



### Nutrition Information

Note: Information is per serving	Calories	Protein (g)	Total Fat	Saturated Fat (g)	Cholesterol (mg)	Carbohydrates
Bulk Veggie Weiners	130	18	3	0.3	0	7
Bulk Burger Burger 3.4oz	130	14	3.5	0.3	0	11
Bulk Burger Burger 5.0oz	190	21	5	0.4	0	16
Bulk Garden Veggie Patty 3.4oz	110	12	1.5	0.2	0	13
Bulk Garden Veggie Patty 5.0oz	170	18	2.5	0.3	0	20
Bulk Sliced Pizza Pepperoni	45	7	0.5	0	0	3
Bulk Ground Round Original Frozen	60	9	1	0	0	4



To place an order or to speak with our representatives, please call  
**1-800-236-6364**



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**FOOD TO LOVE. FOOD TO LIVE.**

*Simple, Delicious and 100% Veggie.*

## FOODSERVICE PRODUCT GUIDE

DISCOVER DELICIOUS AND NUTRITIOUS  
VEGETARIAN AND VEGAN RECIPES  
FROM THE LEADER IN MEAT ALTERNATIVES\*



**NO** ARTIFICIAL PRESERVATIVES | ARTIFICIAL FLAVOURS | ARTIFICIAL COLOURS | TRANS FAT

\*Source: ACNielsen, L52Wks, Period Ending May 28 2016, National XNFLD GB + DR + MM





## YVES VEGGIE CUISINE® IS CANADA'S #1 CHOICE FOR MEAT ALTERNATIVES\*

### WHAT ARE MEAT ALTERNATIVE PRODUCTS?

Meatless products are an alternative that can replace ground beef, hamburgers, hot dogs, deli slices and other favourite foods because, while they taste similar, they contain no meat. Meatless products require little preparation, just heat & serve, or use in regular recipes that call for meat.

### THE HEART OF THE MATTER

Soy is the main source of protein in Yves Veggie Cuisine products. Soy is sometimes hailed as a 'superfood' because it is one of the few plant proteins that approaches or equals animal products in producing a complete source of protein. Numerous studies have reported that it may help prevent heart disease, cancer, osteoporosis and menopausal symptoms. For more information about soy, visit [www.yvesveggie.ca](http://www.yvesveggie.ca)

### WHY YVES VEGGIE CUISINE?

As the category leader for over 20 years, and the only Canadian company to win 5 Grand Prix & 1 New Best Product Awards\*\*, Yves Veggie Cuisine is a smart decision. It offers consumers healthy everyday solutions, including over 30 types of meatless products that taste great and are rich in wholesome ingredients.

\*Source: ACNielsen, L52Wks, Period Ending May 28 2016, National XNFLD GB + DR + MM  
 \*\*Source: Best New Product Award, Veggie Chili (2010)

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**CHIPOLTE VEGGIE BISTRO BURGER**  
 VEGAN



#### Ingredients

##### Burger:

- ✓ 1 recipe of Chipotle Mayo
- ✓ 1/2 cup fried shallot flakes
- ✓ 1 cup sunflower sprouts (other options are broccoli, alfalfa, or pea)
- ✓ 1 cup oven dried tomatoes
- ✓ 1 avocado, sliced
- ✓ 4 Yves Veggie Cuisine® Bistro Burgers
- ✓ 4 hamburger bun
- ✓ canola or coconut oil for cooking

##### Chipotle Mayo:

- ✓ 1/2 cup mayonnaise
- ✓ 1 tbsp. lime juice
- ✓ 1 tbsp. maple syrup
- ✓ 2 tsp. chipotle peppers in adobo sauce
- ✓ salt and pepper

##### Oven Dried Tomatoes:

- ✓ 1 pound plum tomatoes
- ✓ 2 tbsp. olive oil
- ✓ 1 tsp. fresh thyme
- ✓ salt and pepper

Makes 4 servings



#### Preparation

##### Burger:

Heat a large skillet or grill to medium high heat. Lightly brush the burgers with oil and cook 3-4 minutes per side.

Remove burgers from heat to let cool slightly while preparing rest of ingredients.

Spread Chipotle Mayo on the buns then place burger patty on the bottom bun. Top with crispy shallots, avocado, oven dried tomatoes and sprouts.

##### Chipotle Mayo:

Remove the seeds from the chipotle peppers then chop and fold back into adobo sauce. In a bowl fold mayonnaise with lime juice, maple syrup, and chopped chipotle peppers in adobo sauce. Season with salt and pepper.

