



# RECIPES

SWCCC RECIPE BOOK



## BARBECUED CHICKEN

Cook chicken 1 hour in 250\* oven without sauce. Then brush on a light coat & continue baking until sauce becomes thick, add more to desired taste.

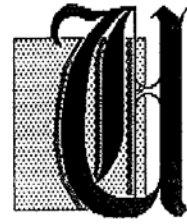
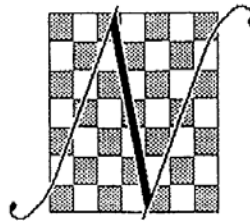
### VARIATIONS:

Boil chicken 45 min. to 1 hour, remove skin. Place under broiler topped with barbecue sauce until desired crispness.

Cook chicken in crock pot until tender, drain juice, add barbecue sauce, and continue cooking until sauce is thickened.

## FRIED CHICKEN

Place chicken skin side up on cookie sheet with 3 tbsp. of oil. Season chicken as desired, bake at 325\* for approximately 1 hour, or until done.



# Beef and Spaghetti Casserole

Meat • Vegetable • Grains/Breads

Main Dishes D-3

Ingredients	25 Servings		50 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Ground beef (no more than 24% fat) .....	3 lb 4 oz .....	.....	6 lb 8 oz .....	.....	.....	1. In a heavy pot, brown beef and onions until no signs of pink remain. Drain excess grease and discard. Return beef and onions to pot.
*Onions, minced .....	6 oz .....	3/4 cup .....	12 oz .....	1 1/2 cups .....	.....	
OR Dehydrated onion flakes .....	.....	3 Tbsp .....	.....	1/4 cup 2 Tbsp	.....	
Tomato paste .....	1 lb 2 oz .....	2 cups .....	2 lb 4 oz .....	1 qt .....	.....	2. Add tomato paste, water, sugar, basil, oregano, salt, garlic powder, and pepper to meat mixture. Bring to a boil over medium heat. Reduce heat, cover, and simmer for 20 minutes, stirring occasionally.
Water .....	.....	1 qt 1/2 cup ..	.....	2 qt 1 cup ....	.....	
Sugar .....	.....	1 Tbsp 1 tsp ..	.....	2 Tbsp 2 tsp	.....	
Dry basil leaves .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Dry oregano leaves .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Salt .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Garlic powder .....	.....	2 tsp .....	.....	1 Tbsp 1 tsp	.....	
Black pepper .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Spaghetti, broken in quarters, or elbow macaroni .....	13 oz .....	2 1/2 cups .....	1 lb 10 oz ....	1 qt 1 cup ....	.....	3. Cook spaghetti or macaroni in boiling water for 8 to 10 minutes until tender. Drain and stir into meat sauce.

\*See Marketing Guide.

(over)



# Beef and Spaghetti Casserole (continued, page 2 of 2)

## SERVING:

1/2 cup (No. 8 scoop) provides  
1 1/2 oz of meat, 1/4 cup of vegetable,  
and the equivalent of 1/2 slice of bread

## YIELD:

25 servings: 7 lb 2 oz  
50 servings: 14 lb 4 oz  
25 servings: 3 qt 1 cup  
50 servings: 1 gal 2 qt 2 cups

## VOLUME:

## Nutrients Per Serving

Calories	194	Saturated Fat	3.1 g	Iron	2.1 mg
Protein	15 g	Cholesterol	42 mg	Calcium	18 mg
Carbohydrate	15 g	Vitamin A	51 RE/510 IU	Sodium	109 mg
Total Fat	8.0 g	Vitamin C	12 mg	Dietary Fiber	2 g

## Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Onions .....	7 oz .....	14 oz .....	.....



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## Beef Tamale Pie - USDA Recipe D-150 for CACFP

**Makes:** 25 or 50 Servings



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Garlic powder		1 Tbsp		2 Tbsp
Ground black pepper		3/4 tsp		1 1/2 tsp
Salt		1 1/2 tsp		1 Tbsp
Chili powder		1/8 cup		1/4 cup
Ground cumin		1 1/2 Tbsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Raw ground beef (no more than 15% fat)	2 lb 15 oz	1 qt 2 cups	5 lb 14 oz	3 qt
*Fresh onions, chopped	7 oz	1 1/3 cups	14 oz	2 2/3 cups
*Fresh green bell peppers	4 oz	3/4 cup	8 oz	1 1/2 cups
*Fresh red bell peppers	4 oz	3/4 cup	8 oz	1 1/2 cups
Frozen corn	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups
Water		2 1/2 cups		1 qt 1 cup
Canned no-salt-added tomato paste	14 oz	1 1/2 cups (1/8 No. 10 can)	1 lb 12 oz	3 cups (1/4 No. 10 can)
Canned no-salt-added diced tomatoes, undrained	1 lb 10 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 4 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Whole-wheat flour	8 oz	1 1/2 cups	1 lb	3 cups
White whole-grain cornmeal	8 oz	1 1/4 cups	1 lb	2 1/2 cups
Sugar	3 oz	1/3 cup 2 Tbsp	6 oz	1 cup
baking powder		1 Tbsp 1 tsp		1/4 cup



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Salt		3/4 tsp		1 1/2 tsp
Frozen whole eggs, thawed	3 oz	1/3 cup	6 oz	2/3 cup
Nonfat milk		1 3/4 cups		3 1/2 cups
Canola oil		1/4 cup		1/2 cup

## Directions

1. Combine all spices in a bowl. Stir well.
2. Place ground beef and half of spices in a medium stock pot. Heat over medium high heat uncovered for 5-8 minutes. Stir often until meat is well done.
3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
4. Remove beef from heat. Drain beef in a colander. Set aside for step 7.
5. Return pot back to heat. Add onions, peppers, corn, cilantro, and remaining spices. Stir for 30 seconds.
6. Add water. After one minute reduce heat to low.
7. Add tomato paste, diced tomatoes, and drained ground beef. Stir well. Simmer uncovered over low heat for 10-15 minutes.
8. If desired, prepare ground beef mixture ahead and refrigerate overnight.
9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
10. Pour 3 qt 2 cups (about 7 lb 6 oz) mixture into each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
11. Set aside for step 16.
12. Critical Control Point: Cool to 40 °F or lower within 4 hours.
13. For cornbread topping: Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
14. Combine eggs, milk, and oil in a large bowl. Stir well. Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX. For 25 servings, mix for 1-2 minutes on medium speed. For 50 servings, mix for 2-3 minutes on medium speed.

15. Cool meat mixture slightly before pouring batter on top.
16. Pour 2 lb 4 oz (3 3/4 cups) batter over cooled meat mixture in each pan and spread into corners of pan.
17. Bake until lightly browned: Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 20-25 minutes.
18. Critical Control Point: Hold for hot service at 140 °F or higher.
19. Remove from oven. Cool for 10 minutes.
20. Portion: Cut each pan 5 x 5 (25 pieces per pan).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation

### Serving

NSLP/SBP Crediting Information: 1 piece provides 1.5 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 1.5 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

## My Notes

## Nutrition Information

### Nutrients

#### Amount

Calories

248

Total Fat

9 g

Saturated Fat

3 g

Cholesterol

49 mg

Sodium

389 mg

Total Carbohydrate

27 g

Dietary Fiber

4 g

Total Sugars

8 g

Added Sugars included

N/A

Protein

15 g

Vitamin D

12 IU

Calcium

73 mg

Iron

3 mg

Potassium

534 mg

N/A - data is not available

### Marketing Guide

#### Foods as Purchased for

25

Servings

50

Servings

Mature onions

8 oz

1 lb

Red bell peppers

5 oz

10 oz

Green bell peppers

5 oz

10 oz

### Meal Components

Vegetables

Red &amp; Orange 3/8 cup

Grains

1 ounce

Meat / Meat

1 1/2 ounces

Alternate

For more information on meal components and crediting, please visit the [Food Buying Guide for Child Nutrition Programs](#).



