

## LABOR SAVING, ONE PAN CHEESE BASE MIXES



### #19104 ALFREDO BASE MIX

5 lb. case  
(166) 1 cup servings  
365 day shelf life



### #18104 M&C BASE MIX

5 lb. case  
(166) 1 cup servings  
365 day shelf life



EASILY TRAIN YOUR STAFF WITH  
2 MINUTE TRAINING VIDEOS  
[www.rubiconfoods.com/macaroni-and-cheese](http://www.rubiconfoods.com/macaroni-and-cheese)

## SAVES LABOR WITH ONE PAN COOKING METHOD

Combine cheese mix, water and uncooked pasta.  
No pre-boiling the pasta. No prep pan clean up.



### 14g PROTEIN PER 1 CUP SERVING

M&C and alfredo recipes provided for low cost 14g protein menu options using fresh cheese. Recipe cost is 30% lower than comparative frozen options.



### LONG HOLDING TIMES, AL DENTE TEXTURE

Cheese ingredients prevents pasta from overly hydrating.  
Holds up for 2+ hours on the serving line without getting mushy.

# MACARONI & CHEESE

1 cup serving = 14g protein



Yield: (11) 1 Cup Servings (260g including water)

<b>Rubicon M&amp;C Base Mix #18104</b>	1 + 1/8 cup (150g)
<b>Dry and Uncooked Elbow Pasta</b>	16 oz.
<b>Hot Water (195° - 205° F)</b>	8 cups
<b>Shredded Cheese</b>	13 oz.

## PREPARATION

1. Using the correct pan based on the Batch Sizes chart, whisk in the **195° - 205° F hot water** with the mac & cheese base mix until well blended.
2. Add the dry and uncooked elbow pasta.
3. Cover and place in a convection oven at 350° F for 30 minutes.
4. Remove from oven and melt in the shredded cheese. There will be a lot of additional liquid at this step.
5. Cover and place on the serving line or hold in a warming oven for fifteen minutes or until ready to serve. Cook an additional 10 minutes if sauce is too thin.

## RECIPE NUTRITION

Per 1 cup serving (260g total recipe weight)

Calories 335 Total Fat 14g Cholesterol 32mg Sodium 450mg  
Total Carbs 40g Fiber 1.5g Sugar 1.8g Protein 14.2g

## END USER ESTIMATED RECIPE COST

Per Batch:	Per 1 cup serving
Cheese Mix 150g @ \$50 / 5 lb case	\$3.30
Pasta 16 oz @ \$34.25 / 20 lb case	\$1.71
Shredded Cheese 13 oz @ \$56 / 20 lb case	<u>\$2.27</u>
Total Cost per Batch	\$7.28
Per Serving @ 11, 1 Cup Servings per Batch	\$0.66

<b>4" quarter or third pan</b>	1 batch (11 serv.)
<b>4" half hotel pan</b>	2 batches (22 serv.)
<b>4" full hotel pan</b>	3-4 batches (33-44 serv.)

\* Note - Do not use a wider pan size than required for your batch size. The pasta will not be covered by the liquid and will not properly hydrate.

Yield: (12) 1 Cup Servings (250g including water)

<b>Rubicon M&amp;C Base Mix #18104</b>	1 + 1/8 cup (150g)
<b>Dry and Uncooked Elbow Pasta</b>	16 oz.
<b>Hot Water (195° - 205° F)</b>	8 cups
<b>Shredded Cheese</b>	10 oz.
<b>Diced Ham (heated to 145°F for minimum of 15 seconds)</b>	8 oz.

## PREPARATION

1. Using the correct pan based on the Batch Sizes chart, whisk in the **195° - 205° F hot water** with the mac & cheese base mix until well blended.
2. Add the dry and uncooked elbow pasta.
3. Cover and place in a convection oven at 350° F for 30 minutes.
4. Remove from oven and melt in the shredded cheese and the heated diced ham. There will be a lot of additional liquid at this step.
5. Cover and place on the serving line or hold in a warming oven for fifteen minutes or until ready to serve. Cook an additional 10 minutes if sauce is too thin.

## RECIPE NUTRITION

Per 1 cup serving (250g total recipe weight)

Calories 305 Total Fat 12g Cholesterol 33mg Sodium 605mg  
Total Carbs 37g Fiber 1.4g Sugar 2g Protein 14.3g

## END USER ESTIMATED RECIPE COST

Per Batch:	Per 1 cup serving
Cheese Mix 150g @ \$50 / 5 lb case	\$3.30
Pasta 16 oz @ \$34.25 / 20 lb case	\$1.71
Shredded Cheese 13 oz @ \$56 / 20 lb case	\$2.27
Diced Ham .25 inch 8 oz @ \$51.50 / 15 lb	\$1.72
Total Cost per Batch	\$9.00
Per Serving @ 12, 1 Cup Servings per Batch	\$0.75

<b>4" quarter or third pan</b>	1 batch (11 serv.)
<b>4" half hotel pan</b>	2 batches (22 serv.)
<b>4" full hotel pan</b>	3-4 batches (33-44 serv.)

