

VEGETARIAN PLATTES > Jor every \$ PALATE



Tuscan Garden Pierogy Soup

Artichoke & Sun-Dried Tomato Pesto MINI Pierogies

Asian Pierogy Stir-Fry

Tap into healthy, hearty, meat-free food trends with Mrs. T's' Pierogies



# GARDEN-FRESH FAVORITES from Mrs. Ti

As customers seek out vegan and vegetarian menu options across all segments, the foodservice industry is racing to find new and exciting ways to serve up meatless meals. Whether your customers are loyally vegan, giving meatless Monday a try, or just craving fresh elements in their meals, these veggie-heavy recipes are just what you need to satisfy their craving

for hearty, delicious meat-free dishes.

## PAD THAI MINI PIEROGIES

#### INGREDIENTS

- 1 (2.86 lb.) bag Mini Classic Cheddar Pierogies
- 2 oz. butter
- 6 eggs, beaten
- 3 Tbsp. oil
- 3 cloves garlic, minced 2 lb. extra-firm tofu, pressed,
- cut into ¼" cubes
- 1 lb. stir-fry vegetables
- 1½ tsp. salt
- <sup>3</sup>/<sub>4</sub> tsp. crushed red pepper
- 1½ cups peanut sauce
- 2½ cups bean sprouts
  ¾ cup peanuts, chopped
- 6 scallions, diagonally sliced

### DIRECTIONS:

- 1. Place pierogies in boiling water for 3 to 5 min; drain.
- 2. In a large skillet over medium-high heat, melt butter.
- Cook eggs until just scrambled; remove and set aside.
- 3. In the same skillet over medium heat, in 1 Tbsp. of hot oil, cook garlic until lightly browned. Remove garlic to bowl with eggs.
- Using the same skillet over medium-high heat, with remaining oil, cook tofu, vegetables, salt and crushed red pepper, stirring constantly, until tofu is browned.
   Enduce heat to medium
- 5. Reduce heat to medium
- 6. Stir in pierogies, egg mixture, peanut sauce, and bean sprouts. Continue cooking, stirring frequently, until heated through.
- 7. Garnish with chopped peanuts and scallions.

## PIEROGY BURGER

VEGAN

INGREDIENTS

2 oz. olive oil

coconut milk

• 1/2 lb. snow peas

11/2 tsp. turmeric

1½ tsp. salt

Onion Pierogies 2 lb. extra-firm tofu, pressed, cut into ¼" cubes

2 onions, chopped

4 cloves garlic, minced

• 6 cups cauliflower florets

• 1 lb. edamame, shelled

• <sup>3</sup>/<sub>4</sub> cup non-dairy milk

2 Tbsp. curry powder

<sup>2</sup>/<sub>3</sub> tsp. crushed red pepper
<sup>3</sup>/<sub>4</sub> cup cashews, chopped

2 (15 oz.) cans unsweetened

PIEROGY CURRY

1 (4 lb.) bag Vegan Classic

#### INGREDIENTS

- 1 (4 lb.) bag Vegan Classic Onion Pierogies
- 24 vegetarian burger or Black Angus burger patties
- 1 head romaine lettuce, torn
- 6 vine-ripened tomatoes, sliced
- 4 avocados, sliced
- 2 onions, sliced
- Sriracha mayo, as needed24 whole wheat hamburger buns
- 24 whole wheat hamburger buns

## For more fasty vegan and vegetarian recipes, visit mrstsfoodservice.com/recipes or call 1-800-233-3170 Ext. 3527

Pockets of Happiness.

DIRECTIONS

## DIRECTIONS

- In a large skillet, brown tofu in olive oil over medium-high heat. Add onion and garlic; cook about 5 min.
- Add coconut milk, spices, and cauliflower to the skillet. Stir well, bring to a simmer and cook on low for 20 min. until cauliflower is soft and tender. If sauce gets too thick, add <sup>3</sup>/<sub>4</sub> cup of non-dairy milk.
- 3. Place pierogies in boiling water for 5 min; drain.
- Add pierogies, edamame, and snow peas to the skillet and cook for another 5 min.
- 5. Top with cashews & serve.

1. Preheat oil to 350°F. Fry pierogies

2. Grill burger of your choice until fully

3. Serve burgers on rolls topped with

avocados, onions, and Sriracha mayo.

in oil for 4 min. until browned.

cooked (internal temp: 165°F)

2 pierogies, lettuce, tomatoes,

Drain and set aside.