

# Barbecued Chicken

Meat/Meat Alternate

Main Dishes

D-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 ¼ cups		2 ½ cups	1. For barbecue sauce: Simmer chicken stock and onions over medium heat for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	3 oz OR ½ oz	½ cup OR ¼ cup	6 oz OR 1 oz	1 cup OR ½ cup 1 Tbsp	
Catsup	3 lb 10 oz	1 qt 2 cups (½ No. 10 can)	7 lb 4 oz	3 qt (1 No. 10 can)	2. Add catsup, granulated garlic, and brown sugar. Simmer 15-20 minutes, stirring frequently. Set aside for use in step 4.
Granulated garlic		1 tsp		2 tsp	
Brown sugar, packed	12 oz	1 ½ cups	1 lb 8 oz	3 cups	3. Arrange approximately 25 pieces of chicken on each sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
Raw chicken, cut up, thawed (USDA-donated, whole, cut up 8 pieces)	24 lb 8 oz		49 lb		
					4. Brush approximately 1 qt of barbecue sauce over chicken in each pan.
					5. Bake uncovered, checking frequently: Conventional oven: 425° F for 45 minutes Convection oven: 375° F for 30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					6. Transfer to steamtable pans for serving.  CCP: Hold for hot service at 135° F or higher.

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	4 oz	8 oz

**SERVING:**

1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz equivalent meat/meat alternate.

**YIELD:**

**50 Servings:** about 22 lb 8 oz

**VOLUME:**

**50 Servings:** 3 sheet pans

# Barbecued Chicken

Meat/Meat Alternate

Main Dishes

D-11

100 Servings: about 45 lb

100 Servings: 6 sheet pans

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	295	<b>Saturated Fat</b>	3.73 g	<b>Iron</b>	1.60 mg
<b>Protein</b>	27.25 g	<b>Cholesterol</b>	86 mg	<b>Calcium</b>	27 mg
<b>Carbohydrate</b>	15.83 g	<b>Vitamin A</b>	492 IU	<b>Sodium</b>	476 mg
<b>Total Fat</b>	13.43 g	<b>Vitamin C</b>	5.1 mg	<b>Dietary Fiber</b>	0.5 g

# Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	5 lb 2 oz OR 5 lb 2 oz		10 lb 4 oz OR 10 lb 4 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 30 minutes.
Granulated garlic		1 Tbsp		2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		1 qt 2 cups		3 qt	
†Seasonings Chili powder Ground cumin Paprika Onion powder		3 Tbsp 2 Tbsp 1 Tbsp 1 Tbsp		¼ cup 2 Tbsp ¼ cup 2 Tbsp 2 Tbsp	
Reduced fat Cheddar cheese, shredded	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt	3. Combine shredded cheese with meat mixture.
Enriched flour tortillas (at least 0.9 oz each)		50 each		100 each	4. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
					5. Portion meat mixture with heaping No. 12 scoop (½ cup plus 1 Tbsp) onto each tortilla. Fold around meat envelope style.
					6. Place folded burritos seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans.
					7. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.

# Beef or Pork Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12

Reduced fat Cheddar cheese, shredded (optional)	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	8. CCP: Hold for hot service at 135° F or higher.  Sprinkle shredded cheese (optional) evenly over burritos before serving.
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Comments:  
\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning Mix.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz

SERVING:	YIELD:	VOLUME:
1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads.	<b>50 Servings:</b> about 10 lb 5 oz (filling) 50 burritos	<b>50 Servings:</b> about 1 gallon 1 quart (filling) 2 sheet pans
	<b>100 Servings:</b> about 20 lb 10 oz (filling) 100 burritos	<b>100 Servings:</b> about 2 gallons 2 quarts (filling) 3 sheet pans

Edited 2006

## Nutrients Per Serving

<b>Calories</b>	273	<b>Saturated Fat</b>	5.76 g	<b>Iron</b>	2.62 mg
<b>Protein</b>	18.82 g	<b>Cholesterol</b>	43 mg	<b>Calcium</b>	264 mg
<b>Carbohydrate</b>	21.34 g	<b>Vitamin A</b>	800 IU	<b>Sodium</b>	351 mg
<b>Total Fat</b>	12.46 g	<b>Vitamin C</b>	9.7 mg	<b>Dietary Fiber</b>	2.0 g

# Bean Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	1. Mix onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Simmer for 15 minutes. Reserve for step 2.  2. Using mixer with paddle attachment, puree beans for 4-5 minutes on medium speed until beans are a smooth consistency. Combine ingredients from step 1, and shredded cheese with the pureed beans.  3. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.  4. Portion bean mixture with No. 8 scoop (1/2 cup) onto each tortilla. Fold around beans envelope style.  5. Place folded burritos seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans.  6. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
Granulated garlic		1 Tbsp		2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		1 qt		2 qt	
†Seasonings Chili powder Ground cumin Paprika Onion powder		3 Tbsp 2 Tbsp 1 Tbsp 1 Tbsp		¼ cup 2 Tbsp ¼ cup 2 Tbsp 2 Tbsp	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see Special Tips)	7 lbs OR 7 lbs	1 gal (1 ⅓ No. 10 cans) OR 3 qt 3 ½ cups	14 lbs OR 14 lbs	2 gal (3 ⅓ No. 10 cans) OR 1 gal 3 ¾ qt	
Reduced fat Cheddar cheese, shredded	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt	
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		50 each		100 each	

# Bean Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12A

Reduced fat Cheddar cheese, shredded (optional)	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	7. CCP: Hold for hot service at 135° F or higher.  Sprinkle shredded cheese (optional) evenly over burritos before serving.
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**Comments:**

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning Mix.

### Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Pinto beans, dry	3 lb	6 lb
Mature onions	6 oz	12 oz

**SERVING:**

1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ½ servings of grains/breads.

**YIELD:**

**50 Servings:** about 13 lb 4 oz (filling)  
50 burritos

**100 Servings:** about 26 lb 8 oz (filling)  
100 burritos

**VOLUME:**

**50 Servings:** 1 gallon 2 ¼ quarts (filling)  
2 sheet pans

**100 Servings:** 3 gallons ½ quart (filling)  
3 sheet pans

Edited 2006

**Special Tip:**

**SOAKING BEANS**

**OVERNIGHT METHOD:** Add 1 ¾ qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with recipe.

**QUICK-SOAK METHOD:** Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

Discard the water. Proceed with recipe.

**COOKING BEANS**

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked pinto beans.

# Bean Burrito

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12A

Nutrients Per Serving					
<b>Calories</b>	288	<b>Saturated Fat</b>	3.53 g	<b>Iron</b>	3.37 mg
<b>Protein</b>	14.81 g	<b>Cholesterol</b>	13 mg	<b>Calcium</b>	306 mg
<b>Carbohydrate</b>	40.02 g	<b>Vitamin A</b>	801 IU	<b>Sodium</b>	662 mg
<b>Total Fat</b>	7.94g	<b>Vitamin C</b>	10.1 mg	<b>Dietary Fiber</b>	4.7 g

# Beef or Pork Burrito (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned beef with natural juices, undrained OR Canned pork with natural juices, undrained	6 lb 6 oz OR 6 lb 6 oz	3 ½ No. 2 ½ cans OR 3 ½ No. 2 ½ cans	12 lb 12 oz OR 12 lb 12 oz	7 No. 2 ½ cans OR 7 No. 2 ½ cans	1. Remove fat from undrained canned beef or undrained canned pork.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	
Granulated garlic		1 Tbsp		2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		1 qt		2 qt	
†Seasonings Chili powder Ground cumin Paprika Onion powder		3 Tbsp 2 Tbsp 1 Tbsp 1 Tbsp		¼ cup 2 Tbsp ¼ cup 2 Tbsp 2 Tbsp	
Reduced fat Cheddar cheese, shredded	3 lb 3 oz	3 qt ¾ cup	6 lb 6 oz	1 gal 2 ⅜ qt	3. Combine shredded cheese with meat mixture.
Enriched flour tortillas (at least 0.9 oz each)		50 each		100 each	4. Steam tortillas for 3 minutes until warm. OR Place in warmer to prevent torn tortillas when folding.
					5. Portion meat mixture with No. 12 scoop (½ cup) onto each tortilla. Fold around meat envelope style.
					6. Place folded burritos seam side down on sheet pans (18" x 26" x 1") which have been lightly coated with pan release spray, 33-35 burritos per pan. For 50 servings, use 2 pans. For 100 servings, use 3 pans.
					7. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 325° F for 15 minutes CCP: Heat to 165° F or higher for at least 15 seconds.



# Beef or Pork Burrito (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-12B

Reduced fat Cheddar cheese, shredded (optional)	13 oz	3 ¼ cups	1 lb 10 oz	1 qt 2 ½ cups	8. CCP: Hold for hot service at 135° F or higher.  Sprinkle shredded cheese (optional) evenly over burritos before serving.
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Comments:  
\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp Mexican Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp Mexican seasoning Mix.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz

### SERVING:

1 burrito provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** 50 burritos

**100 Servings:** 100 burritos

### VOLUME:

**50 Servings:** 2 sheet pans

**100 Servings:** 3 sheet pans

Edited 2004

## Nutrients Per Serving

<b>Calories</b>	241	<b>Saturated Fat</b>	4.73 g	<b>Iron</b>	2.35 mg
<b>Protein</b>	16.87 g	<b>Cholesterol</b>	35 mg	<b>Calcium</b>	313 mg
<b>Carbohydrate</b>	21.46 g	<b>Vitamin A</b>	845 IU	<b>Sodium</b>	466 mg
<b>Total Fat</b>	9.78 g	<b>Vitamin C</b>	9.7 mg	<b>Dietary Fiber</b>	2.0 g

# Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	6 lb 6 oz		12 lb 12 oz		1. Brown ground beef or pork. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.  CCP: Heat to 155 ° F for at least 15 seconds.
					3. CCP: Hold for hot service at 135° F or higher.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅓ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
Water		1 qt		2 qt	
†Seasonings Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	4. For topping: Set cheese aside for step 5. Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 5.
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt	
*Fresh tomatoes, chopped	1 lb 5 oz	2 ¾ cups 2 Tbsp	2 lb 10 oz	1 qt 1 ¾ cups	
Enriched taco shells (at least 0.45 oz each)		100 each		200 each	5. Serving suggestions (2 tacos per serving)  A. Before serving or on serving line, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (⅓ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp) shredded cheese. OR B.1. Preportion No. 10 scoop (⅓ cup) lettuce and tomato mixture and ½ oz (2 Tbsp) shredded cheese into individual soufflé cups. Refrigerate until

# Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

service.  
 B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 30 scoops (¼ cup ½ tsp) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

**Comments:**

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican seasoning Mix.

### Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz
Head lettuce	3 lb 4 oz	6 lb 8 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz

**SERVING:**

2 tacos provide 2 oz equivalent meat/meat alternate, ½ cup of vegetable, and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 7 lb 4 oz (filling)  
 about 15 lb 10 oz

**100 Servings:** about 14 lb 8 oz (filling)  
 about 31 lb 4 oz

**VOLUME:**

**50 Servings:** 3 quarts 1 ⅓ cups (filling)  
 100 tacos

**100 Servings:** 1 ½ gallons 2 ⅔ cups (filling)  
 200 tacos

Tested 2004

# Beef or Pork Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13

## Nutrients Per Serving

<b>Calories</b>	299	<b>Saturated Fat</b>	5.80 g	<b>Iron</b>	2.43 mg
<b>Protein</b>	18.26 g	<b>Cholesterol</b>	46 mg	<b>Calcium</b>	200 mg
<b>Carbohydrate</b>	20.36 g	<b>Vitamin A</b>	600 IU	<b>Sodium</b>	253 mg
<b>Total Fat</b>	16.36 g	<b>Vitamin C</b>	8.2 mg	<b>Dietary Fiber</b>	3.0 g

# Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see Special Tip)	8 lb 7 oz OR 8 lb 7 oz	1 gal 3 cups (2 No. 10 cans) OR 1 gal 2 ½ cups	16 lb 14 oz OR 16 lb 14 oz	2 gal 1 ½ qt (4 No. 10 cans) OR 2 gal 1 ¼ qt	1. Heat canned pinto beans before draining. Puree beans to a smooth consistency.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	
					2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.
					CCP: Heat to 155 ° F for at least 15 seconds.
					3. CCP: Hold for hot service at 135° F or higher.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅓ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
Water		1 qt		2 qt	
†Seasonings					
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	4. For topping: Set cheese aside for step 5. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 5.
*Fresh tomatoes, diced	1 lb 5 oz	2 ¾ cups 2 Tbsp	2 lb 10 oz	1 qt 1 ¾ cups	
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt	
Enriched taco shells (at least 0.45 oz each)		100 each		200 each	5. Serving suggestions (2 tacos per serving)
					A. Before serving or on serving line, fill each taco shell with a No. 20 scoop (about 3 Tbsp) bean mixture. On each student tray, serve 2 tacos, No. 10 scoop (¾ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp 1 tsp) shredded cheese.
					OR
					B.1. Preportion No. 10 scoop (¾ cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until

# Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13A

service.  
 B.2. Transfer bean mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 1 No. 10 scoop ( $\frac{3}{8}$  cup) bean mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

**Comments:**

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use  $\frac{1}{4}$  cup 1  $\frac{1}{2}$  tsp Mexican Seasoning Mix. For 100 servings, use  $\frac{1}{2}$  cup 1 Tbsp Mexican seasoning Mix.

### Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz
Head lettuce	3 lb 4 oz	6 lb 8 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz
Dry pinto beans	3 lb 9 oz	7 lb 2 oz

SERVING:	YIELD:	VOLUME:
2 tacos provide 1 $\frac{3}{4}$ oz equivalent meat/meat alternate, $\frac{1}{2}$ cup of vegetable, and 1 serving of grains/breads.	<b>50 Servings:</b> about 11 lb 3 oz (filling) about 19 lb 9 oz  <b>100 Servings:</b> about 22 lb 6 oz (filling) about 39 lb 2 oz	<b>50 Servings:</b> 1 gallon 1 quart (filling) 100 tacos  <b>100 Servings:</b> 2 gallons 2 quarts (filling) 200 tacos

Tested 2004

**Special Tip:**

**SOAKING BEANS**

Overnight method: Add 1  $\frac{3}{4}$  qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

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

**COOKING BEANS**

Once the beans have been soaked, add  $\frac{1}{2}$  tsp salt for every lb of dry beans.

# Bean Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13A

Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2  $\frac{3}{8}$  cups dry or 5  $\frac{1}{4}$  cups cooked pinto beans.

## Nutrients Per Serving

<b>Calories</b>	249	<b>Saturated Fat</b>	2.69 g	<b>Iron</b>	2.67 mg
<b>Protein</b>	11.37 g	<b>Cholesterol</b>	8 mg	<b>Calcium</b>	226 mg
<b>Carbohydrate</b>	32.14 g	<b>Vitamin A</b>	601 IU	<b>Sodium</b>	536 mg
<b>Total Fat</b>	9.31 g	<b>Vitamin C</b>	8.6 mg	<b>Dietary Fiber</b>	5.7 g

# Beef or Pork Taco (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned beef with natural juices, undrained OR Canned pork with natural juices, undrained	9 lb 4 oz OR 9 lb 4 oz	5 ⅞ No. 2 ½ cans OR 5 ⅞ No. 2 ½ cans	18 lb 8 oz OR 18 lb 8 oz	10 ¼ No. 22 cans OR 10 ¼ No. 22 cans	1. Remove fat from undrained canned beef or undrained canned pork.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	
					2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.
					CCP: Heat to 140° F for at least 15 seconds.
					3. CCP: Hold for hot service at 135° F or higher.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅞ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
Water		2 cups		1 qt	
†Seasonings Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	4. For topping: Set cheese aside for step 5. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 5.
*Fresh tomatoes, chopped	1 lb 5 oz	2 ¾ cups	2 lb 10 oz	1 qt 1 ½ cups	
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt	
Enriched taco shells (at least 0.45 oz each)		100 each		200 each	5. Serving suggestions (2 tacos per serving)  A. Before serving or on serving line, fill each taco shell with a No. 12 scoop (⅓ cup) meat mixture per two shells. On each student tray, serve 2 tacos, No. 10 scoop (⅓ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp 1 tsp) shredded cheese. OR B.1. Preportion No. 10 scoop (⅓ cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until



# Beef or Pork Taco (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13B

service.  
 B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray, serve 2 unfilled taco shells, 2 No. 12 scoops ( $\frac{2}{3}$  cup) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

**Comments:**

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use  $\frac{1}{4}$  cup 1  $\frac{1}{2}$  tsp Mexican Seasoning Mix. For 100 servings, use  $\frac{1}{2}$  cup 1 Tbsp Mexican Seasoning Mix.

