

Mix the Rubicon Cheese Base Mixes in with the Puree Pasta Mix for a safe, consistent texture.

For IDDSI levels 5 & 6 - Follow pasta recipe instructions. Hand chop or slowly pulse in food processor until pasta is correct size. May add a small amount of milk to moisten. Test using IDDSI testing procedures.



Level 6 - soft & bite sized



Level 5 - minced & moist

IDDSI Level 4 Puree M&C and Alfredo



Yield: (5) #10 Scoops (130g per serving)

Rubicon Macaroni & Cheese Base Mix #18104 or Rubicon Alfredo Base Mix #19104	1/2 cup (60 g)
Rubicon Puree Pasta Mix #20213	3/4 cup (120 g)
Tap Water	2 cups (472 g)

1. Pour tap water into a stovetop pan.
2. Add in the cheese base mix and slowly whisk in the puree pasta mix.
3. While continuing to stir on medium heat, bring the mixture to **180° - 190° F**.
4. Transfer to a serving pan and hold covered on the serving line according to state regulations.
5. Serve using a #10 scoop.
6. For optional puree shaped macaroni & cheese, run the #10 scoop through the shaping ricer onto the plate. (Shaping ricer available upon request by Rubicon Foods.)
7. To achieve 14g protein, match up with 2 oz. of puree ham.



Contact Rubicon to receive your **free ricer** provided with puree pasta purchase,

M&C Recipe Nutrition 3.25 oz. #10 Scoop (130g)

Calories 120 · Total Fat 4g
Cholesterol 2mg · Sodium 345mg
Total Carbs 24g · Fiber 1g
Sugars 3g · Protein 3g

Alfredo Recipe Nutrition 3.25 oz. #10 Scoop (128g)

Calories 110 · Total Fat 4g
Cholesterol 3mg · Sodium 410mg
Total Carbs 21g · Fiber 1g
Sugars 2g · Protein 3g



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