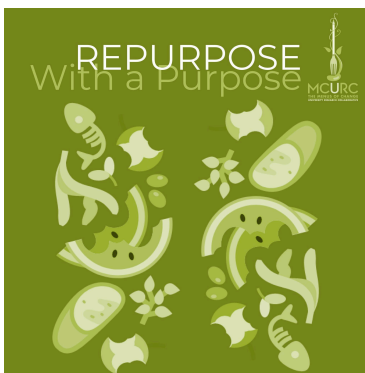




Repurpose with a Purpose

A Menus of Change University Research Collaborative project, in partnership with ReFED



Recipe Collection

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Pumpkin Chowder

Ingredient	Imperial	Metric
Olive oil	1 tbs	15 mL
Chopped onions	20 oz	570 g
Minced garlic cloves	¼ cup	60 g
Cubed Pumpkin	4 lb	2 kg
Water	17 cups	4 L
Ground cinnamon	1 tbs	15 g
Ground allspice	1 tsp	5 g
Cayenne pepper	½ tsp	2 g
Ground black pepper	¼ tsp	1 g
Light brown sugar	3 tbs	45 g
Apple cider vinegar	3 tbs	45 mL
Heavy whipping cream	½ cup	120 g

Total Serving - 12
Recipe Cost/Serving - \$12 / \$1
San José State University

Repurposed Ingredient: Pumpkin



Directions

- Drizzle olive oil into a hot pot
- Saute onions and garlic until softened and slightly brown (3 min)
- Add the pumpkin and toss
- Add water just enough to submerge pumpkin
- Bring to a boil
- Lower the heat to simmer
- Cover with lid and cook until pumpkin is tender (20-30 min)
- Transfer to a blender
- Add seasoning and spices and blend until smooth
- Return to the pot
- Add the cream stir to incorporate
- return to temperature



Hold at
165°F/74°C
for service

Drunken Noodles with Tofu

Ingredient	Imperial	Metric
Egg	2	2
Pad Thai Rice Noodles	8 oz	230 g
Crispy Baked Tofu	1 cup	240 g
Vegan Drunken Noodle Sauce	4 lb	2 kg
Canola Oil	0.5 cup	120 mL
Minced garlic cloves	3 tbs	45 g
Sliced Seeded Serrano Peppers	1 oz	28 g
Julienne sliced onions	1 cup	240 g
Halved cherry tomatoes	1.25 cup	300 g
Fresh Thai Basil	1.25 cup	300 g

Total Serving - 10

Recipe Cost/Serving - \$13.91 / \$1.39

Repurposed Ingredient: Crispy Baked Tofu



Directions

- Prepare Crispy Baked Tofu and Vegan Drunken Noodle Sauce and hold hot
- Soak Rice Noodles in hot water until softened, 1-2 hours
- Scramble eggs until barely set and hold hot
- Heat oil in a large skillet and saute onions and garlic until soft and lightly browned
- Add tomatoes and peppers, heat through.
- Add tofu and sauce and bring to a boil.
- Add scrambled eggs, basil and noodles
- Toss to combine and heat through



Hold at
165°F/74°C
for service

Asian Broccoli Slaw

Ingredient	Imperial	Metric
Shredded Broccoli Crown stem	40 oz	1 kg
Shredded Red cabbage	1.5 cup	400 g
Sliced Green onion	1 cup	240 g
Chopped Fresh cilantro	0.25 cup	60 mL
Mayonnaise Substitute	2 cup	475 mL
Tahini Sesame Paste	2 tbs	30 g
Lime Juice	0.25 cup	60 g
Grated Ginger root	1 tsp	5 g
Minced Garlic	2 tsp	10 g
Gluten free Soy sauce	2 tbs	30 g
Sesame oil	1 tbs	15 g
Rice wine Vinegar	0.25 cup	60 g
Chopped Fresh cilantro (Stems)	1 cup	240 g
Granulated Sugar	2 tbs	30 g
Kosher salt	1 tbs	15 g
Black sesame seeds	0.25 cup	60 g

Total Serving - 40

**Recipe Cost/Serving - \$0.22/2 oz portion
Vanderbilt**

Repurposed Ingredients: Broccoli crown stem, green onion, cilantro stems



"This recipe was developed using vegan products. We take a lot of consideration here at Vanderbilt to ensure that our increasing number of vegan students are able to have as many options available to them as possible.