**Marketing Guide for Selected Items**

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz
Head lettuce	3 lb 4 oz	6 lb 8 oz

**SERVING:**

2 tacos provide 2 oz equivalent meat/meat alternate,  $\frac{1}{2}$  cup of vegetable, and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 15 lb 10 oz

**100 Servings:** about 31 lb 4 oz

**VOLUME:**

**50 Servings:** 100 tacos

**100 Servings:** 200 tacos

Edited 2004

# Beef or Pork Taco (Using Canned Meats)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13B

## Nutrients Per Serving

<b>Calories</b>	246	<b>Saturated Fat</b>	3.80 g	<b>Iron</b>	2.23 mg
<b>Protein</b>	14.88 g	<b>Cholesterol</b>	36 mg	<b>Calcium</b>	192 mg
<b>Carbohydrate</b>	20.36 g	<b>Vitamin A</b>	600 IU	<b>Sodium</b>	362 mg
<b>Total Fat</b>	12.05 g	<b>Vitamin C</b>	8.2 mg	<b>Dietary Fiber</b>	3.0 g

# Chicken or Turkey Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13C

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked chicken or turkey, chopped	4 lb 12 oz	3 qt 3 cups	9 lb 8 oz	1 gal 3 ½ qt	1. Use either cooked chopped chicken or cooked chopped turkey.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	
					2. Add onions, granulated garlic, pepper, tomato paste, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 25-30 minutes. Stir periodically.
					CCP: Heat to 165° F for 15 seconds.
					3. CCP: Hold for hot service at 135° F or higher.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅓ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
Water		1 ½ qt		3 qt	
†Seasonings					
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Onion powder		1 ½ tsp		1 Tbsp	
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	4. For topping: Set cheese aside for step 5. Combine tomatoes and lettuce. Toss lightly. Set mixture aside for step 5.
*Fresh tomatoes, chopped	1 lb 5 oz	2 ¾ cups	2 lb 10 oz	1 qt 1 ½ cups	
*Fresh lettuce, shredded	2 lb 7 oz	1 gal 2 cups	4 lb 14 oz	2 gal 1 qt	
Enriched taco shells (at least 0.45 oz each)		100 each		200 each	5. Serving suggestions (2 tacos per serving)
					A. Before serving or on serving line, fill each taco shell with a No. 30 scoop (2 Tbsp) meat mixture. On each student tray, serve 2 tacos, No. 10 scoop (⅓ cup) lettuce and tomato mixture, and ½ oz (2 Tbsp 1 tsp) shredded cheese.
					OR
					B.1. Preportion No. 10 scoop (⅓ cup) lettuce and tomato mixture and ½ oz (2 Tbsp 1 tsp) shredded cheese into individual soufflé cups. Refrigerate until service.
					B.2. Transfer meat mixture and taco shells to steamtable pans. On each student tray,

# Chicken or Turkey Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13C

serve 2 unfilled taco shells, 2 No. 30 scoops (¼ cup ½ tsp) meat mixture, with preportioned lettuce and tomato mixture and preportioned cheese. Instruct students to "build" their own tacos.

**Comments:**

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

**Marketing Guide for Selected Items**

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets OR	13 lb 4 oz OR	26 lb 8 oz OR
Turkey, whole, without neck and giblets	10 lb 2 oz	20 lb 4 oz
Mature onions	6 oz	12 oz
Tomatoes	1 lb 9 oz	3 lb 2 oz
Head lettuce	3 lb 4 oz	6 lb 8 oz

**SERVING:**

2 tacos provide 1 ¾ oz equivalent meat/meat alternate, ½ cup of vegetable, and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 15 lb 10 oz

**100 Servings:** about 31 lb 4 oz

**VOLUME:**

**50 Servings:** 3 quarts 1 cup (filling)  
100 tacos

**100 Servings:** 1 gallon 2 ½ quarts (filling)  
200 tacos

Tested 2004

# Chicken or Turkey Taco

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-13C

## Nutrients Per Serving

<b>Calories</b>	264	<b>Saturated Fat</b>	3.51 g	<b>Iron</b>	1.77 mg
<b>Protein</b>	19.10 g	<b>Cholesterol</b>	47 mg	<b>Calcium</b>	195 mg
<b>Carbohydrate</b>	20.36 g	<b>Vitamin A</b>	623 IU	<b>Sodium</b>	252 mg
<b>Total Fat</b>	12.22 g	<b>Vitamin C</b>	8.2 mg	<b>Dietary Fiber</b>	3.0 g

