Tap into healthy, hearty, meat-free food trends with Mrs. T’s® Pierogies
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
- ½ tsp. salt
- ½ tsp. crushed red pepper
- ¾ cup cashews, chopped

**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.
4. 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.
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 Curry**

**INGREDIENTS**
- 1 (4 lb.) bag Vegan Classic Onion Pierogies
- 2 lb. extra-firm tofu, pressed, cut into ¼” cubes
- 2 onions, chopped
- 2 oz. olive oil
- 4 cloves garlic, minced
- 2 (15 oz.) cans unsweetened coconut milk
- 6 cups cauliflower florets
- 1 lb. edamame, shelled
- ½ lb. snow peas
- ¼ cup non-dairy milk
- 2 Tbsp. curry powder
- 1 ½ tsp. turmeric
- 1 ½ tsp. salt
- ²⁄₃ tsp. crushed red pepper
- ¾ cup cashews, chopped

**DIRECTIONS**
1. In a large skillet, brown tofu in olive oil over medium-high heat. Add onion and garlic; cook about 5 min.
2. Add coconut milk, spices, and cauliflower to the skillet. Stir well, bring to a simmer and add onion to bowl with eggs.
3. In the same skillet over medium high heat, add tofu, vegetables, salt, and crushed red pepper, stirring constantly, until tofu is browned.
4. Reduce heat to medium.
5. Stir in pierogies, egg mixture, peanut sauce, and bean sprouts. Continue cooking, stirring frequently, until heated through.
6. Garnish with chopped peanuts and scallions.

**Pierogy Burger**

**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 needed
- 24 whole wheat hamburger buns

**DIRECTIONS**
1. Preheat oil to 350°F. Fry pierogies in oil for 4 min. until browned. Drain and set aside.
2. Grill burger of your choice until fully cooked (internal temp: 165°F)
3. Serve burgers on rolls topped with 2 pierogies, lettuce, tomatoes, avocados, onions, and Sriracha mayo.

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

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