## Black Bean Hummus

	25 Servings		50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure	Weight	Measure
Canned low-sodium black beans, rinsed, drained	3 lb.	5 1/3 cups ¾ No. 10 can	6 lb.	10 2/3 cups 1 ½ No. 10 can	12 lb.	21 1/3 cups 3 No. 10 cans
Canned low-sodium garbanzo beans or chickpeas, rinsed, drained	3 lb.	7 1/3 cups ¾ No. 10 can	6 lb.	14 2/3 cups 1 ½ No. 10 can	12 lb.	29 1/3 cups 3 No. 10 cans
Lemon juice		2 ¼ cups		4 ½ cups		9 cups
Fresh garlic cloves, peeled	6 oz.	1 1/3 cups	12 oz.	2 2/3 cups	1 lb. 8 oz.	5 1/3 cups
Olive oil		3 Tbsp.		¼ cup 2 Tbsp.		¾ cup
Salt		¾ tsp.		1 ½ tsp.		1 Tbsp.
Ground cumin		1 Tbsp.		2 Tbsp.		¼ cup
Ground white pepper		1 ½ tsp.		1 Tbsp.		2 Tbsp.
Fresh cilantro, diced		2 ½ cups 2 Tbsp.	3 oz.	5 ¼ cups	6 oz.	10 ½ cups

### Directions

1. Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.
2. Using a rubber spatula, scrape black bean mixture into a large bowl.
3. Add cilantro. Stir well.
4. Transfer black bean hummus into shallow pans and refrigerate. For 50 servings, use 2 pans. For 100 servings, use 4 pans. (12"x20"x2 ½" pan size) Cover pans tightly.
5. Critical Control Point: Cool to 41 degrees or lower within 4 hours.
6. Critical Control Point: Hold at 41 degrees or lower.
7. Portion with No. 8 scoop (1/2 cup)
8. Serve with crackers or chips.

Serving                      CACFP Crediting Information: ½ cup provides    Legume as Meat/Meat Alternate: 2 oz.

# Beef or Pork Burrito

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-21

Ingredients	25 Servings		50 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) .... OR Raw ground pork (no more than 24% fat) ....	2 lb 3 oz .....	.....	4 lb 5 oz .....	.....	..... .....	1. Brown ground beef or pork. Drain.
*Onions, chopped..... OR Dehydrated onions .....	..... .....	1/4 cup 3 Tbsp 2 Tbsp 1 tsp ..	5 oz..... .....	3/4 cup 2 Tbsp 1/4 cup 2 tsp ..	..... .....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
Garlic powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Black pepper .....	.....	1 tsp.....	.....	2 tsp .....	.....	
Tomato paste .....	14 oz .....	1 1/2 cups.....	1 lb 12 oz ....	3 cups.....	.....	
Water .....	.....	3 cups .....	.....	1 qt 2 cups ...	.....	
<b>Seasonings:</b>						
Chili powder .....	.....	1 Tbsp 1 1/2 tsp	.....	3 Tbsp .....	.....	
Ground cumin .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Paprika .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Onion powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Cheddar cheese, shredded .....	1 lb 10 oz ....	1 qt 3 1/4 cups	3 lb 3 oz .....	3 qt 2 1/2 cups	.....	3. Combine shredded cheese with meat mixture.

\*See Marketing Guide.

(over)



Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas (at least 1.1 oz each) .....	.....	25 each .....	.....	50 each .....	.....	<p>4. Steam tortillas for 3 minutes or until warm.</p> <p>5. Portion meat-cheese mixture (from Step 3) with No. 12 scoop (<math>\frac{1}{3}</math> cup) onto each tortilla. Fold tortilla around filling "envelope style." (See illustration on page 4.)</p> <p>6. Place folded burritos seam side down on lightly oiled sheet pans (18" x 26" x 1"), 33 to 35 burritos per pan.</p> <p>7. <b>To Bake:</b>            Conventional Oven                375°F, 15 minutes            Convection Oven                325°F, 15 minutes</p>
Cheddar cheese, shredded (optional) .....	7 oz .....	$1\frac{3}{4}$ cups 2 Tbsp	13 oz .....	$3\frac{3}{4}$ cups .....	.....	<p>8. Sprinkle shredded cheese (optional) evenly over burritos before serving.</p>



**SERVING:**

1 burrito provides the equivalent of 2 oz of cooked lean meat,  $\frac{1}{4}$  cup of vegetable, and the equivalent of 1 slice of bread

**YIELD:**

25 servings: 25 burritos ( $\frac{3}{4}$  sheet pan)  
50 servings: 50 burritos ( $1\frac{1}{2}$  sheet pans)

## Variation:

### a. Bean Burrito

**25 servings:** Omit Step 1. In Step 2, use 2 cups water. Simmer tomato mixture 15 minutes. In Step 3, in place of meat, use 2 lb 5 oz (1 qt  $2\frac{1}{4}$  cups) cooked dry pinto beans (see Marketing Guide and preparation note) or 1 qt  $3\frac{1}{2}$  cups canned, drained pinto beans. Mash beans to a smooth consistency. Continue with Steps 4 through 8.

**50 servings:** Omit Step 1. In Step 2, use 1 qt water. Simmer tomato mixture 15 minutes. In Step 3, in place of meat, use 4 lb 10 oz (3 qt  $\frac{1}{2}$  cup) cooked dry pinto beans (see Marketing Guide and preparation note) or 1 No. 10 can + 3 cups drained pinto beans. Mash beans to a smooth consistency. Continue with Steps 4 through 8.

## Preparation Note:

### Soaking Beans

**Overnight method:** Add  $1\frac{3}{4}$  qt cold water to each 1 lb dry beans. Cover. Let stand overnight in refrigerator.

**Quick-soak method:** Boil  $1\frac{3}{4}$  qt cold water for each 1 lb dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

### Cooking Beans

Once the beans have been soaked, add  $\frac{1}{2}$  tsp salt (optional) for each 1 lb dry beans. Boil gently with lid tilted until tender, about 2 hours.

1 lb dry beans = approximately  $2\frac{1}{2}$  cups dry beans  
1 lb dry beans =  $6\frac{1}{4}$  cups cooked beans

## Marketing Guide for Selected Items Beef or Pork Burrito

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Mature onions .....	3 oz .....	6 oz .....	.....

## Marketing Guide for Selected Items Bean Burrito

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Mature onions .....	3 oz .....	6 oz .....	.....
Pinto beans, dry .....	1 lb .....	2 lb .....	.....

## Nutrients Per Serving

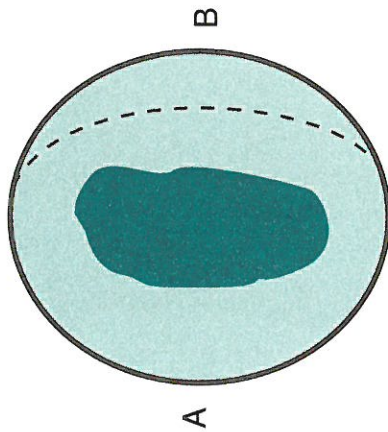
Calories	341	Saturated Fat	8.6 g	Iron	2.9 mg
Protein	18 g	Cholesterol	55 mg	Calcium	274 mg
Carbohydrate	27 g	Vitamin A	151 RE/942 IU	Sodium	408 mg
Total Fat	17.8 g	Vitamin C	8 mg	Dietary Fiber	2 g



### Step 1

Place one scoop of filling in an oblong shape in the middle of a tortilla. Fold edge A to B (on dotted line). (Figure 1)

Figure 1



### Step 2

Fold edge C to line D (on dotted line), approximately 2 inches from bottom edge. (Figure 2)

Figure 2

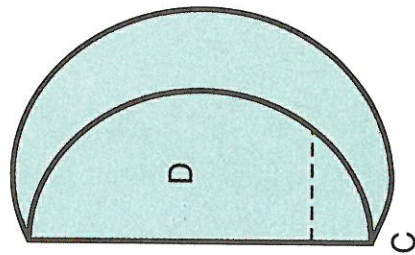
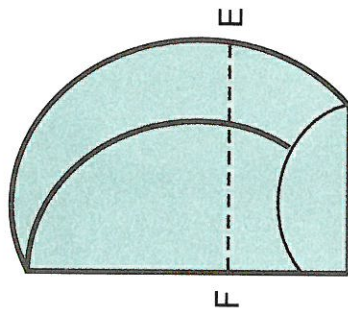


Figure 3



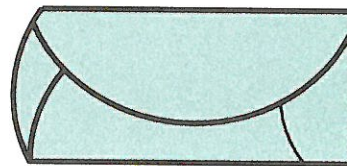
### Step 3

Fold edge E to opposite edge, F. (Figure 3)

### Step 4

A finished burrito should look like Figure 4.