Also the dining hall that this recipe was developed for is a Multicultural asian focused dining hall, this recipe was developed to fit our menu and pair well with the types of food we serve here."

Directions

- Shred Broccoli stalks that have been saved from previously prepared heads
- Mix them with green onion, red cabbage, and cilantro leaves. Set aside
- In a robot coupe or blender, Blend Mayonnaise substitute, tahini, lime juice, ginger, soy sauce, sesame oil, rice vinegar, cilantro stems, salt and sugar
- Taste, and season with more salt/sugar if necessary
- Mix together broccoli mixture, dressing, and sesame seeds



Serve Cold

Recipe Benefits

The main benefit to using this recipe is cost savings and the ability to save products that would otherwise be thrown away. While developing this recipe the staff took a large amount of ownership in saving these ingredients in an organized and efficient way.

The staff also saw and learned about the importance of reducing waste, and in turn this helped them see ways the ingredients could be better utilized in the dishes we were already preparing. One example is the amount of green onion that was being thrown out after preparing the sliced green onions we use in house. The students have also shown interest in the fact that we were utilizing food scraps and reducing waste in our operation.

Roasted Vegetable Stock

Ingredient	Imperial	Metric
Vegetable Trimmings	31 lb	14 kg
Garlic Whole Peeled	7 oz	200 g
Water	37 qt	35 L
Thyme	1.3 oz	40 g
Salt	1 oz	30 g
Melange Peppercorns	3.5 oz	100 g
Bay Leaf	14	14
Italian Parsley	3.5 oz	100 g

Total Volume - 42 qt
Recipe Cost - \$0.30

Repurposed Ingredients: Vegetable Trimming



Chef's Note

Trimming are collected weekly and stored in the cooler. They can be carrots, yellow onions, green onions, cabbage, celery, tomatoes, and other root vegetables.

We do add additional vegetables to balance out the flavor of the stock when we don't have enough trimmings.

Directions

- Place all the veggie scraps, salt, and peppercorns into a large pot
- Pour the water over the veggie scraps, put the lid on the pot, and bring the contents to a boil
- Once it boils, leave the lid ajar, and let it simmer for 1-1½ hours
- Strain the veggie stock broth by placing a fine-mesh strainer over a large recipient. Compost the leftover vegetables
- Cook the stock for later use:
 - Room Temperature Cooling: No more than 2 hours
 - Initial Cooling to 70°F (21°C): Within 2 hours
 - Cooling to 40°F (4°C): Within an additional 4 hours (total cooling time not to exceed 6 hours)
 - Refrigerator Storage Temperature: 40°F (4°C) or lower
 - Refrigerator Storage Duration: 3-4 days
 - Freezer Storage Temperature: 0°F (-18°C) or lower
 - Freezer Storage Duration: 4-6 months

French Toast Bites

Ingredient	Imperial	Metric
Bread ends Cubed	8 qt	8 kg
Milk of choice	1 qt	1 kg
Eggs (or Egg substitute, or Flax "egg")	1 qt	1 kg
Agave or Maple Syrup	1 cup	240 g
Ground Cinnamon	1 tbs	15 g
Clove	0.5 tsp	2 g
Nutmeg	0.5 tsp	2 g
Top with powdered sugar and maple drizzle	-	-

Total Servings - 72 ea

Recipe Cost/Serving - - \$11.85 / \$0.17

Repurposed Ingredients: Bread Ends



Directions

- In a large bowl, combine milk, egg product, agave and spices. Whisk until well combined
- Fold in bread cubes and allow to soak in liquid for at least 15 minutes or up to overnight (REFRIGERATED)
- Portion using a #30 scoop 1.5 oz/45 g) into a sprayed mini muffin tray
- Bake at 350°F/180°C for 10-12 minutes or until a bite reach an internal temp of 185°F/85°C
- Top with powdered sugar and maple syrup



Hold at
165°F/74°C
for service

Recipe Benefits

Very flexible breakfast or side item. A comforting complement to our very much plant-forward menu. Students love them and buy them up with their healthy breakfast swipe. Somewhat indulgent housemade option that also curbs food waste!



