

  
**THICK  
& EASY**

# Pureed Vegetable Ranch Bars





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⌚ 2-3 HOURS

IDDSI LEVELS



## NUTRITION

**Serving Size:**  
1 portion (about 3" x 4" rectangle - size varies per pan used)

**Calories:** 240

**Total Fat:** 14g

**Saturated Fat:** 7g

**Trans Fat:** 0g

**Cholesterol:** 35mg

**Sodium:** 570mg

**Total Carbs:** 23g

**Dietary Fiber:** 0g

**Total Sugars:** 6g

**Added Sugars:** 0g

**Protein:** 5g

**Vitamin D:** 0%DV

**Calcium:** 4%DV

**Iron:** 6%DV

**Potassium:** 4%DV

Nutrition calculated using butter croissants

## INGREDIENTS

	1 Serving	6 Servings	12 Servings
<b>PAN SIZE</b>	Mini loaf pan or similar	8 x 8" square pan	2 - 8 x 8" square pans or 9 x 13" pan
Butter Croissants or Crescent Rolls*	1/2 croissant or 1 1/2 crescent rolls	3 croissants or 9 crescent rolls	6 croissants or 18 crescent rolls
<b>THICK &amp; EASY® Pureed Bread &amp; Dessert Mix</b>   Item: 48862	1/2 Tbsp	3 Tbsp	1/4 cup + 2 Tbsp
Water or Milk	2 Tbsp	3/4 cup	1 1/2 cup
Sour Cream*	2 Tbsp	3/4 cup	1 1/2 cup
Ranch Seasoning Mix (dry)*	1 1/2 tsp	3 Tbsp	1/4 cup + 2 Tbsp
Pureed Carrots (thicken, if needed)*	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup
Pureed Broccoli (thicken, if needed)*	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup
Tomato Puree (thickened)*	1 Tbsp	1/3 cup + 1 Tbsp	3/4 cup

### PREPARATION TIPS\*

- SERVING OPTIONS: 1/2 of a (2 1/2 oz) croissant or (1/2 cup crumbs), 6 SERVINGS OPTIONS: 3 (2 1/2 oz) croissants or (3 cups crumbs), 12 SERVINGS OPTIONS: 6 (2 1/2 oz) croissants or (6 cups crumbs)
- One half (1/2) cup crumbs are needed per serving. 1 large croissant (about 2 1/2 oz) or 3 crescent rolls yield about 1 cup of crumbs. Wheat bread can also be used in place of croissants/crescent rolls for crumbs, if desired.
- Prepared sour cream ranch dip may be used in place of seasoning mix and sour cream.
- T&E® bulk frozen pureed carrots & broccoli may be used. Thicken purees to achieve desired consistency, if needed.
- If using canned tomato puree, add 1/4 tsp T&E® Instant Food & Beverage Thickener to each 1 Tbsp of puree used.

## DIRECTIONS

- Line pan(s) with plastic wrap and spray with non-stick cooking spray.
- Place croissant or crescent rolls in food processor and process to fine crumbs.
- Add **THICK & EASY® Pureed Bread & Dessert Mix** and water or milk and blend until smooth.
- Spread mixture evenly into pan. Cover and freeze.
- Stir together sour cream and ranch seasoning mix. Set aside.

## TO ASSEMBLE

- Lift plastic wrap and frozen croissant/crescent roll layer from pan.
- Remove plastic wrap and set frozen crust on cutting board or another flat surface.
- Spread sour cream mixture evenly over crust.
- Top with pureed vegetables. (Use a spoon or piping bag to evenly distribute the vegetables in an attractive pattern.)
- Cut into bars and portion onto serving plates.
- Allow crust to thaw completely before serving.