Figure 4





# Turkey or Chicken Burrito

Meat/Meat Alternate • Vegetable • Grains/Breads

Main Dishes D-30

Ingredients	25 Servings		50 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground turkey (no more than 13% fat) .....	2 lb 6 oz .....	.....	4 lb 11 oz ....	.....	.....	1. Cook the ground turkey or diced chicken over medium heat until no longer pink, about 10 to 15 minutes. Stir occasionally. Drain.
OR Raw diced chicken .....	2 lb 6 oz .....	.....	4 lb 11 oz ....	.....	.....	
*Onions, chopped .....	.....	1/4 cup 3 Tbsp	5 oz.....	3/4 cup 2 Tbsp	.....	2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Simmer, covered, for 30 minutes.
OR Dehydrated onions .....	.....	2 Tbsp 1 tsp ..	.....	1/4 cup 2 tsp ..	.....	
Garlic powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
White pepper .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Tomato paste .....	14 oz .....	1 1/2 cups .....	1 lb 12 oz ....	3 cups .....	.....	
Water .....	.....	3 cups .....	.....	1 qt 2 cups ...	.....	
<b>Seasonings:</b>						
Chili powder .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Ground cumin .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Paprika .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Onion powder .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Salt .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Coriander (optional) .....	.....	1 1/2 tsp .....	.....	1 Tbsp .....	.....	
Cheddar cheese, shredded .....	1 lb 10 oz ....	1 qt 3 1/4 cups	3 lb 3 oz .....	3 qt 2 1/2 cups	.....	3. Stir shredded cheese into turkey or chicken mixture.

\*See Marketing Guide.

(over)



## Turkey or Chicken Burrito (continued, page 2 of 2)

**SERVING:** 1 burrito provides the equivalent of 2 oz of cooked poultry,  $\frac{1}{4}$  cup of vegetable, and the equivalent of 1 slice of bread

**YIELD:** 25 servings: 25 burritos ( $\frac{3}{4}$  sheet pan)  
50 servings: 50 burritos ( $1\frac{1}{2}$  sheet pans)

Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Flour tortillas (at least 0.9 oz each) .....	.....	25 (7" to 8" ea)	.....	50 (7" to 8" ea)	.....	4. Steam tortillas for 3 minutes or until warm. 5. Portion turkey or chicken mixture with No. 12 scoop ( $\frac{1}{3}$ cup) onto each tortilla. Fold tortilla around meat "envelope style." See illustration for Beef or Pork Burrito (D-21). 6. Place folded burrito, seam side down, on lightly oiled sheet pans (18" x 26" x 1"), 33 to 35 burritos per pan. 7. <b>To Bake:</b> Conventional Oven 375°F, 15 minutes Convection Oven 325°F, 15 minutes
Cheddar cheese, shredded (optional) .....	7 oz .....	1 $\frac{3}{4}$ cups 2 Tbs	13 oz .....	3 $\frac{3}{4}$ cups .....	.....	8. Sprinkle shredded cheese (optional) evenly over burritos before serving.

### Nutrients Per Serving

Calories	331	Saturated Fat	7.5 g	Iron	2.8 mg
Protein	19 g	Cholesterol	59 mg	Calcium	278 mg
Carbohydrate	27 g	Vitamin A	157 RE/994 IU	Sodium	558 mg
Total Fat	16.4 g	Vitamin C	7 mg	Dietary Fiber	2 g

### Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For _____ Serving Recipe
Mature onions .....	3 oz .....	5 $\frac{3}{4}$ oz .....	.....



# Chicken Stir-Fry

Meat • Vegetable

Main Dishes D-18

Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium soy sauce .....	.....	1/2 cup .....	.....	1 cup .....	.....	1. Dissolve cornstarch in soy sauce. Add spices.
Cornstarch .....	.....	1/4 cup 3 Tbsp .....	4 oz .....	3/4 cup 2 Tbsp .....	.....	
Ground ginger .....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	
Granulated garlic .....	.....	1 Tbsp 1 1/2 tsp .....	.....	3 Tbsp .....	.....	
White pepper .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Low-sodium chicken stock, non-MSG .....	.....	1 qt .....	.....	2 qt .....	.....	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3 to 5 minutes, until thickened. Remove from heat.
<b>Fresh mixed vegetables:</b> *Fresh broccoli, chopped .....	2 lb 13 oz ....	1 gal .....	5 lb 10 oz ....	2 gal .....	.....	<b>Prepare no more than 50 portions per batch.</b>  4. Saute sliced carrots in oil for 4 minutes. Add onions, cook for 1 more minute. Add broccoli and cook for 2 more minutes. Remove to steamtable pan. Keep warm.
*Fresh carrots, peeled, 1/4" slices .....	2 lb 13 oz ....	2 qt 1 cup ....	5 lb 10 oz ....	1 gal 2 cups ..	.....	
*Onions, diced .....	10 oz .....	2 cups .....	1 lb 4 oz ....	1 qt .....	.....	
<b>OR</b> +Frozen mixed Oriental vegetables .....	6 lb 4 oz .....	1 gal 3 qt ....	12 lb 8 oz ....	3 gal 2 qt ....	.....	
Vegetable oil .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	

\*See Marketing Guide.

+If using Oriental vegetables, add frozen vegetables to sauteed chicken in Step 5.

(over)



Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Skinless, boneless chicken breasts, cut $\frac{1}{2}$ " x $\frac{1}{2}$ " .....	4 lb 8 oz .....	.....	9 lb .....	.....	.....	5. Saute chicken in oil for 3 to 5 minutes until no signs of pink remain. Add chicken to vegetables in steam-table pan. Add sauce and mix to coat chicken and vegetables. Heat to serving temperature, (165°F).
Vegetable oil .....	.....	$\frac{1}{2}$ cup .....	.....	1 cup .....	.....	

**Special Tips:**

- 1) For an authentic Oriental flavor, when sauteing chicken in Step 5, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of bean sprouts, broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.



**SERVING:** 1 cup (2 No. 8 scoops) provides  
2 oz of meat and  $\frac{5}{8}$  cup of vegetable

**YIELD:** 25 servings: 11 lb 10 oz  
50 servings: 23 lb 4 oz

## Variations:

### a. Beef Stir-Fry

**25 servings:** Follow Steps 1 through 4. In Step 5, use 5 lb 2 oz of boneless beef top round, cut in  $\frac{1}{2}$ " cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

**50 servings:** Follow Steps 1 through 4. In Step 5, use 10 lb 4 oz of boneless beef top round, cut in  $\frac{1}{2}$ " cubes. Saute beef cubes for 2 to 3 minutes, until no signs of pink remain.

### b. Pork Stir-Fry

**25 servings:** Follow Steps 1 through 4. In Step 5, use 5 lb 12 oz of boneless pork shoulder or loin, cut in  $\frac{1}{2}$ " cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