Chef's Note

Leftover bread is an ongoing issue in most restaurants/ dining halls. We often feature dishes like panzanella, use them for bread crumbs, and make these fun bites!

Excellent vehicle for utilizing leftover fruits/composites/jams. We like turning bruised apples into apple butter and folding some into the mix with raisins.

Broccoli Risotto

Ingredient	Imperial	Metric
Broccoli stalk	6.6 lb	3 kg
Onion	7 oz	200 g
butter	3.5 oz	100 g
white wine	3 tbs	40 mL
double cream	0.6 cup	150 mL
hard cheese	1 oz	30 g
freekeh	14 oz	400 g
water	2 cup	500 mL

Total Servings -10
Recipe Cost/Serving - £1.21
University of Reading

Repurposed Ingredient: Broccoli stalks



Directions

- Finely dice the onion and garlic. Peel the broccoli stems until a lighter shade of green and cut into ¾ in/2 cm chunks. Reserve 5 of them for slow roasting
- Rinse and drain the freekeh
- Melt half of the butter into a pan then add half of the chopped onion and garlic, saute for 5 mins (no color)
- Add the chopped broccoli stems, toss through and add the double cream and a little of the water just to cover the stalks. Warm the remaining water for the risotto.
- Simmer on med/low for 30-40 min. When the stems are tender, separate the liquid from the solids and puree the stems, adding the liquid little by little to the right consistency. Set aside
- Melt the other half of the butter and saute the remaining garlic and onion for 5-10 mins, add the drained freekeh and sweat until glossy (2 mins)
- Add the white wine and reduce to a glaze. Add the warm water little by little as you would on a risotto for approx 25-30 mins. When the freekeh is cooked and there's no more water in the pan add the broccoli puree then continue to cook for approx 8 minutes until it slightly thickens. Finish with the grated cheese then season and cover for 5-7 minutes
- Roasted broccoli stems: Cut the stems into 4 lengthways, lightly oil and season and roast in the oven at 280°F/145°C for 1 hour. Serve the roasted stalks on top of the risotto



Hold at
165°F/74°C
for service

Chef's Note: If unable to get double cream please just use cream. Liquid volumes will vary depending on the grains. Broccoli stalks are great bulking up stir-frys, fine shred and add to the stir-fry vegetable mix.

Kale And Squash Seed Pesto

Ingredient	Imperial	Metric
Kale stalks	230 lb	105 kg
Squash seeds	18 oz	500 g
Lemons	4	4
Garlic	3 oz	75 g
Cumin ground	1 oz	20 g
Tahini	3.5 oz	100 g
Olive oil	2 cups	450 mL
Maldon salt	1 tsp	4 g
Cracked pepper	0.5 tsp	2 g

Total Servings -100
Recipe Cost/Serving - \$0.4
University of Bristol

Repurposed Ingredients:
Kale stalks & Squash seeds



Directions

- Blanch kale stalks
- Put the kale stems in a food processor
- Add the pumpkin seeds, toasted cumin and garlic clove
- Pour in a few good glugs of olive oil to start with; you can always add more if you need it
- Blitz the ingredients together. If you like your pesto a bit chunky, don't blend for long. For a smoother consistency, blend for longer. Add more olive oil if needed
- Finish by squeezing in half the lemon and a little salt and pepper



Serve Cold

Chef's Note

This recipe utilises squash seeds to minimize waste and promote sustainability. Instead of discarding these nutrient-rich seeds, they can be roasted for a healthy snack, added to salads for extra crunch, or incorporated into baked goods for a nutritious boost. Squash seeds are packed with vitamins, minerals, and antioxidants, making them a valuable addition to any diet. By finding creative uses for squash seeds, we can reduce food waste, make the most of our produce, and contribute to a more sustainable and eco-friendly lifestyle.

