

SCHOOL

EASY RECIPES +
STUDENT FRIENDLY =
TOTALLY DELICIOUS



Pierogies

— FOODSERVICE —



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Welcome!

Mrs. T's Pierogies are stuffed with the stuff students love! Mrs. T's has a variety of flavorful recipes, offering many ways to serve up something delicious. Pierogies can be served as an entrée, a side dish, or a la carte. No matter how you prepare these creamy, whipped potato and cheese-filled pasta pockets, you are sure to see smiles on students' faces. They're a fun menu option for students and a versatile, easy to prepare ingredient for your staff.

A+



Mrs. T's Poutine Pierogies

Meal Contribution: 2 MMA, 1 WGR

Serving Size: 1 serving (3 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

3 pieces: Potato & American Cheese Pierogies w/ WG Dough

Mrs. T's - 41164-00375

2 ounces: Brown Gravy Mix
Gluten Free
Low Sodium

1 ounce: Mild Cheddar Cheese Cubes
Reduced Fat

1 tablespoon: Fresh Parsley

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 15 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Spray 2" hotel pan with nonstick spray.

3. Combine water & gravy mix in container, blend until smooth. Heat to desired temperature & pour over prepared pierogies in 2" hotel pan.

4. Top prepared pierogies and gravy with cheese cubes. Bake at 350°F for an additional 5 minutes to soften cheese cubes.

5. Chop fresh parsley (may substitute dried parsley) and sprinkle over pierogies before serving.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.





Mrs. T's Buffalo Chicken Pierogies

Meal Contribution: 3 ½ M/MA, 1 WGR, ¼ VEG-RO, 1/8 VEG-S

Serving Size: 1 serving (3 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

3 pieces: Potato & American Cheese High Protein Pierogies w/ WG Dough

Mrs. T's – 41164-00376

1 ounce: Unseasoned Chicken Strips
Cooked

¼ cup: Marinara Sauce
Nutritionally Enhanced

1 tablespoon: Tabasco Sauce

½ ounce: Shredded American Cheese
Reduced Fat

1 tablespoon: Fat Free Ranch Dressing

1 tablespoon: Chopped Scallions
(Tops & Bulbs)

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 15 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Steam chicken strips to 155°F.

3. Spray 2" hotel pan with nonstick spray. Combine chicken strips and prepared pierogies.

4. Mix marinara sauce & tabasco sauce together. Pour over prepared chicken strips & pierogies. Shingle pierogies in sauce.

5. Sprinkle shredded American cheese over prepared pierogies. Bake at 350°F for an additional 10 minutes to melt cheese.

6. Drizzle ranch dressing over prepared pierogies.

7. Chop scallions and sprinkle over pierogies before serving.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.



Mrs. T's Buttery Ranch Pierogies

Meal Contribution: 1 M/MA, 1 WGR, 1 VEG-O

Serving Size: 1 serving (6 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

6 pieces: Potato & American Cheese Mini Pierogies w/ WG Dough

Mrs. T's - 41164-00833

1 tablespoon: Unsalted Butter

1 teaspoon: Ranch Dressing Mix

½ cup: Sliced Onion (Optional)

1 sprig: Fresh Parsley

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 9 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Melt butter.

3. Add powdered ranch dressing mix to melted butter. Blend thoroughly with a whisk. Combine ranch butter with prepared pierogies in 2" hotel pan.

4. Finely chop fresh parsley (may substitute dried parsley) and sprinkle over pierogies before serving.

Optional:

Slice raw onion. Steam or sauté to thoroughly cook. Combine onions with ranch butter pierogies.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.



Mrs. T's Chicken Florentine Pierogies

Meal Contribution: 2 ½ M/MA, 1 WGR, 1 VEG-DG

Serving Size: 1 serving (3 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

3 pieces: Potato & American Cheese Pierogies w/ WG Dough

Mrs. T's – 41164-00375

1 ¼ ounces: Alfredo Sauce
Boil in Bag

1 ounce: Unseasoned Chicken Strips

1 cup: Fresh Spinach

½ ounce: Shredded Lite Mozzarella Cheese

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 15 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Prepare 2" hotel pan with nonstick spray. Heat sauce to 155°F. Pour prepared sauce in hotel pan. Shingle pierogies in sauce. Sauce may thicken as it is held in steamtable, thin with water to avoid too much thickening.

3. Season chicken strips with garlic powder & white pepper to taste. Steam chicken strips to 155°F. Add chicken strips to prepared pierogies. Top with additional sauce.

4. Combine spinach to prepared pierogies and chicken. Bake at 350°F for an additional 10 minutes.

5. Sprinkle shredded mozzarella over pierogies before serving.

Optional:

Sprinkle fresh/dried parsley over pierogies as a garnish.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.



Mrs. T's Pierogy Mac & Cheese

Meal Contribution: 2 M/MA, 1 WGR, 1 VEG-O

Serving Size: 1 serving (6 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

6 pieces: Potato & American Cheese Mini Pierogies w/ WG Dough

Mrs. T's – 41164-00833

3 ounces: Cheddar Cheese Sauce Reduced Sodium

½ cup: Broccoli Florets

¼ cup: Red Bell Pepper Diced

1 tablespoon: Whole Wheat Breadcrumbs

1 tablespoon: Fresh Parsley

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 9 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Prepare 2" hotel pan with nonstick spray. Heat sauce to 155°F. Pour prepared cheese sauce in hotel pan. Shingle pierogies in sauce.