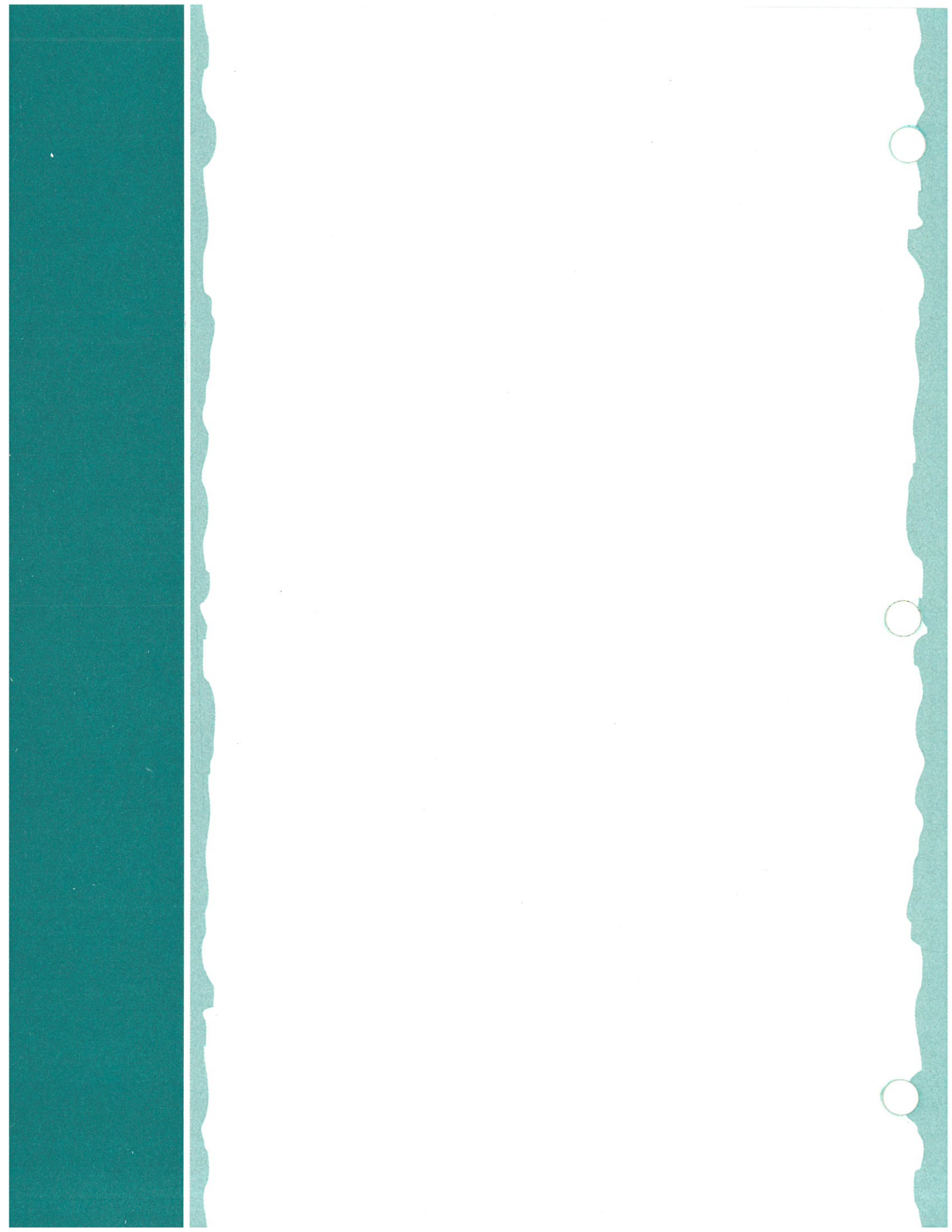
**50 servings:** Follow Steps 1 through 4. In Step 5, use 11 lb 9 oz of boneless pork shoulder or loin, cut in  $\frac{1}{2}$ " cubes. Saute pork cubes for 3 to 5 minutes, until no signs of pink remain.

## Nutrients Per Serving

Calories	208	Saturated Fat	1.4 g	Iron	1.5 mg
Protein	22 g	Cholesterol	47 mg	Calcium	51 mg
Carbohydrate	12 g	Vitamin A	1355 RE/13640 IU	Sodium	251 mg
Total Fat	8.1 g	Vitamin C	46 mg	Dietary Fiber	3 g

## Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Broccoli .....	3 lb 8 oz .....	6 lb 15 oz ...	.....
Carrots .....	4 lb .....	8 lb 1 oz .....	.....
Onions .....	12 oz .....	1 lb 7 oz .....	.....



# Chicken or Turkey Salad

25 – 50 Servings

<b><u>Ingredients</u></b>	<b><u>25 Servings</u></b>	<b><u>50 Servings</u></b>
Cooked chicken or turkey, Chopped	2 qt 2 c.	5 quarts
Fresh celery, chopped fine	2 ½ cups	5 cups
Onions, chopped	1 cup	2 cups
Or		
Dehydrated onions	3 Tbsp	¼ cup 2 Tbsp
Sweet pickle relish, undrained	¾ cup 2 Tbsp	1 ¾ cups
Black or white pepper	1 tsp	2 tsp
Dry mustard	2 ¼ tsp	1 Tbsp 1 ½ tsp
Mayonnaise or salad dressing	1 ½ cups 2 Tbsp	3 ¼ cups

## **Directions:**

1. Combine chicken or turkey, celery, onions, pickle relish, pepper, and dry mustard. Add mayonnaise or salad dressing. Mix lightly until well blended.
2. Cover. Refrigerate until ready to serve cold.
3. Portion with a ½ cup.
4. Serve on salad greens or in sandwiches.





# Cornbread

## USDA Recipe for CACFP

This scrumptious and slightly sweet cornbread is a southern staple created from a combination that includes whole-grain flour, cornmeal, milk, and eggs.

### CACFP CREDITING INFORMATION

1 piece (about 2" x 2½") provides 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-wheat flour	8 oz	1½ cups	1 lb	3 cups	1 Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.
White whole-grain cornmeal	8 oz	1¼ cups	1 lb	2½ cups	
Sugar	3 oz	⅓ cup 2 Tbsp	6 oz	1 cup	2 Combine eggs, milk, and oil in a large bowl. Stir well.
Baking powder		1 Tbsp 1 tsp		¼ cup	
Salt		¾ tsp		1½ tsp	
Whole eggs, frozen, thawed	3 oz	⅓ cup	6 oz	⅔ cup	
Nonfat milk		1¾ cups		3½ cups	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		¼ cup		½ cup	<p><b>3</b> Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. DO NOT OVERMIX.</p> <p>For 25 servings, mix for 1–2 minutes on medium speed. For 50 servings, mix for 2–3 minutes on medium speed.</p>
					<p><b>4</b> Pour batter on a sheet pan lightly coated with pan-release spray.</p> <p>For 25 servings, pour 2 lb 4 oz (3¾ cups) batter on 1 quarter-sheet pan (9½" x 13" x 1"). For 50 servings, pour 4 lb 8 oz (1 qt 3½ cups) on 1 half-sheet pan (18" x 13" x 1").</p>
					<p><b>5</b> Bake until lightly browned: Conventional oven: 400 °F for 30–35 minutes. Convection oven: 350 °F for 20–25 minutes.</p>
					<p><b>6</b> Remove from oven. Cool for 10 minutes.</p>
					<p><b>7</b> Portion:</p> <p>For 25 servings, cut each pan 5 x 5 (25 pieces per pan). For 50 servings, cut each pan 5 x 10 (50 pieces per pan). Serve 1 piece (about 2" x 2½").</p>
Variation: Red and green bell peppers, fresh, diced ¼"	4 oz	¾ cup	8 oz	1½ cups	<p><b>8</b> Variation: Add peppers and corn to step 3. Continue with step 4.</p>
AND  Corn, canned, low-sodium, drained, rinsed	4 oz	½ cup 2 Tbsp	8 oz	1¼ cups	

## NUTRITION INFORMATION

For 1 piece (about 2" x 2½").

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>107</b>

<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	14mg
<b>Sodium</b>	<b>173 mg</b>
<b>Total Carbohydrate</b>	<b>18 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>3 g</b>

Vitamin D	11 IU
Calcium	40 mg
Iron	0 mg
Potassium	91 mg

### Meal Components

Grains	1 oz
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N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## NOTES

Cooking Process #2: Same Day Service.

Meal Components: Grains.

## YIELD/VOLUME

25 Servings	50 Servings
About 2 lb 0.5 oz	About 4 lb 1 oz
About 1 qt ¼ cup/1 quarter sheet pan (9½" x 13" x 1")	About 2 qt ½ cup/1 half sheet pan (18" x 13" x 1")

# Ground Beef and Spanish Rice

Meat • Vegetable • Grains/Breads

Main Dishes D-22

Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat) .....	4 lb 5 oz .....	.....	8 lb 10 oz ....	.....	.....	1. Brown ground beef. Drain off fat. 2. Add onions and green peppers. Cook approximately 5 minutes.
*Onions, chopped .....	8 oz .....	1 1/4 cups .....	15 oz .....	2 1/2 cups .....	.....	
OR Dehydrated onions .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
*Fresh green pepper, chopped	6 oz .....	1 cup .....	10 1/2 oz .....	2 cups .....	.....	
Beef stock or water .....	.....	1 qt 3 1/2 cups	.....	3 qt 3 cups ...	.....	3. Add beef stock or water, tomatoes, tomato paste, and seasonings. Bring to a boil.
Canned tomatoes, with liquid, chopped .....	1 lb 4 oz .....	2 1/4 cups .....	2 lb 6 1/2 oz ...	1 qt 1 1/2 cup ...	.....	
Tomato paste .....	7 oz .....	3/4 cup .....	14 oz .....	1 1/2 cups .....	.....	
Seasonings:	.....	.....	.....	.....	.....	
Chili powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	4. Stir in rice. Return to a boil. Reduce heat and cover tightly. Cook over low heat for 20 to 30 minutes or until rice is tender. 5. Pour into serving pans or bowls. 6. Portion with No. 6 scoop (2/3 cup).
Ground cumin .....	.....	2 1/4 tsp .....	.....	1 Tbsp 1 1/2 tsp	.....	
Paprika .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
Onion powder .....	.....	3/4 tsp .....	.....	1 1/2 tsp .....	.....	
White rice .....	1 lb 8 oz .....	3 1/2 cups .....	2 lb 15 oz ....	1 qt 3 cups ...	.....	