# Beef Stew

Meat/Meat Alternate-Vegetable

Main Dishes

D-14

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat	10 lb 4 oz		20 lb 8 oz		1. Brown beef cubes in oil. Drain. Continue immediately.
Vegetable oil		½ cup		1 cup	
*Fresh onions, quartered OR Dehydrated onions	1 lb OR 1 ¼ oz		2 lb OR 2 ½ oz		2. Add onions, flour, granulated garlic, paprika, pepper, salt, and thyme. Cook 5 minutes.
		¾ cup		1 ¼ cups	
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Dried thyme		1 tsp		2 tsp	
Water or beef stock, non-MSG		1 gal 2 qt		3 gal	3. Add water or stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.
Canned sliced carrots, drained	4 lb 6 oz	2 qt 2 cups (1 No. 10 can)	8 lb 12 oz	1 gal 1 qt (2 No. 10 cans)	4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.  CCP: Heat to 165° F or higher at least 15 seconds.
Canned small whole potatoes, drained	3 lb 8 oz	1 qt 2 cups (¾ No. 10 can)	7 lb	3 qt (1 ½ No. 10 cans)	
Canned green peas, drained	3 lb 3 oz	1 qt 3 cups (¾ No. 10 can)	6 lb 6 oz	3 qt 2 cups (1 ½ No. 10 cans)	
					5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					6. CCP: Hold for hot service at 135° F or higher.  Portion with 8 oz ladle (1 cup).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz

# Beef Stew

Meat/Meat Alternate-Vegetable

Main Dishes

D-14

## SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.

## YIELD:

**50 Servings:** about 24 lb 12 oz

**100 Servings:** about 49 lb 8 oz

## VOLUME:

**50 Servings:** about 3 gallons 2 cups  
3 medium half-steamtable pans

**100 Servings:** about 6 gallons 1 quart  
6 medium half-steamtable pans

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	218	<b>Saturated Fat</b>	2.38 g	<b>Iron</b>	3.06 mg
<b>Protein</b>	19.80 g	<b>Cholesterol</b>	49 mg	<b>Calcium</b>	28 mg
<b>Carbohydrate</b>	16.48 g	<b>Vitamin A</b>	5766 IU	<b>Sodium</b>	409 mg
<b>Total Fat</b>	7.80g	<b>Vitamin C</b>	5.9 mg	<b>Dietary Fiber</b>	2.9 g

# Beef Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	5 lb 14 oz		11 lb 12 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	2. Add onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes.  CCP: Heat to 155° F for at least 15 seconds.  Ground beef mixture may be prepared ahead and refrigerated overnight.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
Granulated garlic		2 Tbsp		¼ cup	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Canned diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	
Water		1 qt 1 cup		2 qt 2 cups	
†Seasonings Chili powder Ground cumin Paprika Onion powder		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp		½ cup ¼ cup 2 Tbsp 2 Tbsp 2 Tbsp	
					3. Pour 5 lb 8 oz (2 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
Sugar	3 ½ oz	½ cup	7 oz	1 cup	
Baking powder	1 oz	2 Tbsp 1 tsp	2 oz	⅓ cup	
Salt		¼ tsp		1 ½ tsp	



# Beef Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15

Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	6 oz	¾ cup	12 oz	1 ½ cups	5. In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. Batter will be lumpy.
Instant nonfat dry milk, reconstituted		3 ¾ cups		1 qt 3 ½ cups	
Vegetable oil		½ cup		1 cup	
					6. Pour 2 lb 5 oz (1 qt ½ cup) batter over meat mixture in each pan and spread into corners of pan.
					7. Bake: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	8. Sprinkle 13 oz (3 ¼ cups) cheese over cornbread in each pan.
					9. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 portions per pan).
					10. If desired, serve with taco sauce.

**Comments:**

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

### Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb

**SERVING:**

1 portion provides 2 oz equivalent meat/meat alternate, ¾ cup of vegetable, and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 18 lb 2 oz

**100 Servings:** about 36 lb 4 oz

**VOLUME:**

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Tested 2004

# Beef Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15

**Special Tip:**

For 50 servings, use 2 oz ( $\frac{2}{3}$  cup) dried whole eggs and  $\frac{2}{3}$  cup water in place of eggs.

For 100 servings, use 3  $\frac{1}{2}$  oz (1  $\frac{1}{4}$  cups) dried whole eggs and 1  $\frac{1}{4}$  cups water in place of eggs.

## Nutrients Per Serving

<b>Calories</b>	281	<b>Saturated Fat</b>	5.17 g	<b>Iron</b>	2.89 mg
<b>Protein</b>	18.64 g	<b>Cholesterol</b>	58 mg	<b>Calcium</b>	228 mg
<b>Carbohydrate</b>	23.39 g	<b>Vitamin A</b>	1008 IU	<b>Sodium</b>	430 mg
<b>Total Fat</b>	12.76 g	<b>Vitamin C</b>	11.9 mg	<b>Dietary Fiber</b>	2.4 g

# Beef and Bean Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	2 lb 10 oz		5 lb 4 oz		1. Brown ground beef. Drain. Continue immediately.
Canned pinto beans, drained, coarsely chopped	5 lb 13 oz	3 qt 1 cup (1 ⅓ No. 10 cans and ½ cup)	11 lb 10 oz	1 gal 2 ½ qt (2 ⅔ No. 10 cans and 1 cup)	2. Add pinto beans, onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes.
OR *Dry pinto beans, cooked, coarsely chopped (see Special Tips)	OR 5 lb 13 oz	OR 3 qt	OR 11 lb 10 oz	OR 1 gal 2 qt	CCP: Heat to 155° F for at least 15 seconds.  Ground beef/bean mixture may be prepared ahead and refrigerated overnight.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ⅓ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ⅔ cup OR 2 ½ cups	
Granulated garlic		2 Tbsp		¼ cup	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Canned diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	
Water		1 qt 1 cup		2 qt 2 cups	
†Seasonings Chili powder Ground cumin Paprika Onion powder		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp		½ cup ¼ cup 2 Tbsp 2 Tbsp 2 Tbsp	
					3. Pour 7 lb 13 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
Sugar	3 ½ oz	½ cup	7 oz	1 cup	

# Beef and Bean Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15A

Baking powder		2 Tbsp	2 oz	¼ cup	
Salt		¼ tsp		1 ½ tsp	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	6 oz	¾ cup OR 4 each	12 oz	1 ½ cups OR 7 each	5. In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. Batter will be lumpy.
Instant nonfat dry milk, reconstituted		3 ¾ cups		1 qt 3 ½ cups	
Vegetable oil		½ cup		1 cup	
					6. Pour 2 lb 5 oz (1 qt ½ cup) batter over meat mixture in each pan and spread into corners of pan.
					7. Bake: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	8. Sprinkle 13 oz (3 ¼ cups) cheese over cornbread in each pan.
					9. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 5 (25 portions per pan).
					10. If desired, serve with taco sauce.