3. Lightly steam broccoli florets and red peppers. Gently toss steamed broccoli florets and red peppers with pierogies.

4. Sprinkle breadcrumbs on top and bake at 350°F uncovered as a casserole for 15 minutes.

5. Sprinkle fresh parsley (may substitute dried parsley) as a garnish before serving.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.



Mrs. T's Cheesesteak Pierogies

Meal Contribution: 3 ½ M/MA, 1 WGR

Serving Size: 1 serving (3 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

3 pieces: Potato & American Cheese High Protein Pierogies w/ WG Dough

Mrs. T's – 41164-00376

1 ounce: Beef Sandwich Steak Thinly Sliced & Chopped

1 tablespoon: Chopped Scallions (Tops & Bulbs)

½ ounce: Shredded American Cheese Reduced Fat

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 15 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Season beef steak with white pepper & onion powder to taste. Cook beef steak meat to 165°F, remove from heat.

3. Spray 2" hotel pan with nonstick spray. Combine cooked beef steak and pierogies. Gently toss.

4. Chop scallions - steam or sauté. Gently toss scallions with beef steak and pierogies.

5. Sprinkle shredded American cheese over pierogies before serving.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.



Mrs. T's Pierogy Fries

Meal Contribution: 1 M/MA, 1 WGR

Serving Size: 1 serving (6 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

6 pieces: Potato & American Cheese Mini Pierogies w/ WG Dough

Mrs. T's – 41164-00833

1/8 teaspoon: Salt

1 tablespoon: Grated Parmesan Cheese

1 sprig: Fresh Parsley

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 9 minutes until golden brown and puffed.

2. Remove prepared pierogies from oven. In a large bowl, toss prepared pierogies lightly with olive oil, add salt & parmesan cheese, re-toss.

3. Chop fresh parsley (may substitute dried parsley) and sprinkle over pierogies before serving.



— FOODSERVICE —



Mrs. T's Chicken & Dumpling Pierogies

Meal Contribution: 2 M/MA, 1 WGR, 1 VEG-O

Serving Size: 1 serving (6 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

6 pieces: Potato & American Cheese Mini Pierogies w/ WG Dough

Mrs. T's – 41164-00833

1 ounce: Chicken Gravy Mix

1 ounce: Diced Chicken Cooked

¼ cup: Peas Reduced Sodium

¼ cup: Diced Carrots Reduced Sodium

1 sprig: Fresh Parsley

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 9 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Spray 2" hotel pan with nonstick cooking spray. Combine chicken gravy and prepared pierogies. Shingle lightly.

3. Steam diced chicken to 155°F. Season diced chicken with garlic powder & white pepper to taste. Add diced chicken to prepared pierogies and gravy.

4. Steam peas & diced carrots for 7 minutes. Combine with prepared pierogies.

5. Chop fresh parsley (may substitute dried parsley) and sprinkle over pierogies before serving.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.



Mrs. T's with Spicy Marinara Sauce & Meatballs

Meal Contribution: 2 ½ M/MA, 1WGR, 1 VEG-RO

Serving Size: 1 serving (6 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

6 pieces: Potato & American Cheese Mini Pierogies w/ WG Dough

Mrs. T's - 41164- 00833

2 each: Beef Meatballs Cooked 0.833 oz.

¾ cup: Marinara Sauce Nutritionally Enhanced

½ teaspoon: Red Pepper Flakes

½ ounce: Shredded Mozzarella Cheese Low Moisture Part Skim

1 sprig: Fresh Parsley

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 9 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Heat meatballs to 165°F.

3. Spray 2" hotel pan with nonstick spray. Pour marinara sauce to cover the entire bottom of the pan. Shingle pierogies in sauce.

4. Sprinkle red pepper flakes over pierogies. Add additional marinara sauce to cover pierogies.

5. Add shredded mozzarella cheese over pierogies and marinara sauce. Bake at 350°F for an additional 10 minutes to melt cheese.

6. Chop fresh parsley (may substitute dried parsley) and sprinkle over pierogies before serving.

7. Serve pierogies with prepared meatballs.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.



Mrs. T's Taco Bake

Meal Contribution: 3 ½ M/MA, 1 WGR, 1 VEG-BP

Serving Size: 1 serving (3 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

3 pieces: Potato & American Cheese High Protein Pierogies w/ WG Dough

Mrs. T's – 41164-00376

1/8 ounce: Taco Seasoning Mix

½ teaspoon: Water

1 ounce: Beef Patty Crumbles

¼ cup: Black Beans – Low Sodium

1 ounce: Salsa

½ ounce: Shredded Cheddar Cheese Reduced Fat

¼ ounce: Corn Tortilla Chips

½ ounce: Fresh Cilantro

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 15 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Blend taco seasoning and water according to taco seasoning directions. Add to beef crumbles.

