



MEXICAN VEGETARIAN SHEPHERD'S PIE



Product: All-Bran Flakes® Cereal

Pack Size: 6 x 1 KG

Order Code: 70140 (000 64100 00949 3)

Preparation Time: 45 minutes

Cooking Method: Bake

Serving Utensil: Off-Set Spatula

Serving Suggestions: Garnish with shredded tex mex cheese to increase protein & chopped cilantro.

Yield: 24 servings

Portion: 3"x 4" piece (327 g/11.5 oz)

Ingredients:

Nutrition Facts	
Calories	320 Kcal
PRO	14 g
Chol	20 mg
Total Fat	11 g
Sat Fat	4 g
Trans Fat	0 g
CHO	44 g
Dietary Fibre	10 g
Total Sugars	7 g
Sodium	810 mg
Potassium	850 mg
Calcium	200 mg
Iron	3.5 mg
Vit A	0.03 mg
Vit C	16.42 mg

Steps		Ingredients		24 servings	
				Metric	Imperial
1		Pre-Peeled Potatoes, fresh, quartered		1.6 kg	3 lbs 8 oz
2		Sour Cream		360 ml	1 1/3 cup + 2 Tbsp
2		Garlic Powder		15 ml	1 Tbsp
2		Table Salt		10 ml	2 tsp
2		Cheddar Cheese, grated		240 g	8 oz
3		Canola Oil		60 ml	¼ cup
3		Diced Onions, frozen		240 g	8 oz
3		Green Bell Pepper, diced, fresh		170 g	6 oz
3		Mixed Vegetables, frozen		800 g	1 lb 12 oz
4		Kidney Beans, canned, rinsed and drained		2.84 L	100 oz can
4		Tomato Sauce, RTS, reduced sodium		1 L	1/3- 100 oz can
4		All-Bran Flakes® Cereal		136 g	1 Qt
4		Diced Tomatoes, Spicy, canned with juice		1 L	1/3- 100 oz can
4		Chili Powder		30 ml	2 Tbsp
5		Paprika		10 ml	2 tsp



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Preparation Steps:

Wash hands before, during, and after preparation. Clean and sanitize surfaces and equipment.

1. Preheat convection oven to 177°C/350°F. Cut the Potatoes into quarters and place in a large stockpot with enough water to cover them. Bring to a boil, then lower the heat and simmer with the lid on for ~20 to 25 minutes, or until potatoes are tender.
2. Drain the water and place the potatoes into the floor/stand mixer with Sour Cream, Garlic Powder and Salt. Whip until the potatoes are blended with no lumps and then add in the Cheddar Cheese. Set the mashed potatoes aside for later step. CCP-Hold at >60°C/140°F
3. In a large stockpot, heat the Oil on medium-high heat. Add the Diced Onions and Bell Peppers; sauté until the vegetables are soft. Add in the Mixed Vegetables and sauté for an additional 2-4 minutes.
4. To the stockpot, add the Kidney Beans, Tomato Sauce, **All-Bran Flakes® Cereal**, Diced Tomatoes with juice, and Chili Powder. Heat over medium heat and stir frequently until the mixture reaches >60°C/140°F.
5. Transfer the mixture to a lightly greased full-size (20 7/8" L x 12 13/16" W x 2 1/2" deep) insert pan and spread evenly. Scoop the mashed potatoes using #8 scoop into 24 mounds on top of the bean mixture in a pattern. Alternately, spread the mashed potatoes evenly over the top of the bean mixture. Sprinkle Paprika over the top of the potatoes. Cover with aluminum foil and bake covered for ~ 25 minutes until the internal temperature reaches 74°C/165°F for at least 15 seconds. Remove the aluminum foil for ~ 10 minutes and place back in oven to lightly brown. Remove from oven, cover with foil and allow to sit for ~ 10 minutes before cutting. Cut the full-size insert pan into 6 by 4 to yield 24 servings (3"x4" portion).

CCP-Maintain: Product held at >60°C/140°F. Temperature should be taken every 2 hours during holding. *Maintaining at the proper temperature will present no food safety issue; long hot holding times can affect food quality.

CCP-Cool: Product must reach 60°C/140°F to 21°C/70°F within 2 hours and 21°C/70°F to 4°C/40°F within 4 hours.

CCP-Reheat: To internal temperature of 74°C/165°F within 2 hours held for at least 15 seconds – one time only.

NOTE: Refer to local or regional public health regulations for any hot holding time limits.

In keeping with good allergy practices, we remind you to be aware of allergens and to check labels on any packaged goods used. This recipe has been created with the suggestion of using Kellogg's® cereal products. Results with other products may vary.