\*See Marketing Guide.

(over)



# Ground Beef and Spanish Rice (continued, page 2 of 2)

## SERVING:

3/4 cup (No. 6 scoop) provides 2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 1 slice of bread

## YIELD:

25 servings: 1 gal 2 cups (approximately)  
50 servings: 2 gal 1 qt (approximately)

## Nutrients Per Serving

Calories	272	Saturated Fat	4.2 g	Iron	2.9 mg
Protein	17 g	Cholesterol	48 mg	Calcium	31 mg
Carbohydrate	26 g	Vitamin A	51 RE/515 IU	Sodium	498 mg
Total Fat	10.9 g	Vitamin C	12 mg	Dietary Fiber	1 g

## Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For — Serving Recipe
Mature onions .....	9 oz .....	1 lb 1 1/2 oz ..	.....
Green pepper .....	7 oz .....	13 1/2 oz .....	.....

# Lentil Soup

Meat Alternate • Vegetable

Soups H-7

Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry lentils .....	11 oz .....	1 1/2 cups .....	1 lb 6 oz .....	3 cups .....	.....	1. Rinse lentils to sort out any unwanted materials. Drain well. 2. In a pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes.
Beef stock .....	.....	2 qt .....	.....	1 gal .....	.....	
Tomato paste .....	1 lb 2 oz .....	2 cups .....	2 lb 4 oz .....	1 qt .....	.....	
*Potatoes, peeled, 1/2" cubes ...	6 oz .....	1 cup .....	12 oz .....	2 cups .....	.....	3. Add potatoes, onions, celery, carrots, parsley, garlic, bay leaves, and cumin. Simmer, uncovered, until potatoes are tender, about 15 minutes. 4. Remove bay leaves.
*Onions, minced .....	5 oz .....	1 cup .....	10 oz .....	2 cups .....	.....	
OR	.....	3 Tbsp .....	.....	1/4 cup 2 Tbsp	.....	
Dehydrated onion flakes .....	.....	.....	.....	.....	.....	
*Fresh celery, 1/2" dice .....	7 oz .....	1 1/2 cups .....	14 oz .....	3 cups .....	.....	
*Fresh carrots, 1/2" dice .....	7 oz .....	1 1/2 cups .....	14 oz .....	3 cups .....	.....	
Dried parsley flakes .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Granulated garlic .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Dry bay leaves .....	.....	1 each .....	.....	2 each .....	.....	
Ground cumin .....	.....	1/8 tsp .....	.....	1/4 tsp .....	.....	

\*See Marketing Guide.

(over)



**Lentil Soup (continued, page 2 of 2)**

**SERVING:** 1/2 cup (4-oz ladle) provides 1/8 cup of cooked lentils and 3/8 cup of vegetable

**YIELD:** 25 servings: 3 qt 1 cup  
50 servings: 1 gal 2 qt 2 cups

**Nutrients Per Serving**

Calories	78	Saturated Fat	.2 g	Iron	1.9 mg
Protein	5 g	Cholesterol	0 mg	Calcium	25 mg
Carbohydrate	14 g	Vitamin A	254 RE/2544 IU	Sodium	461 mg
Total Fat	.6 g	Vitamin C	12 mg	Dietary Fiber	5 g

**Marketing Guide for Selected Items**

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Potatoes .....	7 oz .....	14 oz .....	.....
Onions .....	6 oz .....	12 oz .....	.....
Celery .....	8 oz .....	1 lb .....	.....
Carrots .....	10 oz .....	1 lb 4 oz .....	.....



# Minestrone

Meat Alternate • Vegetable • Grains/Breads

Soups H-12

Ingredients	25 Servings		50 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
Water .....	.....	1/2 cup .....	.....	1 cup .....	.....	1. Pour water into a large, heavy kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until vegetables are tender.
*Onions, diced..... <b>OR</b>	4 1/2 oz .....	3/4 cup 2 Tbsp	9 oz.....	1 3/4 cups .....	.....	
Dehydrated onions .....	.....	2 Tbsp 1 1/2 tsp	.....	1/4 cup 1 Tbsp	.....	
*Fresh carrots, diced.....	11 oz .....	2 1/4 cups.....	1 lb 6 oz .....	1 qt 1/2 cup ...	.....	
*Fresh cabbage, minced .....	.....	3/4 cup 1 Tbsp	6 oz.....	1 2/3 cups .....	.....	2. Add beef broth, tomato paste, chopped tomatoes, and seasonings. Simmer, uncovered, for 30 minutes.
*Fresh celery, chopped .....	4 oz .....	3/4 cup 2 Tbsp	8 oz.....	1 3/4 cups .....	.....	
*Fresh zucchini, chopped (optional) .....	4 oz .....	3/4 cup 2 Tbsp	8 oz.....	1 3/4 cups .....	.....	
<b>Vegetable</b> Beef broth, non-MSG .....	.....	1 gal 2 qt .....	.....	3 gal .....	.....	
Tomato paste .....	4 oz .....	1/2 cup .....	8 oz.....	1 cup .....	.....	3. Add beans and macaroni. Continue simmering for 20 minutes. 4. Pour into serving pans or bowls.
Canned tomatoes, chopped ...	4 oz .....	1/2 cup .....	8 oz.....	1 cup .....	.....	
Black pepper .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	
Dried oregano .....	.....	1/8 tsp .....	.....	1/4 tsp .....	.....	
Dried parsley .....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	3. Add beans and macaroni. Continue simmering for 20 minutes. 4. Pour into serving pans or bowls.
Granulated garlic .....	.....	1 tsp.....	.....	2 tsp .....	.....	
Marjoram (optional) .....	.....	1/16 tsp .....	.....	1/8 tsp .....	.....	
Canned white beans .....	2 lb.....	1 qt 1 1/4 cups	4 lb .....	2 qt 2 1/2 cups	.....	
Elbow macaroni .....	5 1/2 oz .....	1 cup.....	11 oz.....	2 cups .....	.....	

\*See Marketing Guide.

(over)



## Minestrone (continued, page 2 of 2)

### SERVING:

1 cup (8-oz ladle) provides  $\frac{1}{8}$  cup of cooked beans,  $\frac{1}{4}$  cup of vegetable, and the equivalent of  $\frac{1}{4}$  slice of bread

### YIELD:

25 servings: 11 lb 13 oz

50 servings: 23 lb 10 oz

### VOLUME:

25 servings: 1 gal 3 qt

50 servings: 3 gal 2 qt

### Special Tip:

Garnish with Parmesan cheese.

### Nutrients Per Serving

Calories	118	Saturated Fat	.1 g	Iron	2.5 mg
Protein	9 g	Cholesterol	0 mg	Calcium	64 mg
Carbohydrate	20 g	Vitamin A	331 RE/3309 IU	Sodium	93 mg
Total Fat	.5 g	Vitamin C	5 mg	Dietary Fiber	3 g

### Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ____-Serving Recipe
Onions .....	5 $\frac{1}{2}$ oz .....	11 oz .....	.....
Carrots .....	1 lb .....	2 lb .....	.....
Cabbage .....	3 $\frac{1}{2}$ oz .....	7 oz .....	.....
Celery .....	5 oz .....	10 oz .....	.....

# Oatmeal Muffin Squares

25 or 50 Servings

## Ingredients

## 25 Servings

## 50 Servings

Rolled oats

1 cup 2 Tbsp

2 ¼ cups

Hot water

1 ¾ cups

3 ½ cups

Place oats in a bowl and pour hot water over them. Let stand 20 minutes. Do not drain.

All-purpose flour

1 ¾ cups

3 ½ cups

Baking soda

5/8 tsp.

1 ¼ tsp.

Ground cinnamon

5/8 tsp.

1 ¼ tsp.

Ground nutmeg

5/8 tsp

1 ¼ tsp.

Salt

5/8 tsp.

1 ¼ tsp.

Combine flour, baking soda, cinnamon, nutmeg, and salt in a bowl.

Margarine or butter

¼ cup 2 Tbsp.

¾ cup

Brown sugar

½ cup

1 cup

Sugar

½ cup

1 cup

Vanilla

1 ¼ tsp.

2 ½ tsp.

Fresh large egg whites

4

7

Or

Frozen egg whites, thawed

1/2 cup 1 Tbsp.

1 cup 2 Tbsp.

