



**BERNARD**  
FOOD INDUSTRIES, INC.®

REORDER 202457

**KWIK DISH**  
**MOSTACCIOLI 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, combine cooked ground beef and 2 lb., tomato paste, then add 1 gallon of water and mix thoroughly. Add contents of this can and blend until uniform.
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 lb. shredded cheese\*, top each serving with cheese or add the cheese to completed Mostaccioli 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 5 ½" steam table pan, combine cooked ground beef and 2 lb. tomato paste, then add 1 gallon of hot water 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) providing 2 oz. Meat/Meat Alternate, ½ Grain ounce equivalent and ¼ cup 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**

	<b>% Daily Value*</b>
<b>Total Fat</b> .5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> <5mg	<b>0%</b>
<b>Sodium</b> 480mg	<b>21%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron .7mg	4%
Potassium 10mg	0%

\* 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: 100% Durum Whole Wheat Flour, Sugar, Salt, Corn Starch, Garlic Powder, Onion Powder, Sunflower Oil, Citric Acid, Silicon Dioxide, Paprika, Spice, Parsley.  
Contains Wheat