Comments:

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	3 lb 10 oz
Dry pinto beans	2 lb 5 oz	4 lb 10 oz

### SERVING:

1 portion provides 2 oz equivalent meat/meat alternate, ⅜ cup of vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** about 17 lb 15 ½ oz

**100 Servings:** about 35 lb 15 oz

### VOLUME:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Tested 2004

# Beef and Bean Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15A

## Special Tips:

1) For 50 servings, use 2 oz ( $\frac{2}{3}$  cup) dried whole eggs and  $\frac{2}{3}$  cup water in place of eggs.

For 100 servings, use 3  $\frac{1}{2}$  oz (1  $\frac{1}{4}$  cups) dried whole eggs and 1  $\frac{1}{4}$  cups water in place of eggs.

## 2) SOAKING BEANS

Overnight method: Add 1  $\frac{3}{4}$  qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

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

## COOKING BEANS

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

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2  $\frac{3}{8}$  cups dry or 5  $\frac{1}{4}$  cups cooked pinto beans.

# Beef and Bean Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15A

## Nutrients Per Serving

<b>Calories</b>	268	<b>Saturated Fat</b>	3.60 g	<b>Iron</b>	3.26 mg
<b>Protein</b>	15.95 g	<b>Cholesterol</b>	39 mg	<b>Calcium</b>	247 mg
<b>Carbohydrate</b>	31.51 g	<b>Vitamin A</b>	1009 IU	<b>Sodium</b>	630 mg
<b>Total Fat</b>	9.23 g	<b>Vitamin C</b>	12.3 mg	<b>Dietary Fiber</b>	4.2 g

# Chicken or Turkey Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked chicken or turkey, chopped	4 lb 12 oz	3 qt 3 cups	9 lb 8 oz	1 gal 3 ½ qt	1. Use either cooked chopped chicken or cooked chopped turkey.  2. Add onions, granulated garlic, pepper, tomato paste, tomatoes, water, and seasonings. Blend well. Bring to boil. Reduce heat and simmer for 20-25 minutes.  CCP: Heat to 165° F for at least 15 seconds.  Poultry mixture may be prepared ahead and refrigerated overnight.  CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	
Granulated garlic		2 Tbsp		¼ cup	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Canned diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	
Water		1 qt 1 cup		2 qt 2 cups	
†Seasonings Chili powder Ground cumin Paprika Onion powder		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp		½ cup ¼ cup 2 Tbsp 2 Tbsp 2 Tbsp	
					3. Pour 5 lb 8 oz (2 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	4. For cornbread topping: Blend flour, cornmeal, sugar, baking powder, and salt in mixer for 1 minute on low speed.
Cornmeal	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
Sugar	3 ½ oz	½ cup	7 oz	1 cup	
Baking powder	1 oz	2 Tbsp 1 tsp	2 oz	⅓ cup	
Salt		¼ tsp		1 ½ tsp	

# Chicken or Turkey Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15B

Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	6 oz	¾ cup	12 oz	1 ½ cups	5. In a separate bowl, mix eggs, milk, and oil. Add to dry ingredients. Blend 2-3 minutes on medium speed until dry ingredients are moistened. Batter will be lumpy.
Instant nonfat dry milk, reconstituted		3 ¾ cups		1 qt 3 ½ cups	
Vegetable oil		½ cup		1 cup	
					6. Pour 2 lb 5 oz (1 qt ½ cup) batter over meat mixture in each pan and spread into corners of pan.
					7. Bake: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	8. Sprinkle 13 oz (3 ¼ cups) cheese over cornbread in each pan.
					9. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 portions per pan).
					10. If desired, serve with taco sauce.

**Comments:**

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Mexican Seasoning Mix.

**Marketing Guide for Selected Items**

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets OR	13 lb 4 oz OR	26 lb 8 oz OR
Turkey, whole, without neck and giblets	10 lb 2 oz	20 lb 4 oz
Mature onions	1 lb	2 lb

**SERVING:**

1 portion provides 2 oz equivalent meat/meat alternate, ¾ cup of vegetable, and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 18 lb

**100 Servings:** about 36 lb

**VOLUME:**

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Tested 2004



# Chicken or Turkey Tamale Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-15B

**Special Tip:**

For 50 servings, use 2 oz ( $\frac{2}{3}$  cup) dried whole eggs and  $\frac{2}{3}$  cup water in place of eggs.

For 100 servings, use 3  $\frac{1}{2}$  oz (1  $\frac{1}{4}$  cups) dried whole eggs and 1  $\frac{1}{4}$  cups water in place of eggs.