##### Oven Dried Tomatoes:

Preheat oven to 300°F.

Cut tomatoes in quarters lengthwise and remove the seeds. Lightly oil a rimmed baking sheet. Arrange tomatoes on the sheet, cut side up.

Brush olive oil over tomatoes then sprinkle with salt, pepper and fresh thyme.

Bake until tomatoes are slightly wrinkled and are starting to brown around the edges, approximately 1 1/2 hours.

Store in an air tight container in refrigerator for up to 5 days.



**GARDEN CHILI**  
 VEGAN



#### Ingredients

- ✓ 2 tbsp (30 mL) canola oil
- ✓ 1 large onion, chopped
- ✓ 3/4 cup (175 mL) diced carrot
- ✓ 2 large cloves garlic, minced
- ✓ 5 tsp (25 mL) each: chili powder and oregano
- ✓ 2 tsp (10 mL) ground cumin
- ✓ 680 g Yves Veggie Cuisine® Veggie Ground Round
- ✓ 1 can (5.5 oz/156 mL) tomato paste

Makes 6 to 8 portions (8 cups / 2 L)

- ✓ 1 can (28 oz/796 mL) diced tomatoes, including juice
- ✓ 1 can (14 oz/398 mL) pinto, black or garbanzo beans (chick peas)
- ✓ 1-1/2 cups (375 mL) diced zucchini
- ✓ 1 tbsp (15 mL) finely chopped jalapeños (or to taste)
- ✓ salt and pepper, to taste
- ✓ 2 tbsp (30 mL) chopped fresh coriander (optional)



#### Preparation

In a large non-stick skillet, heat oil over medium heat. Add onion and carrot; cook, stirring occasionally, for 6 minutes or until soft.

Stir in garlic, chili powder, oregano and cumin; cook for 1 minute, stirring often.

Stir in veggie ground round breaking up with a spoon. Stir in tomato paste, tomatoes, pinto beans, zucchini and jalapeños. Cover, reduce heat and cook for about 10 minutes.

Season with salt and pepper.

Before serving, stir in fresh coriander, if using.



# Recipes with YVES VEGGIE CUISINE®



**VEGGIE TACOS**



**SPINACH ENCHILADAS**



## VEGGIE HOT DOGS

**Bulk Veggie Wieners 7"**  
 Case Pack: 50 Wieners  
 10 Code : 10FSW0007  
 UPC : 0 60822 00095 4  
 Kosher: Yes  
 Shelf-life: 365 Days  
 Vegan



## VEGGIE GROUND ROUND

**Ground Round Original Frozen**  
 Case Pack: 6 x 1kg  
 10 Code : 10FSG0199  
 UPC : 0 60822 00130 3  
 Kosher: Yes  
 Shelf-life: 365 Days  
 Vegan



## APPETIZERS

**Bulk Sliced Pizza Pepperoni**  
 Case Pack: 5 x 1kg  
 10 Code : 10FSS0090  
 UPC : 0 60822 00122 7  
 Kosher: Yes  
 Shelf-life: 365 Days  
 Vegan



## VEGGIE BURGERS

**Bulk Burger Burger 3.4oz**  
 Case Pack: 40 x 3.4 oz  
 10 Code : 10FSP0007  
 UPC : 0 60822 00108 1  
 Kosher: Yes  
 Shelf-life: 365 Days  
 Vegan

**Bulk Burger Burger 5.0oz**  
 Case Pack: 27 x 5 oz  
 10 Code : 10FSP0147  
 UPC : 0 60822 00134 0  
 Kosher: Yes  
 Shelf-life: 365 Days  
 Vegan



**Bulk Garden Veggie Patty 3.4oz**  
 Case Pack: 40 x 3.4 oz  
 10 Code : 10FSP0006  
 UPC : 0 60822 00106 7  
 Kosher: Yes  
 Shelf-life: 365 Days  
 Vegan

**Bulk Garden Veggie Patty 5oz**  
 Case Pack: 27 x 5 oz  
 10 Code : 10FSP0113  
 UPC : 0 60822 00129 6  
 Kosher: Yes  
 Shelf-life: 365 Days  
 Vegan

### Ingredients Makes 12 servings

- ✓ 340 g Yves Veggie Cuisine® Veggie Ground Round
- ✓ 1 tsp canola oil
- ✓ 1/2 cup chopped onion
- ✓ 1/2 cup chopped green bell pepper
- ✓ 3 garlic cloves, chopped
- ✓ 12 taco shells, slightly heated
- ✓ 1 cup shredded lettuce
- ✓ 1 cup grated cheddar cheese
- ✓ 1 cup fresh tomatoes, chopped
- ✓ 1/2 cup salsa, mild or hot

**Note:**  
 Yves Veggie Cuisine®  
 Veggie Ground Round:  
 • Good source of protein  
 • Low in fat

### Preparation

Heat oil in heavy large skillet over medium-high heat. Add onion, bell pepper and garlic and sauté until soft, about 5 minutes.