Lowfat plain yogurt

2 Tbsp.

¼ cup

Canned applesauce

2 Tbsp.

¼ cup

In a mixing bowl, using a mixer, beat the margarine and sugar for 10 minutes.

Scrape down the sides of the bowl. Add the vanilla, egg whites, yogurt, and applesauce. Beat for 3 minutes.

Add the oat mixture and blend. Add the flour mixture and blend for 1 minute.

Scrape down the sides of the bowl.

## Topping:

Rolled oats

½ cup

1 cup

All-purpose flour

2 Tbsp.

¼ cup

Brown sugar

2 Tbsp.

¼ cup

Margarine or butter

2 Tbsp.

¼ cup

Combine topping ingredients and mix until crumbs are pea-sized. For 25 servings, pour 1qt2cups of batter into a lightly greased rectangle pan/spread evenly. Sprinkle ¾ cup 2 Tbsp of topping over pan. For 50 servings, pour 3 qt of batter into a lightly greased pan (12 x 20 x 2 ½ ) Sprinkle 1 ¾ cups of topping over pan.

**BAKE:** Conventional Oven 325 F 45 minutes

Convection Oven 325 F 35 minutes Bake until golden brown and muffin pulls away from sides of pan. Cut each pan 5 x 5 for 25 portions or 5 x 10 for 50 portions.



# Pasta Toss with Vegetable

25-50 Servings

Meat Alternate/Vegetable/Grain component

Ingredients	25 Servings	50 Servings
Elbow macaroni	4 quart	8 quart
Vegetable oil	1/4 cup	1/2 cup

1. Cook pasta in boiling water until tender but still firm, about 10 minutes. Drain and toss with vegetable oil in a large bowl. Cool to room temperature, stirring occasionally.

Fresh broccoli florets	6 cups (2 lbs.)	20 cups (4 lbs.)
------------------------	-----------------	------------------

2. Cook broccoli in steamer for 2 to 3 minutes until just tender. Quickly cool in ice water and drain. (it is best to cook the day prior to making the salad)

Fresh carrots, peeled		
Shredded	1 1/2 cups (10 oz.)	3 cups (1lb. 4 oz.)
Lowfat mozzarella		
Cheese, 1/2" cubes	4 cups	8 cups

3. In a bowl, combine cooled pasta, broccoli, carrots, and cheese. Mix thoroughly.

Prepared mustard	1 tsp.	2 tsp.
Vinegar	1/4 cup	1/2 cup
Garlic powder	1 tsp.	2 tsp.
Dried, minced chives	1 tsp.	2 tsp.
Dry basil leaves	1 tsp.	2 tsp.
Sugar	2 tsp.	1 TBsp 1 tsp.
Salt	1 tsp.	2 tsp.
Black Pepper	1/2 tsp.	1 tsp.
Vegetable oil	1 cup	2 cups

4. In a bowl, whisk together mustard, vinegar, garlic, chives, basil, sugar, salt, and pepper. Continue to whisk while slowly adding oil.
5. Pour dressing over pasta and vegetables and mix thoroughly.
6. Chill prior to serving.

Serving: 1/2 cup provides 3/4 oz of cheese, 1/4 cup of vegetable, and the equivalent of 1/2 slice of bread.

# Pineapple Chicken

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water (read directions below to see when to use water)		1 qt. 2 ½ cups		3 qts. 1 cup
Salt, table		1 tsp.		2 tsp.
Black pepper, ground		1 tsp.		2 tsp.
Soy sauce, low-sodium		½ cup		1 cup
Chicken Breast, boneless, skinless, cooked ½" diced	2 lbs. 6 ½ oz.		4 lbs. 13 oz.	
Brown rice, long grain, regular, uncooked	12 ½ oz.	2 cups	1 lb. 9 oz.	1 qt.
Canola oil		½ cup		1 cup
Green onions with tops, fresh, thinly sliced	12 ½ oz.	2 qt. 1/3 cups	1 lb. 9 oz.	1 gallon 2/3 cups
Celery, fresh, ¼" diced	1 lb. 2 ¾ oz.	1 qt.	2 lbs. 5 ½ oz.	2 qts.
Pineapple with juice, canned, crushed, packed in juice or light syrup	4 lbs. 11 oz.	2 qts. 1/3 cup (1/4 No. 10 can)	9 lbs. 6 oz.	1 gallon 2/3 cup (1 ½ No. 10 cans)
Sugar		1/3 cup		2/3 cup
Cornstarch		1/3 cup		2/3 cup

## Directions

1. In a plastic bag or large bowl, stir together water, salt, pepper, and soy sauce. Amount of water to use: 25 servings use ½ cups. 50 servings use 1 cup.
2. Marinate chicken for 1 hour.
3. Combine brown rice and water in a large stockpot. Reserve remaining water for step 9. 25 servings, add 1 qt. water. 50 servings, add 2 qts. water. Heat on medium-high heat to a rolling boil.



4. Cover and reduce heat to medium. Cook until water is absorbed, about 30–40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a large spoon.
5. Heat half of the oil in a tilt kettle or large stockpot. Reserve remaining oil. 25 servings use ¼-cup oil; 50 servings, use ½ cup oil.
6. Sauté green onions and celery for about 5–7 minutes or until celery begins to cook, but stays crunchy. Stir frequently.
7. Remove vegetables and set aside.
8. Add remaining oil to the pot. Add chicken, marinade, and pineapple with juice in pot. Continue cooking on medium–high heat and bring to a boil, about 7–10 minutes. Stir frequently. Critical Control Point: Heat to 165 degrees or higher for 15 seconds.
9. Make cornstarch mixture: In a small bowl whisk remaining water together with sugar and cornstarch until smooth. Amount of remaining water to use: 25 servings, use 2 cups; 50 servings, use 1 qt.
10. Stir sugar, cornstarch mixture into the chicken and pineapple. Bring to a boil. Reduce heat and cook for 5 minutes, or until sauce is nectar thick. Stir frequently. Add more water if too thick.
11. Stir celery and green onions into pineapple chicken mixture and cook for 5 minutes.
12. Serving size 2/3 cup (#6 scoop) pineapple chicken and ¼ cup cooked rice provides 1 ½ oz. equivalent meat, 1/8 cup vegetables, ¼-cup fruit, and ½ oz. equivalent grains.

# Sloppy Sammies

Ingredients	12 Servings	24 Servings	48 Servings	96 Servings
Onion, chopped	½ cup	1 cup	2 cups	4 cups
Carrot, grated	1 cup	2 cups	4 cups	8 cups
Yellow pepper, chopped	½ cup	1 cup	2 cups	4 cups
Ground turkey	2 pounds	4 pounds	8 pounds	16 pounds
Tomato sauce	1 cup	2 cups	4 cups	8 cups
Tomatoes, chopped or canned crushed tomatoes	1 ½ cup	3 cups	6 cups	12 cups
Barbeque sauce	½ cup	1 cup	2 cups	4 cups
Whole wheat buns, hamburger or hot dog	6	12	24	24
Cooking spray				

## Directions:

1. Spray skillet with cooking spray. Sauté onions, carrots, peppers and ground turkey (chicken) in a pan over medium-high heat for 5 mins.
2. Add tomato sauce, chopped or crushed tomatoes and barbeque sauce. Bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring occasionally.
4. Uncover and cook for an additional 3 minutes or until thick.
5. Serve open-faced on toasted or plain whole wheat buns.
6. Refrigerate leftovers can be frozen for

## Nutrition Facts

Serving size: 3/4 cup; 1/2 roll (188g)  
Servings Per Recipe: 24

Amount Per Serving	
Calories 245	Cal. from Fat 69
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2g	10%
Cholesterol 60mg	20%
Sodium 461mg	20%
Total Carbohydrate 27g	8%
Dietary Fiber 4g	15%
Sugars 3g	
Protein 18g	
Vitamin A 30%	Vitamin C 15%

**Food For Thought** You can also make these plain without the vegetables mixed in.  
*To that end, this would not count toward the fruit/vegetable requirement.*

**CACFP Crediting** For 3 - 5 year olds; Lunch/Supper.

Must serve *all* of the following:

- Grain/Bread
- Meat/Meat Alternate
- Fruit/Vegetable

Milk



# Sunshine Roll-ups

Ingredients	12 Servings	24 Servings	48 Servings	96 Servings
Chicken, cooked, cooled, chopped	2 pounds	4 pounds	8 pounds	16 pounds
Celery, chopped	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cup	3 cups	6 cups
Mandarin oranges, canned, drained	1 cup	2 cups	4 cups	8 cups
Onion, chopped	$\frac{1}{4}$ cup + 2 T	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cup	3 cups
Mayonnaise	2 T	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	1 cup
Pepper	$\frac{3}{8}$ tsp	$\frac{3}{4}$ tsp	1 $\frac{1}{2}$ tsp	1 T
Tortilla, whole grain, 6"	12	24	48	96
Lettuce, chopped	1 cup	2 cups	4 cups	8 cups

## Directions:

1. In a mixing bowl, combine cold chicken, celery, oranges and onions.
2. Add mayonnaise and pepper. Mix until chicken is coated.
3. Place about four teaspoons of lettuce onto tortilla and top with chicken mix.
4. Roll up and enjoy!