Crisp Cauliflower Leaf in Spiced BBQ Sauce

Total Servings -10
Recipe Cost/Serving £0.46
University of Reading

Ingredient	Imperial	Metric
Cauliflower leaf	2 lb	1 kg
Plain flour	11 oz	300 g
Chickpea water (brine)	5	100
Panko bread crumbs	11 oz	300 g
Sriracha Sauce	1.4 oz	40 g
BBQ Sauce	3.5 oz	100 g
Salt	1.5 tsp	6 g

Repurposed Ingredient:
Cauliflower Leaf

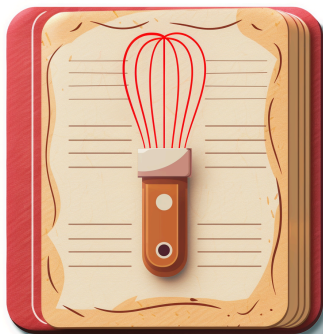


Directions

- Trim and discard any browning dark leaf
- Combine the 2 sauces together,
- Combine the flour and salt.
- Coat the leaves in the seasoned flour, then the Chickpea brine then the bread crumbs
- Deep fry until crisp
- Drizzle with the sauce just before serving



Hold at
165°F/74°C
for service



Chef's Note

You can also use chickpea brine (aquafaba) instead of salted water. This recipe works very well with cauliflower florets, sliced in 1/2 inch (~1 cm). Chickpea brine is a great replacement for crumbing in replacement of eggs.

Pineapple Water & Pineapple Vinaigrette

Ingredients Water	Imperial	Metric
water	1 gal	1 kg
Saved Pineapple Cores (sliced and frozen)	1.5 lb	700 g

Total Servings -16
Recipe Cost/Serving - \$0
Boston University

Repurposed Ingredient:
 Pineapple Cores

Ingredients Vinaigrette	Imperial	Metric
Extra virgin olive oil	2 qt	2 L
Pineapple cores (Frozen then thawed)	4.5 lb	2 kg
Cilantro Stem	2 cups	470 g
Lime Juice	2.25 cups	530 mL
pickle veg brine	1 cup 2 tbs	270 mL
garlic minced	1 tbs	15 g
Cayenne Pepper	1 tsp	5 g
Salt and pepper, to taste	-	-

Total Servings -128 (1oz - 40 g)
Recipe Cost/Serving - \$0.10



Directions

Pineapple water

In a 1.5 gallon / 1.5 L dispenser:

- Add 1.5 LB sliced and frozen pineapple cores and 1 gallon water
- Fill the remaining area of the dispenser with ice

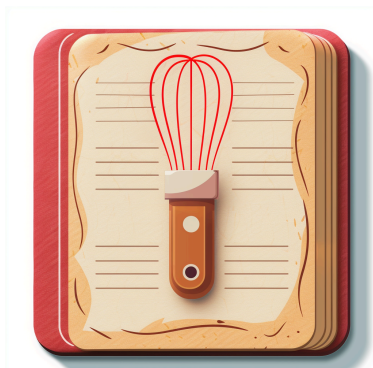
Pineapple Vinaigrette

Preproduction:

- Save and freeze pineapple cores from fruit production. save cilantro stems for southwest station production

Directions:

- Thaw pineapple cores blend in food processor. press through a sieve
- In a blender, combine all ingredients except oil. Blend until smooth
- With blender running, slowly add oil in a thin, steady stream until well blended
- Cover. Keep chilled for service
- Whisk before using



Chef's Note

"This pineapple water replaces one of our three rotating flavored waters daily. It uses what would otherwise be wasted and saves an equal weight in fresh products daily. The vinaigrette replaces the traditional Pineapple Vinaigrette in our dressing rotation at the salad bar, saving .04 per serving."

