



Eco-Cuisine, Inc.

A Flexitarian® True to Nature Company

Ground “Beef Style” Quick Mix

For additional product information, instructions, and recipes in this document have been prepared by Ron Pickarski, the first vegetarian chef to be certified as an Executive Chef by the American Culinary Federation. Chef Ron is also an expert in the preparation of traditional cuisine, but specializes in gourmet vegetarian cuisine prepared with plant-based foods.

For preparation assistance, menu development, special product application and technical information please contact Ron Pickarski at ron@eco-cuisine.com or call at (303) 402-0289. Product training videos are on Eco-Cuisine’s web page at www.eco-cuisine.com Chef Pickarski will instruct you on how to work with the products and assist your company in integrating this vegetarian product into your menu with minimum effort.



Description & Recipe Application/Uses: The “Ground Beef Style” Quick Mix is a blend of textured vegetable protein, binders, spices, & flavor ingredients. It is designed for use as a replacement for ground beef in vegetarian cuisine. The seasoning is tan/light brown in color & contains large pieces of dark brown textured vegetable protein. It is Kosher certified, plant-based (vegan) and natural. The flavor & aroma are typical of beef & grill notes. Applications include custom flavored meat balls, meat loafs, meat casseroles & burger patties. It is freeze thaw stable when cooked. It can be used to replace any Gr. Beef item on your menu. Kosher certified

Gr. Beef Recipe Sampling:

- “Beef Style” Chili Con Carne
- Burrito / Taco Filling
- Southwestern Bean Loaf*
- Middle Eastern Eggplant Lasagna*
- Roasted Vegetable Loaf
- South Western Burger
- Vegetarian Burger
- Barley Mushroom Burger
- Barley Burger
- American-Style Meatloaf
- Southwestern Stuffed Pepper
- Vegan Mixed Medium Salisbury Steak
- Italian Pizza Sausage
- Italian Meat Ball
- Chili Wrap
- Shepherd’s Pie
- “Beef Style” Bolognese Sauce
- Bulgur Walnut Loaf
- Italian Gr. Beef Style Crumble
- Vegan Mixed Medium Gyros
- Burger Wrap
- Jamaican Meat Patties

American-Style Vegan Mixed Medium Meatloaf

Yield: approximately 3-1/4 pounds meat loaf

12 ounces	RS “Ground Beef Style” Quick Mix
4 ounces	Eco-Cuisine Chicken-Style QM
4 teaspoons	Eco-Cuisine Veg Beef Broth Powder
1/2 cup	Canola Oil
1 cup	Onions, peeled and diced medium
1 cup	Carrots, shredded
2 Tablespoons	Garlic, minced
1 Tablespoon	Basil, dry, chopped
1 teaspoon	Black Pepper, ground
3 cups	Water
1/2 cup	Ketchup

1. Preheat oven to 350°F.
 2. Mix both proteins and broth powder together
 3. In a pre-heated, large (3-4 quart) pan, on medium heat, add oil and next 5 ingredients. Sauté vegetables until onions are transparent.
 4. Add hot water and ketchup and mix until evenly dispersed.
 5. Remove from fire and add protein mixture. Stir until the dry mixture is incorporated into wet ingredients.
 6. Lightly oil a large loaf pan and evenly pack mixture into the pan. Cover top with aluminum foil. Do not let foil touch loaf.
 7. Place in pre-heated oven and bake for approximately 30-45 minutes or until the internal temperature reaches 160° F. The bake time could be less than 30 minutes, depending on how hot the mixture is when going into the oven.
- NOTE: THE MIXTURE WILL BE SOFT WHEN REMOVED FROM OVEN. MUST SIT AT LEAST 45 MINUTES TO COOL AND SET. CAN SLICE AND SERVE OR REFRIGERATE UNTIL NEEDED.
 - Chill until cool in refrigerator, remove, slice, pan, steam reheat and serve. Can be served hot but let set at least 20 minutes. Freeze thaw stable