## Nutrition Facts

Serving size: 1 tortilla w/ filling (124g)  
Servings Per Recipe: 24

### Amount Per Serving

Calories 192	Cal. from Fat 39
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1g	4%
Cholesterol 49mg	15%
Sodium 364mg	15%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 21g	

Vitamin A 10%	Vitamin C 10%
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**Food For Thought** Let kids help make their own by choosing different vegetables and fruits they would like to try and rolling it themselves.

**CACFP Crediting** For 3-5 year olds;  
Breakfast. Must serve *all* of the following:

- Grain/Bread
- Fruit/Vegetable
- Meat/Meat Alternate

Milk

# Sweet-and-Sour Chicken

Meat

Main Dishes D-6

Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Skinless chicken thighs, about 4 oz each .....	5 lb 9 oz .....	25 each .....	11 lb 2 oz ....	50 each .....	.....	1. Place 12 to 13 chicken thighs or drumsticks in each glass casserole dish (13" x 9" x 2") or quarter-sheet pan. 2. <b>First Bake:</b> Conventional Oven 425°F, 30 minutes Convection Oven 375°F, 30 minutes Bake until lightly browned and liquid has no signs of pink. Drain and discard liquid and fat.
OR Skinless chicken drumsticks, about 3.7 oz each .....	5 lb 13 oz ....	25 each .....	11 lb 10 oz ...	50 each .....	.....	
<b>Sweet-and-Sour Sauce:</b> Soy sauce .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	3. In a sauce pan, combine soy sauce, oil, lemon juice, vinegar, sugar, mustard, garlic powder, and pineapple juice. Add peach puree (or bottled sweet-and-sour sauce) and the additional pineapple juice. Simmer for 15 minutes.
Vegetable oil .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Lemon juice .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Vinegar .....	.....	3/4 cup .....	.....	1 1/2 cups .....	.....	
Sugar .....	6 oz .....	3/4 cup .....	12 oz .....	1 1/2 cups .....	.....	
Dry mustard .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Garlic powder .....	.....	1 tsp .....	.....	2 tsp .....	.....	
Pineapple juice .....	.....	1 cup .....	.....	2 cups .....	.....	

(over)



Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Canned peaches, drained and pureed .....	4 oz .....	1/2 cup .....	8 oz .....	1 cup .....	.....	4. If using pureed peaches, dissolve cornstarch in cold water. Add to simmering liquid and stir until thickened. (Do not add cornstarch if using bottled sweet-and-sour sauce.) 5. Pour 1 1/2 cups of sauce over each casserole dish of chicken. 6. <b>Second Bake:</b> Conventional Oven 350°F, 30 minutes Convection Oven 325°F, 30 minutes Bake until golden brown. Baste every 15 minutes for a glazed appearance.
OR Bottled sweet-and-sour sauce	1 lb 4 oz .....	2 cups .....	2 lb 8 oz .....	1 qt .....	.....	
Pineapple juice .....	.....	1 cup .....	.....	2 cups .....	.....	
Cornstarch .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Cold water .....	.....	3/4 cup .....	.....	1 1/2 cups .....	.....	



# Taco Salad

25 – 50 Servings

<b>Ingredients</b>	<b>25 Servings</b>	<b>50 Servings</b>
Raw ground beef or turkey	3 lb 4 oz	6 lb 7 oz

**Directions:**

1. Brown ground meat. Drain off fat.

Onions, chopped	¼ cup 3 Tbsp	¾ cup 2 Tbsp
Or		
Dehydrated onions	2 Tbsp 1 tsp	¼ cup 2 tsp
Garlic powder	2 ¼ tsp	1 Tbsp 1 ½ tsp
Black pepper	1 tsp	2 tsp
Tomato paste	¾ cup	1 ½ cups
Water	2 cups	4 cups

**Seasonings:**

Chili powder	1 Tbsp	2 Tbsp
Ground cumin	2 ¼ tsp	1 Tbsp 1 ½ tsp
Paprika	¾ tsp	1 ½ tsp
Onion powder	¾ tsp	1 ½ tsp

2. Add onions, garlic powder, pepper, tomato paste, water, and seasonings. Blend well. Bring to a boil. Reduce heat. Simmer for 25 to 30 minutes.

Fresh lettuce, shredded	2 lb	4 lb
Fresh tomatoes, chopped	2 ¼ cups	4 ½ cup

3. Combine lettuce and tomatoes. Toss lightly.

Cheddar cheese, shredded	3 ¾ cups	7 ½ cups
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4. Assemble and serve.
5. If desired, serve with taco sauce.

**When serving children under 4 years of age do not use this step, choking hazard.**

Taco shell pieces	12 ½ cups	2 lb 6 oz
Or		
Tostada shells	25 each	50 each

# Teriyaki Chicken

Meat

Main Dishes D-12

Ingredients	25 Servings		50 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Lemon juice .....	.....	1/2 cup .....	.....	1 cup .....	.....	1. In a bowl, whisk together lemon juice, soy sauce, vegetable oil, catsup, pepper, and garlic powder. Whisk until smooth, then set aside.
Soy sauce .....	.....	1/4 cup 2 Tbsp .....	.....	3/4 cup .....	.....	
Vegetable oil .....	.....	1/3 cup .....	.....	2/3 cup .....	.....	
Catsup .....	.....	1/4 cup .....	.....	1/2 cup .....	.....	
Black pepper .....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	
Garlic powder .....	.....	1/4 tsp .....	.....	1/2 tsp .....	.....	2. Place 25 chicken pieces in each lightly greased half-steamtable pan (12" x 10" x 2 1/2"). Pour 1 1/4 cups of marinade evenly over each pan of chicken. Cover and refrigerate overnight. 3. <b>To Bake:</b> Conventional Oven 350°F, 65 minutes Convection Oven 325°F, 60 minutes Bake until golden brown.
Skinless chicken drumsticks	5 lb 13 oz .....	25 each .....	11 lb 10 oz ...	50 each .....	.....	
<b>OR</b> Skinless chicken thighs .....	5 lb 13 oz .....	25 each .....	11 lb 10 oz ...	50 each .....	.....	

(over)

*Teriyaki Chicken (continued, page 2 of 2)*

SERVING:

1 portion provides  
1½ oz of cooked poultry

YIELD:

25 servings: 6 lb  
50 servings: 12 lb

**Nutrients Per Serving**

Calories	108	Saturated Fat	1.1 g	Iron	.7 mg
Protein	13 g	Cholesterol	41 mg	Calcium	7 mg
Carbohydrate	1 g	Vitamin A	11 RE/55 IU	Sodium	322 mg
Total Fat	5.4 g	Vitamin C	2 mg	Dietary Fiber	0 g





## My Kid's Lunch Recipes CACFP Centers



"Offering You More Than Just Fine Food"

### Three Bean Chili

Yield: 90 cup  
Child portion: .50 cup (.375 cup beans)  
Adult portion: .75 cup (0.50 cup beans)

Portion Cost

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### INGREDIENTS:

### AMOUNT/MEASUREMENT

### COST

Northern Beans

3 #10 cans

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Pinto Beans

3 #10 cans

---

Kidney Beans

3 #10 cans

---

White onions, chopped

5 cups

---

Tomato Sauce

2 #10 cans

---

Chili Powder

2 cups

---

Oregano

¼ cup

---

Cumin

¼ cup

---

Salt

3 T

---

Water

2 qts

---

### PREP PROCEDURE

1. Cut onions into ½" x ½" bites.
2. Sautee onions until translucent, add water.
3. Drain the beans, tomato sauce, and spices and bring to a boil.