Mean Greens Barley Risotto

Ingredient	Imperial	Metric
Cooked Barley	6 lb	2.7 kg
Olive Oil	0.25 cup	60 mL
Shelled Green Peas	16 oz	450 g
Mushrooms, quartered	1.5 lb	680 g
Red Bell Pepper, small dice	12 oz	340 g
Vegetable Stock	1.5 cup	355 mL
Nutritional Yeast	2 oz	60 g
Vegan Mozzarella Cheese	12 oz	340 g
Fresh Parsley, chopped	4 oz	113 g
Salt & Pepper	To taste	To taste

Total Servings -50
Recipe Cost/Serving - \$0.21
University of North Texas

Repurposed Ingredient:
Cooked Barley



Directions

- Heat olive oil in a medium size rondeau or pan
- Add mushrooms and cook until they are caramelized to a golden brown hue. Turn heat down to a medium high heat
- Add red bell peppers and cook until they have softened
- Add the green peas and cook for an additional 2 minutes
- Add vegetable stock and bring mixture to a boil
- Add in cooked barley and cook until barley is heated through
- Add nutritional yeast and mozzarella cheese and combine until mixture is the consistency of creamy risotto
- Season with salt and pepper and garnish with the chopped parsley



Hold at
165°F/74°C
for service

Chef's Note

In this recipe we repurposed barley, but you could use any grain like farro, millet, sorghum, freekeh, oats, spelt & quinoa. Also a great way of using up leftover vegetable scraps or vegetable prep overproduction. Leftover purees, pestos or sauces can be incorporated into this recipe for a totally different flavor profile. This is a great base recipe to build upon your own risotto creation.

Risotto Arancini

Total Servings -80
Recipe Cost/Serving - \$0.14
University of North Texas

Ingredient	Imperial	Metric
Cooked Risotto	5 lb	2.3 kg
AP Flour	1.5 lb	680 g
Plant-based Milk	1.5 lb	680 g
Panko Breadcrumbs	2 lb	907 g
Fresh Parsley, chopped	8 oz	230 g
Salt & Pepper	To taste	To taste

Repurposed Ingredient:
Cooked Risotto

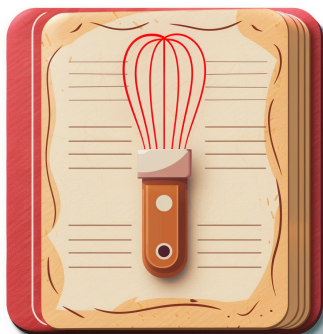


Directions

- Place cooked risotto in a large bowl and add chopped parsley. Mix until fully incorporated
- Portion risotto into 2 tbsp portions. If available use a #40 scoop
- Process panko breadcrumbs in the food processor until a fine crumb is achieved
- Place flour, plant-based milk and panko breadcrumbs in three separate shallow pans
- Dip risotto balls in flour, then milk and finally into the panko bread crumbs. If you find the breading is a bit light, dip the risotto ball back in the milk and again in the breadcrumbs to assure adequate coating
- Fry breaded risotto balls in a 350°F/180°C fryer for 4 to 5 minutes until golden brown
- Drain on a cooling rack and lightly salt and pepper as they come out of the fryer. Hold in a hotbox
- Serve these arancini with house made marinara sauce, basil pesto, flavored aioli



Hold at
165°F/74°C
for service



Chef's Note

There are an array of different sauces that can be paired with this recipe. Some great olive oil based sauces that work well with this arancini recipe are Basil Pesto, Pesto alla Trapanese and Romesco sauce.

Lugaw

Ingredient	Imperial	Metric
Chopped small onion	10	10
Minced garlic cloves	30	30
Julienned ginger	20 tbs	300 g
Rice (Short Grain), rinsed at least 3 times	5 cups	1.2 kg
Chicken stock (or water), reserving	2.5 gal	9.5 L
Chicken stock for later	10 cups	2.4 L
Ground black pepper	5 tsp	25 g
Fish sauce	10 tbs	150 mL
Salt, to taste		
Chicken Skins, Bones, Scraps	5 Lbs	
Vegetable oil	3 tsp	15 mL

