

Hungry Planet Italian Sausage™ Mashed Potatoes

Recipe group	Additional name		Diet factors		Portions	Portion size
-					25	8.19 oz

1 HUNGRY PLANET ITALIAN SAUSAGE™

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
~ 1 1/4 cup	0 lb 9.02 oz	0%	0 lb 9.02 oz	Oil, canola	HUNGRY PLANET ITALIAN SAUSAGE™ Heat oil over medium-high heat in a skillet. Sear Hungry Planet Italian Sausage™ until crispy and brown (5-6 minutes). Set aside and keep warm.
	2 lb 5.50 oz	0%	2 lb 5.50 oz	Hungry Planet Italian Sausage™	

2 CHEESE AND ONION MASHED POTATOES

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1.563 gal	7 lb 13.00 oz	0%	7 lb 13.00 oz	Potatoes, peeled, diced	CHEESE AND ONION MASHED POTATOES Cook cubed potatoes in boiling salted water in a large pot until soft and easily able to break apart with a fork. Drain, return to pot, add cream cheese, milk, cheese, onion and garlic powder and mash the potatoes while mixing everything together. Taste and season with salt and fresh ground black pepper.
~ 1 1/2 cup	0 lb 13.23 oz	0%	0 lb 13.23 oz	Vegan cream cheese	
~ 1 1/4 cup	0 lb 10.09 oz	0%	0 lb 10.09 oz	Milk, imitation, oat	
~ 1/4 cup	0 lb 0.96 oz	0%	0 lb 0.96 oz	Spices, onion powder	
~ 2 tbsp	0 lb 0.48 oz	0%	0 lb 0.48 oz	Spices, garlic powder	
~ 1 1/2 cup	0 lb 6.17 oz	0%	0 lb 6.17 oz	Vegan cheddar cheese, shredded	

3 GARNISH

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
~ 1 cup	0 lb 1.56 oz	0%	0 lb 1.56 oz	Onion, scallion	GARNISH Scoop cheese and onion potatoes onto a platter or individual plates and top with Hungry Planet Italian Sausage™, scallions, and red pepper flakes. Serve warm. For extra cheesy potatoes: Top with more shredded cheese and let it melt under the broiler for a few seconds!
~ 1/4 cup	0 lb 0.71 oz	0%	0 lb 0.71 oz	Red pepper flakes	

RECIPE IMAGES



WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	12 lb 12.72 oz	0 %	12 lb 12.72 oz	0 %	12 lb 12.72 oz
Size of portion	8.19 oz		8.19 oz		8.19 oz

ADDITIONAL INFO

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