### FINAL PROCEDURES

1. Portion into hotel pans.
2. Wrap and label.

### PLATING PROCEDURES

1. For service, use appropriate serving utensil keeping in mind above portion sizes.

DATE: February 2018

Recipe: 1248

# Vegetable Soup

Vegetable

Soups H-11

Ingredients	25 Servings		50 Servings		For Servings	Directions
	Weight	Measure	Weight	Measure		
<i>Vegetable Broth</i> Chicken or beef broth .....	.....	3 qt 3 cups ....	.....	1 gal 3 qt 2 cups	.....	1. Combine broth, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to a boil. 2. Reduce heat and cover. Simmer for 20 minutes.
Canned tomatoes, with liquid, chopped .....	3 lb 3 oz .....	1 qt 2 cups ....	6 lb 6 oz ....	1 No. 10 can	.....	
*Fresh celery, chopped .....	5 oz .....	1 1/4 cups .....	10 oz .....	2 1/2 cups .....	.....	
*Onions, chopped .....	8 oz .....	1 1/4 cups 2 Tbsp	1 lb .....	2 3/4 cups .....	.....	
OR						
Dehydrated onions .....	.....	1/4 cup 3 Tbsp	.....	3/4 cup 2 Tbsp	.....	
Black pepper .....	.....	1/2 tsp .....	.....	1 tsp .....	.....	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.) 4. Cover and simmer for 15 minutes, or until vegetables are tender. 5. Pour into serving pans or bowls. 6. Portion with 8-oz ladle (1 cup).
Parsley flakes .....	.....	2 Tbsp .....	.....	1/4 cup .....	.....	
Garlic powder .....	.....	1 Tbsp .....	.....	2 Tbsp .....	.....	
Whole-kernel corn, canned, liquid pack, drained .....	9 oz .....	1 1/2 cups .....	1 lb 1 1/2 oz ....	3 cups .....	.....	
OR						
Frozen whole-kernel corn ....	9 oz .....	1 1/2 cups 2 Tbsp	1 lb 1 1/2 oz ....	3 1/4 cups .....	.....	
Canned diced carrots, drained	9 oz .....	1 1/2 cups .....	1 lb 2 oz .....	3 cups .....	.....	
OR						
Frozen sliced carrots .....	11 oz .....	2 1/2 cups .....	1 lb 6 oz .....	1 qt 1 cup ....	.....	
Canned cut green beans, drained .....	8 oz .....	1 1/2 cups .....	15 oz .....	3 cups .....	.....	
OR						
Frozen cut green beans .....	8 oz .....	1 3/4 cups .....	15 oz .....	3 1/2 cups .....	.....	
Canned green peas, drained ...	9 oz .....	1 1/2 cups .....	1 lb 1 1/2 oz ....	3 cups .....	.....	
OR						
Frozen green peas .....	10 oz .....	2 cups .....	1 lb 4 oz .....	1 qt .....	.....	

\*See Marketing Guide.

(over)



**SERVING:** \_\_\_\_\_

1 cup (8-oz ladle) provides  
1/2 cup of vegetable

**YIELD:** \_\_\_\_\_

25 servings: 1 gal 2 qt (approximately)  
50 servings: 3 gal 1 qt (approximately)

## Variations:

### a. Beef Vegetable Soup

**25 servings:** In Step 1, use beef stock and 1 lb 10 oz (3 1/2 cups) undrained canned beef, fat removed, or 1 lb 2 oz raw ground beef (no more than 24% fat), browned and drained. Continue with Steps 2 through 6.

**50 servings:** In Step 1, use beef stock and 3 lb 3 oz (1 qt 3 cups) undrained canned beef, fat removed, or 2 lb 2 1/2 oz raw ground beef (no more than 24% fat), browned and drained. Continue with Steps 2 through 6.

### b. Chicken or Turkey Vegetable Soup

**25 servings:** In Step 1, use chicken stock and 13 oz (2 1/2 cups) cooked chopped chicken or turkey. Continue with Steps 2 through 6.

**50 servings:** In Step 1, use chicken stock and 1 lb 9 1/2 oz (1 qt 1 cup) cooked chopped chicken or turkey. Continue with Steps 2 through 6.

## Nutrients Per Serving

Calories	52	Saturated Fat	.2 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	38 mg
Carbohydrate	9 g	Vitamin A	196 RE/1919 IU	Sodium	1087 mg
Total Fat	1.0 g	Vitamin C	13 mg	Dietary Fiber	2 g

## Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For _____-Serving Recipe
Celery .....	6 oz .....	12 oz .....	.....
Mature onions .....	10 oz .....	1 lb 2 1/2 oz ..	.....



# Very Merry Berries

Ingredients	12 Servings	24 Servings	48 Servings	96 Servings
Rolled oats, old-fashioned	1 ½ cups	3 cups	6 cups	12 cups
Yogurt, low-fat (vanilla or plain)	1 cup	2 cups	4 cups	8 cups
Milk, 1% (low-fat) or fat-free	¾ cup	1 ½ cups	3 cups	6 cups
Apple, peeled, sliced	2 cups	4 cups	8 cups	16 cups
Blueberries, frozen or fresh	2 ½ cups	5 cups	10 cups	20 cups
Raisins (optional)	1 ½ cups	3 cups	6 cups	12 cups

## Directions:

1. In a medium bowl, mix oats, yogurt and milk.
2. Cover and refrigerate for 6 to 12 hours (overnight is best).
3. Add fruit and mix gently.
4. Scoop ½ cup into small dishes or a scoop for table for a preschool serving size.

## Nutrition Facts

Serving size: 1/2 cup (113g)  
Servings Per Recipe: 24

Amount Per Serving	
Calories 147	Cal. from Fat 12
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	2%
Cholesterol 2mg	0%
Sodium 23mg	0%
Total Carbohydrate 32g	10%
Dietary Fiber 3g	10%
Sugars 19g	
Protein 4g	

Vitamin A 0% Vitamin C 8%

**Food For Thought** Serve this dish with any fruit that is in season or use canned when necessary

**CACFP Crediting** For 3-5 year olds;  
Breakfast. Must serve *all* of the following:

Grain/Bread

- **Fruit/Vegetable**

Meat/Meat Alternate

Milk

## Whole Grain Rich Snack Mix

In a large bowl pour together leftover Toasty O's, Kix, Chex, goldfish crackers, pretzels. Mix together. Store in an airtight container.

# Whole Wheat Muffin Squares

## 25-50 Servings

<u>Ingredients</u>	<u>25 Servings</u>	<u>50 Servings</u>
All-purpose flour	2 ¼ cups 2 Tbsp.	4 ¾ cups
Whole Wheat Flour	¾ cup 1 Tbsp.	1 ½ cups 2 Tbsp.
Instant nonfat dry milk	¼ cup 2 Tbsp.	¾ cup
Baking powder	2 Tbsp.	¼ cup
Sugar	½ cup	1 cup
Salt	1 tsp.	2 tsp.
+Raisins, plumped (optional)	½ cup 2 Tbsp.	1 ¼ cups

Blend flour, dry milk, baking powder, sugar, and salt for 5 minutes in mixer on low speed. Add raisins (optional).

Large eggs	2 each	3 each
Or		
Frozen whole eggs, thawed	½ cup	1 cup
Water	1 ¼ cups 2 Tbsp.	2 ¾ cups

Combine eggs and water. Add slowly to dry ingredients while mixing on low speed. Mix only until dry ingredients are moistened, 15 to 20 seconds, scraping down the sides of the bowl.

Vegetable oil	¼ cup 2 Tbsp.	¾ cup
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Add oil slowly while mixing on low speed, approximately 40 seconds. **Do not over mix.** Batter will be lumpy.

For 25 servings, pour 5 cups of batter into a lightly oiled 12"x 10" x 2 ½ " pan. For 50 servings pour 10 cups of batter into a lightly oiled 12" x 20"x 2 ½" pan.

**Bake:** Conventional oven 425 F, 25 minutes.

Convection oven 350 F, 15 minutes.

For 25 servings, cut pan 5 x 5 (25 pieces per pan). For 50 servings, cut each pan 5 x 10 (50 pieces per pan).

### **For muffin pans:**

Portion batter into oiled muffin pans with 2 2/3 Tbsp. Fill no more than two-thirds full.

To Bake: Convection Oven 400 F, 18 to 20 minutes

Convection Oven 350 F, 12 to 15 minutes

Bake until lightly browned. To cool, immediately remove muffins from pans and place on cooling racks.

+To plump raisins cover them with very hot tap water. Soak 2 to 5 minutes. **Do Not Over soak.** Drain well before using.