Total Servings - 50
Recipe Cost/Serving - \$0.42
Stanford University

Repurposed Ingredients:
Chicken Skins, Bones, Scraps



Directions

- In a pot over medium heat, sauté the onions until translucent, about 2-3 minutes
- Then add in the garlic, ginger, chicken and continue to sauté for another 2-3 minutes until fragrant
- Add in the rinsed rice and stock. Season with black pepper and fish sauce. Stir to combine
- Bring to a boil, then simmer with a lid for 30 minutes on medium-low, stirring occasionally to prevent the bottom from sticking/burning
- After 30 minutes, pour in the remaining 10 cups of stock and the oil
- Stir to combine and season with more salt or pepper to taste, if needed. Add additional stock or water to achieve your desired porridge consistency
- Top the Lugaw with your choice of toppings. Serve warm



Hold at
165°F/74°C
for service

Vegetable Korma with Chicken

Ingredient	Imperial	Metric
Cooked Chicken large dice (Repurposed)	5 lb	2.3 kg
Zucchini large dice	3 lb	1.4 kg
Yellow squash large dice	3 lb	1.4 kg
Carrot large dice Steamed (Repurposed)	4 lb	1.8 kg
Green bell pepper large dice	2 lb	0.9 kg
Green peas	2 lb	0.9 kg
Cumin seed	2 oz	57 g
Mustard seed	0.5 oz	14 g
Curry leaves (optional)	1 oz	28 g
Chili de arbol	0.5 oz	14 g
Turmeric	1 oz	28 g
Garam masala spice (Kitchen King)	2 oz	57 g
Ginger minced	2 oz	57 g
Garlic minced	2 oz	57 g
Oil	2 tbs	30 mL
Coconut Milk	3 qt	2.8 L
Yellow Curry Sauce	2 qt	1.9 L

Total Servings - 50
Recipe Cost/Serving -

Repurposed Ingredients:
Cooked Chicken, Steamed Carrots



Directions

- Add oil to a large pot and saute diced onion, minced garlic, minced ginger over medium heat until translucent
- Add cumin seeds, mustard seeds, curry leaves, chili de arbol, masala spice, turmeric and lightly toast
- Add vegetables and saute until slightly softened and spices and aromatics are evenly distributed
- Add curry sauce and coconut milk and simmer until vegetables are just cooked through
- Add chicken and simmer until hot
- Season with salt to taste



Hold at
165°F/74°C
for service

Impossible Tan Tan Mix

Ingredient	Imperial	Metric
Assembly 1		
Impossible burger patty	3 lb	1.4 kg
Soy Sauce	3 lb	1.4 kg
Sugar	4 lb	1.8 kg
Aji Mirin Wine	2 lb	0.9 kg
Sriracha Sauce	2 lb	0.9 kg
Ground White Pepper	2 oz	57 g
Commissary Vegetable Stock	0.5 oz	14 g
Assembly 2		
Canola Oil	0.5 oz	14 g
Chopped Garlic	1 oz	28 g
Chopped Ginger	2 oz	57 g
Asian Mushroom Bouillon	2 oz	57 g

Total Servings - 10
Recipe Cost/Serving - \$0.33

Repurposed Ingredients:
Impossible burger patty



Directions

- Place impossible meat, soy sauce, sugar, aji mirin, sriracha sauce, white pepper and cold water in a mixing bowl. Mix well to combine

Marinate at 41°F/5°C for 1 hour

- Heat ¼ cup/ of oil in a wok over medium heat
- Add chopped garlic and chopped ginger, sauteed until aromatic
- Add marinated impossible meat, sauteed with additional sriracha sauce
- Add Vegetable stock and season with Asian mushroom bouillon
- Thicken with cornstarch slurry for thicker consistency if needed



Hold at
165°F/74°C
for service



Chef's Note

"Impossible meat is costly and has a distinctive taste. This recipe uses surplus Impossible meat in a versatile Asian-style vegetarian sauce. Combine it with tofu and serve over rice for Mapo Tofu Bowl, or add sesame paste, increase the spice, and top ramen noodle soup for Tan Tan Ramen. Both dishes offer vegetarian versions of traditional meat dishes.

Our grab-and-go location offers Japanese bento-style versions, with Tan Tan Ramen being a student favorite, selling over 300 bowls daily. We keep all ingredients below 41°F/5°C and maintain the soup at 185°F/85°C. Students add hot soup and microwave it for 2 minutes for the best experience."