



BERNARD
FOOD INDUSTRIES, INC.®

REORDER 202197

KWIK DISH MEXICAN LASAGNA DINNER MIX

STOVE TOP OR STEAM KETTLE DIRECTIONS:

1. Brown 5 lb. raw ground beef*. Drain excess fat. (Or use 3.75 lb. precooked beef**, rinsed and drained)
2. In a suitable pot, add contents of pouch to 1 gallon of hot water and 2 lb. of tomato paste, mix with wire whisk. Then add dry pasta and cooked ground beef and, mix thoroughly.
3. Bring mixture to a boil, reduce heat, cover and simmer for 30 minutes, stirring occasionally.
4. Allow to stand for 5 to 10 minutes prior to serving.
5. Using 2 ½ lbs. shredded cheese*, top each serving with cheese or add the cheese to completed Lasagna Dinner and stir in gently prior to serving.

OVEN COOK DIRECTIONS:

1. Brown 5 lb. raw ground beef*. Drain excess fat. (Or use 3.75 lb. precooked beef**, rinsed and drained)
2. Using one 12" x 20" x 5½" steam table pan, combine cooked ground beef and 2 lb., tomato paste, then add 1 gallon of hot and mix thoroughly. Add contents of this can and blend until uniform.
3. Cover tightly with foil and bake in preheated oven at 425° F for 35 minutes.
4. Remove from oven and stir well. Top pan with 2 ½ lb. shredded cheese*.
5. Return to oven and bake for an additional 10 minutes.
6. Allow to stand for 5 to 10 minutes prior to serving.

Yield: 50 - 6 oz. servings by weight (#8 scoop mounded or ½ cup mounded) providing 2 oz. Meat/Meat Alternate, ½ Grain ounce equivalent and ¼ cup red vegetable.

*May be government donated.

**Precooked ground beef is calculated at a 75% ratio to raw ground beef. Precooked beef must be rinsed and drained prior to use.

Nutrition Facts

50 servings per container

Serving size 6 oz prepared (21g mix)

Amount per serving

Calories 70

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 480mg 20%

Total Carbohydrate 15g 5%

Dietary Fiber 1g **5%**

Total Sugars 2g

Includes 2g Added Sugars **4%**

Protein 2g

Vitamin D 0mcg 0%

Calcium 10mg 1%

Iron .7mg 4%

Potassium 30mg 1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients : Pasta (51% Whole Durum Flour, Semolina Durum Wheat Flour [Enriched With Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid] And Water), Sugar, Corn Starch, Salt, Chili Powder (Spices Including Paprika, Salt, Garlic), Spice, Sunflower Oil, Onion Powder, Silicon Dioxide, Citric Acid, Guar Gum, Garlic Powder.
Contains Wheat