



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

“Beef Style” Chili Con Carne

Yield: 8 cups

¼ cup	Canola oil
1 cup	Onions, diced
1 cup	Green bell peppers, diced
½ cup	Celery, diced
2 Tablespoons	Garlic, minced
4 Tablespoons	Chili powder (More for a spicier chili)
3 Tablespoons	Cumin powder
1½ teaspoon	Salt
3 cups	Tomatoes, Diced in juice (1 28-ounce can)
3½ cups	water
2 cups	Pinto beans, cooked, or bean of your choice
1 1/4 cups (187 gr.)	RS “Ground Beef Style” Quick Mix

1. Add the first 8 ingredients to a pre-heated saucepan. Sauté for 5 minutes on medium heat, or until onions are transparent.
2. Add the tomatoes, water, beans, and Vegan Ground-Beef-Style Quick mix, mix to incorporate, and let simmer for 30 minutes, occasionally stirring to ensure even cooking. Serve.

Recipe Variation: Chili Mac

1/1/2 cups	Chili, simmering hot
1 cup	Cooked Macaroni
¼ cup	American Vegan or regular American cheese

1. Heat chili
2. Mix all ingredients together cover, and let sit for two minutes. Serve