3. Heat beef crumbles in convection oven or steamer to 165°F. Spray full size hotel pan with nonstick spray. Spoon and spread seasoned beef crumbles to cover the bottom of the pan. Shingle pierogies over seasoned beef crumbles, creating a layering effect.

4. Top pierogies with rinsed & drained black beans. Top pierogies & black beans with salsa.

5. Top with shredded cheddar – leave uncovered. Bake at 350°F for 10 minutes.

6. Remove casserole from oven, top with crushed tortilla chips. Leave uncovered and bake for 10 additional minutes to finish melting cheese and crisp tortilla chips.

7. Chop fresh cilantro and sprinkle over casserole before serving.

Optional:

Serve with additional side condiments, such as extra salsa & sour cream.

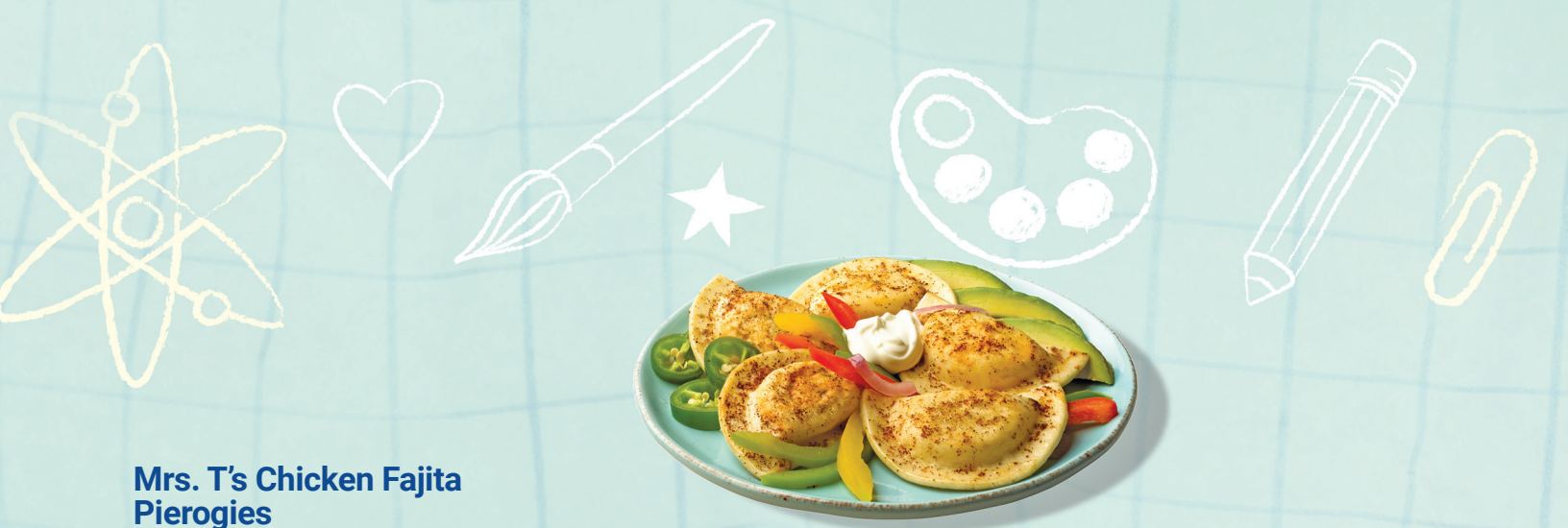
Vegetarian Option:

Substitute beef crumbles with certified vegan beef substitute.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.



Mrs. T's Chicken Fajita Pierogies

Meal Contribution: 2 M/MA, 1 WGR, 1 VEG-RO, 1 VEG-O

Serving Size: 1 serving (3 pieces)

Allergens: Contains Egg, Milk, Soy, Wheat

INGREDIENTS

3 pieces: Potato & American Cheese Pierogies w/WG Dough

Mrs. T's – 41164-00375

1 ounce: Fajita Seasoned Chicken Strips Cooked

½ cup: Green Bell Peppers

½ cup: Sliced Onions

½ cup: Salsa Low Sodium

1 tablespoon: Fresh Cilantro

DIRECTIONS

1. Preheat oven to 350°F (low fan). Spray sheet pan with nonstick cooking spray. In a large bowl, toss pierogies with olive oil making sure to coat evenly. Arrange pierogies on full size sheet pan. Bake 15 minutes until golden brown and puffed.

**Alternate cooking method

Steam for 7-10 minutes in perforated hotel pan with liner.

2. Steam chicken strips to 155°F. Add chicken strips to prepared pierogies.

3. Slice peppers & onions julienne style. Steam or sauté.

4. Combine prepared pierogies, chicken strips and sliced peppers & onions.

5. Serve ½ cup of salsa with fajita pierogies.

6. Chop fresh cilantro and sprinkle over pierogies before serving.

Optional:

Serve with additional side condiments, such as extra salsa & sour cream.

Tips:

Bake or steam pierogies prior to adding other ingredients.

Do not overfill hotel pan to avoid pierogies from sticking together.



For more information visit mrstsfodservice.com or call 1-800-743-7649



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