\* Note - Do not use a wider pan size than required for your batch size. The pasta will not be covered by the liquid and will not properly hydrate.

# MACARONI & CHEESE DICED HAM

1 cup serving = 14g protein





# ALFREDO

1 cup serving = 14g protein



Yield: (11) 1 Cup Servings (260g including water)

<b>Rubicon Alfredo Base Mix #19104</b>	1 + 1/2 cup (150g)
<b>Dry and Uncooked Penne Pasta</b>	16 oz.
<b>Hot Water (195° - 205° F)</b>	8 cups
<b>Cream Cheese</b>	4 oz.
<b>Shredded or Grated Parmesan Cheese</b>	9 oz.
<b>Parsley Flakes (optional)</b>	2 tsp.

## PREPARATION

1. Using the correct pan based on the Batch Sizes chart, whisk in the **195° - 205° F hot water** with the alfredo base base mix until well blended.
2. Add the dry and uncooked penne pasta.
3. Cover and place in a convection oven at 350° F for 30 minutes.
4. Remove from oven and melt in the cheeses. There will be a lot of additional liquid at this step.
5. Cover and place on the serving line or hold in a warming oven for fifteen minutes or until ready to serve. Cook an additional 10 minutes if sauce is too thin.

## RECIPE NUTRITION

Per 1 cup serving (260g total recipe weight)

Calories 330 Total Fat 14g Cholesterol 36mg Sodium 665mg  
Total Carbs 39g Fiber 2.3g Sugar 4g Protein 14.1g

## END USER ESTIMATED RECIPE COST

Per Batch:	Per 1 cup serving
Alfredo Mix 150g @ \$50 / 5 lb case	\$3.30
Pasta 16 oz @ \$34.25 / 20 lb case	\$1.71
Shredded Parmesan 9 oz @ \$84.50 / 20 lb case	\$2.37
Cream Cheese 4 oz @ 9.25 / 3 lb loaf	<u>\$0.77</u>
<b>Total Cost Per Batch</b>	<b>\$8.15</b>
Per Serving @ 11, 1 Cup Servings per Batch	\$0.74

<b>4" quarter or third pan</b>	1 batch (11 serv.)
<b>4" half hotel pan</b>	2 batches (22 serv.)
<b>4" full hotel pan</b>	3-4 batches (33-44 serv.)

\* Note - Do not use a wider pan size than required for your batch size. The pasta will not be covered by the liquid and will not properly hydrate.

Yield: (12) 1 Cup Servings (245g including water)

<b>Rubicon Alfredo Base Mix #19104</b>	1 + 1/2 cup (150g)
<b>Dry and Uncooked Penne Pasta</b>	16 oz.
<b>Hot Water (195° - 205° F)</b>	8 cups
<b>Frozen Grilled Fajita Chicken Strips (heated to 145°F for minimum of 15 seconds)</b>	8 oz.
<b>Cream Cheese</b>	4 oz.
<b>Shredded or Grated Parmesan Cheese</b>	4 oz.
<b>Parsley Flakes (optional)</b>	2 tsp.

## PREPARATION

1. Using the correct pan based on the Batch Sizes chart, whisk in the **195° - 205° F hot water** with the alfredo base base mix until well blended.
2. Add the dry and uncooked penne pasta.
3. Cover and place in a convection oven at 350° F for 30 minutes.
4. Remove from oven and melt in the cheeses, optional parsley flakes and the heated chicken. There will be a lot of additional liquid at this step.
5. Cover and place on the serving line or hold in a warming oven for fifteen minutes or until ready to serve. Cook an additional 10 minutes if sauce is too thin.

## RECIPE NUTRITION

Per 1 cup serving (245g total recipe weight)

Calories 310 Total Fat 12g Cholesterol 40mg Sodium 755mg  
Total Carbs 38g Fiber 1.7g Sugar 4g Protein 14.4g

## END USER ESTIMATED RECIPE COST

Per Batch:	Per 1 cup serving
Alfredo Mix 150g @ \$50 / 5 lb case	\$3.30
Pasta 16 oz @ \$34.25 / 20 lb case	\$1.71
Grilled Fajita Chicken Strips @ \$101.30/ 480 oz	\$1.69
Shredded Parmesan 4oz @ \$84.50 / 20 lb case	\$1.06
Cream Cheese 4 oz @ 9.25 / 3 lb loaf	<u>\$0.77</u>
Total Cost Per Batch	<u>\$8.53</u>
Per Serving @ 12, 1 Cup Servings per Batch	\$0.71

# ALFREDO GRILLED CHICKEN

1 cup serving = 14g protein

