



Beef Pot Pie Recipe



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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE#21764)	#24 Scoop (40 gm)	200 gm (7.1 oz)
PE Beef (PE#21731)	#20 Scoop (50 gm)	250 gm (8.8 oz)
PE Carrot (PE#21734)	2 Tbsp (30 ml)	150 gm (5.3 oz)
PE Green Pea (PE#21738)	2 Tbsp (30 ml)	150 gm (5.3 oz)
Beef Gravy	1 fl oz (30 ml)	150 ml (5 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Plate the #24 scoop (40 gm) of whole wheat bread. With the back of the scoop, create a small depression or divot in the centre of the whole wheat bread (pot pie base).
If cold plating, make sure to spread out so the plate cover can fit tight.



3. Place the #20 Scoop (50 gm) of beef mousse on top of the whole wheat bread. Using the back of the scoop evenly spread the beef mousse over the top of the bread.



4. Using a spoon, evenly cover the beef mousse with small mounds of 2 Tbsp (30 ml) of carrot mousse and 2 Tbsp (30 ml) of green pea mousse vegetables.



5. Finish the pot pie with 1 fl oz (30 ml) of beef gravy.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F



Options: alter vegetables as desired.
For additional flavours and variety, add ground herbs.

Nutrition Facts		Valeur nutritive	
Per 1 plate (176g) / par 1 plate (176g)			
Amount		% Daily Value	
Teneur		% valeur quotidienne	
Calories / Calories	230		
Fat / Lipides	10g	15%	
Saturated / satures 3.5g			
+ Trans / trans 0g		17%	
Cholesterol / Cholesterol	15mg		
Sodium / Sodium	650mg	27%	
Carbohydrate / Glucides	24g	8%	
Fibre / Fibres 3g		11%	
Sugars / Sucres 5g			
Protein / Proteines	15g		
Vitamin A / Vitamine A		11%	
Vitamin C / Vitamine C		4%	
Calcium / Calcium		4%	
Iron / Fer		20%	