Nutrients Per Serving					
<b>Calories</b>	273	<b>Saturated Fat</b>	4.53 g	<b>Iron</b>	2.40 mg
<b>Protein</b>	20.05 g	<b>Cholesterol</b>	69 mg	<b>Calcium</b>	196 mg
<b>Carbohydrate</b>	23.29 g	<b>Vitamin A</b>	1081 IU	<b>Sodium</b>	416 mg
<b>Total Fat</b>	11.39 g	<b>Vitamin C</b>	11.9 mg	<b>Dietary Fiber</b>	2.4 g

# Chicken or Turkey a la King

Meat/Meat Alternate-Vegetable

Main Dishes

D-16

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	7 oz	¾ cup 1 Tbsp	14 oz	1 ½ cups 2 Tbsp	1. Melt margarine or butter. Add flour and stir until smooth.
Enriched all-purpose flour	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup	
Chicken or turkey stock, non-MSG		1 gal		2 gal	2. Add stock, milk, poultry seasoning, pepper, and onion powder. Stir until well blended.
Instant nonfat dry milk, reconstituted		1 qt 2 ¾ cups		3 qt 1 ½ cups	
Poultry seasoning		1 ½ tsp		1 Tbsp	3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Onion powder		¼ cup		½ cup	4. Add chicken or turkey, peas, and pimientos. Cook over medium heat for 3-5 minutes or until heated through.  CCP: Heat to 165° F or higher for at least 15 seconds.
*Cooked chicken or turkey, chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	
Canned green peas, drained  OR Frozen green peas	6 lb 6 oz  OR 5 lb 12 oz	3 qt 1 ¾ cups (1 ½ No. 10 cans)  OR 3 qt 2 cups	12 lb 12 oz  OR 11 lb 8 oz	1 ½ gal 3 ½ cups (3 No. 10 cans)  OR 1 gal 3 qt	5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Pimientos, chopped, drained	4 oz	¼ cup 2 Tbsp	8 oz	¾ cup	
					6. CCP: Hold for hot service at 135° F or higher.  Portion with 6 oz ladle (¾ cup).
					7. Serve over cooked rice, noodles, or a biscuit.

# Chicken or Turkey a la King

Meat/Meat Alternate-Vegetable

Main Dishes

D-16

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets OR	17 lb 12 oz OR	35 lb 8 oz OR
Turkey, whole, without neck and giblets	13 lb 9 oz	27 lb 2 oz

### SERVING:

¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate and ¼ cup of vegetable.

### YIELD:

**50 Servings:** about 21 lb 5 oz

**100 Servings:** about 42 lb 10 oz

### VOLUME:

**50 Servings:** about 2 gallons 1 ½ quarts

**100 Servings:** about 4 gallons 2 ¾ quarts

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	218	<b>Saturated Fat</b>	1.96 g	<b>Iron</b>	1.63 mg
<b>Protein</b>	22.43 g	<b>Cholesterol</b>	53 mg	<b>Calcium</b>	71 mg
<b>Carbohydrate</b>	14.58 g	<b>Vitamin A</b>	680 IU	<b>Sodium</b>	280 mg
<b>Total Fat</b>	8.07 g	<b>Vitamin C</b>	7.7 mg	<b>Dietary Fiber</b>	2.6 g

# Chicken or Turkey and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		2 gal		4 gal	1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN.  2. Melt margarine or butter. Add flour and stir until smooth.  3. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine.  4. Stir occasionally until thickened. CCP: Heat to 165° F or higher for at least 15 seconds.  5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.  6. CCP: Hold for hot service at 135° F or higher.  Portion with 8 oz ladle (1 cup).
Enriched noodles	2 lb 8 oz	1 gal 3 ½ qt	5 lb	3 gal 3 qt	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ¼ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	
*Fresh carrots, shredded (optional)	8 oz	2 ¼ cups	1 lb	1 qt ¾ cup	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		1 qt 2 cups		3 qt	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dried marjoram (optional)		1 ½ tsp		1 Tbsp	
Dried parsley (optional)		½ cup		1 cup	
*Cooked chicken or turkey chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb
Carrots	10 oz	1 lb 4 oz

# Chicken or Turkey and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-17

Chicken, whole, without neck and giblets	17 lb 12 oz	35 lb 8 oz
OR	OR	OR
Turkey, whole, without neck and giblets	13 lb 9 oz	27 lb 2 oz

SERVING:	YIELD:	VOLUME:
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1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

**50 Servings:** 3 medium half-steamtable pans

**50 Servings:** about 3 gallons 2 cups

**100 Servings:** 6 medium half-steamtable pans

**100 Servings:** about 6 gallons 1 quart

Edited 2004

Nutrients Per Serving			
<b>Calories</b>	244	<b>Saturated Fat</b>	1.88 g
<b>Protein</b>	21.90 g	<b>Cholesterol</b>	75 mg
<b>Carbohydrate</b>	21.32 g	<b>Vitamin A</b>	128 IU
<b>Total Fat</b>	7.52 g	<b>Vitamin C</b>	0.9 mg
		<b>Iron</b>	1.91 mg
		<b>Calcium</b>	63 mg
		<b>Sodium</b>	186 mg
		<b>Dietary Fiber</b>	0.8 g

