add taco seasoning and set aside. Warm up taco shells and add Ground Be'f, salsa, guacamole, shredded cheese (or vegan option), and shredded lettuce. Serve with hot sauce and lime wedges and roasted corn. Or skip the shells, serve over lettuce and enjoy a taco salad!



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KEEP FROZEN | BEST BEFORE