Mash Veggie Ground Round with fork and add to the skillet. Heat through. Do not overcook, since Veggie Ground Round is pre-cooked.

Spoon 1/4 cup filling into each taco shell. Serve, passing lettuce, cheese, tomatoes and salsa separately as garnishes.

### Makes 6 portions (2 tacos per person)

### Ingredients Makes 10 servings

- ✓ 340 g Yves Veggie Cuisine® Veggie Ground Round
- ✓ 240 g frozen spinach, thawed, drained and squeezed dry
- ✓ 1-3/4 cups (425 mL) shredded Monterey Jack, Cheddar or Mexican blend cheese
- ✓ 3/4 cup (175 mL) cooked freekeh
- ✓ 1/3 cup (75 mL) finely chopped green onion
- ✓ 2 cups picante sauce
- ✓ Six 9-inch (23 cm) original or whole wheat flour tortillas
- ✓ 1/4 cup (50 mL) chopped fresh coriander
- ✓ Sour cream

### Preparation

In a large bowl, mix together veggie ground round, spinach, 3/4 cup (175 mL) of the cheese, freekeh and green onion.

Spread 1/2 cup (125 mL) of the picante sauce in the bottom of a lightly greased 13 x 9-inch (33 x 23 cm) baking pan.

Fill each tortilla with 3/4 cup (175 mL) of the filling mixture. Roll up snugly, tucking in ends a bit. Place seam side down in pan. Fill rest of tortillas and place in pan.

Spread remaining picante sauce over the top of the tortillas. Sprinkle with remaining 1 cup (250 mL) cheese.

Bake in a 400°F (200°C) oven with rack in the middle, for 18 to 20 minutes.

### Makes 6 portions



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## VEGGIE BURGERS

Consumers can enjoy eating well and not sacrificing on taste with our wide variety of tasty vegetarian and vegan burgers.

- Good source of protein
- Cholesterol free
- Low in saturated fat

No trans fat. No artificial preservatives. No artificial colours or flavours.

## GARDEN VEGGIE PATTY

Our Garden Veggie patty offers a healthy alternative to a classic meal. It's tasty and delicious!

- Source of fibre
- Cholesterol free
- Low in fat

Low in saturated fat. No trans fat. No artificial preservatives. No artificial colours or flavours.

## VEGGIE SLICES

Our juicy and delicious Veggie Pizza pepperoni slices deliver the taste and texture of real meat, without all the fat and cholesterol. Perfect to serve on pizza, subs and sandwiches!

- Low in fat
- Cholesterol free
- Saturated fat free

No trans fat. No artificial preservatives. No artificial flavours.

Veggie Ground Round can replace ground beef in regular recipes and while they taste similar, they contain no meat.

- Good source of protein
- Cholesterol & trans fat free

## VEGGIE GROUND ROUND

Yves Veggie Ground Round is a versatile soy-based crumble. It can be used in place of ground meat in recipes such as chili, shepherd's pie, spaghetti sauce and tacos. A 1kg package is equivalent to 2kg of browned and drained ground beef.

### DARE TO COMPARE

	Yves Product Meatless Ground (55g)	Meat Product Ground Beef (55g)
Calories	60	171
Calories from Fat	5	135
Protein (g)	10	9
Fat (g)	0.5	16
Saturated (g)	0	6
Cholesterol (mg)	0	47
Carbohydrates	5	0

## YVES #1 SELLING FOODSERVICE PRODUCT!

## VEGGIE HOT DOGS

A special blend of spices gives our Veggie Dogs their authentic, traditional flavour. The texture, size and taste are just like the real thing – but with no cholesterol.

### DARE TO COMPARE

	Yves Product Meatless Hot Dog (46g)	Meat Product Beef Hot Dog (46g)
Calories	50	242
Calories from Fat	5	135
Protein (g)	10	10
Fat (g)	0.5	15
Saturated (g)	0	5
Cholesterol (mg)	0	44
Carbohydrates	5	18