# Chicken or Turkey Chop Suey

Meat/Meat Alternate-Vegetable

Main Dishes

D-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		1 gal 1 qt		2 gal 2 qt	1. Combine stock, soy sauce, pepper, and granulated garlic. Bring to boil. Add celery and onions. Reduce heat and simmer for 10-12 minutes.
Low-sodium soy sauce		1 cup		2 cups	
Ground black or white pepper		1 tsp		2 tsp	
Granulated garlic		1 tsp		2 tsp	
*Fresh celery, cut into strips	4 lb 4 oz	3 qt 1 cup	8 lb 8 oz	1 gal 2 ½ qt	2. Combine cornstarch and water. Mix until smooth.  3. Add to stock mixture. Stir well and cook over medium heat until thickened, 6-8 minutes.  4. Add chicken or turkey. Cook over medium heat for 3-5 minutes or until heated through.  CCP: Heat to 165° F or higher for at least 15 seconds.  5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.  6. CCP: Hold for hot service at 135° F or higher.  Serve with 6 oz ladle (¾ cup).  7. Serve over cooked rice.
*Fresh onions, chopped OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ⅓ cups OR 3 cups	
Cornstarch	8 ¾ oz	2 cups	1 lb 1 ½ oz	1 qt	
Water, cold		1 ½ cups		3 cups	
*Cooked chicken or turkey, diced	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	

Comments:

\*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Celery	5 lb 2 oz	10 lb 4 oz
Mature onions	1 lb 3 oz	2 lb 6 oz
Chicken, whole, without neck and giblets OR	17 lb 12 oz OR	35 lb 8 oz OR

# Chicken or Turkey Chop Suey

Meat/Meat Alternate-Vegetable

Main Dishes

D-18

Turkey, whole, without neck and giblets 13 lb 9 oz

27 lb 2 oz

**SERVING:**

¾ cup (6 oz ladle) provides 2 oz meat/meat alternate and ¼ cup vegetable.

**YIELD:**

**50 Servings:** about 23 lb 3 oz

**100 Servings:** about 46 lb 6 oz

Tested 2004

**VOLUME:**

**50 Servings:** about 2 gallons 1 ½ quarts

**100 Servings:** 4 gallons 2 ¾ quarts

Variation:

A) Chicken or Turkey Chow Mein

Follow steps 1-5. In step 7, serve over chow mein noodles.

**Nutrients Per Serving**

<b>Calories</b>	147	<b>Saturated Fat</b>	1.28 g	<b>Iron</b>	1.03 mg
<b>Protein</b>	17.75 g	<b>Cholesterol</b>	52 mg	<b>Calcium</b>	30 mg
<b>Carbohydrate</b>	7.93 g	<b>Vitamin A</b>	77 IU	<b>Sodium</b>	332 mg
<b>Total Fat</b>	4.66 g	<b>Vitamin C</b>	2.7 mg	<b>Dietary Fiber</b>	0.8 g

# Chicken or Turkey Pot Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	2 lb	1 qt 3 ½ cups	4 lb	3 qt 3 cups	1. For pastry topping: Combine flour and salt. Mix in shortening until size of small peas.
Salt		1 ½ tsp		1 Tbsp	
Shortening	1 lb 2 oz	2 ¾ cups	2 lb 4 oz	1 qt 1 ½ cups	2. Add water and mix just until dry ingredients are moistened. Cover and set aside for step 9.
Water, cold		1 cup		2 cups	
*Cooked chicken or turkey, diced	6 lb 6 oz	1 gal 1 ½ qt	12 lb 12 oz	2 gal 3 qt	3. For filling: Place 3 lb 3 oz (2 qt 3 cups) chicken or turkey into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Canned mixed vegetables, drained OR Frozen mixed vegetables	3 lb 5 oz OR 3 lb 7 oz	1 qt 3 cups (¾ No. 10 can) OR 1 qt 3 cups	6 lb 10 oz OR 6 lb 14 oz	3 qt 3 cups (1 ½ No. 10 cans) OR 13 qt 3 cups	4. Add mixed vegetables to each pan. For canned mixed vegetables, add 1 lb 10 ½ oz (3 ½ cups) per pan. For frozen mixed vegetables, add 1 lb 11 ½ oz (3 ½ cups) per pan.
Margarine or butter	8 oz	1 cup	1 lb	2 cups	5. Melt margarine or butter. Add celery and onion. Cook over medium heat for 5-10 minutes.
*Fresh celery, chopped	1 lb 4 oz	1 qt ¾ cup	2 lb 8 oz	2 qt 1 ½ cups	6. Blend in flour. Cook over medium heat, stirring constantly until light brown, 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	1 lb 4 oz OR 3 ¾ oz	3 ½ cups OR 1 ½ cups 2 Tbsp	2 lb 8 oz OR 7 ½ oz	1 qt 2 ⅔ cups OR 3 ¾ cups	
Enriched all-purpose flour	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup	
Chicken or turkey stock, non-MSG, hot		3 qt 3 cups		1 gal 3 ½ qt	7. Slowly stir in stock, pepper, and poultry seasoning. Blend well and cook over medium heat, stirring frequently until slightly thickened, 10-15 minutes.
Ground black or white pepper		1 ½ tsp		1 Tbsp	8. Pour approximately 2 qt 1 cup gravy mixture over chicken or turkey and vegetables in each pan. Gravy mixture will thicken in step 12. Stir carefully to combine.
Poultry seasoning		1 ½ tsp		1 Tbsp	
					9. Roll out pastry dough into rectangles (about 12" x 20") on lightly floured surface. Use 1 lb 13 oz of dough for each pan.



# Chicken or Turkey Pot Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

	10. Cover chicken or turkey mixture with pastry. Brush with pastry brush dipped in water. Cut slits in pastry.
	11. Bake: Conventional oven: 450° F for 30-35 minutes Convection oven: 400° F for 20-25 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
	12. Continue to bake until mixture has thickened: Conventional oven: 210° for 30 minutes. Convection oven: 210° for 30 minutes.
	13. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 portions per pan).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets OR	17 lb 12 oz OR	35 lb 8 oz OR
Turkey, whole, without neck and giblets	13 lb 9 oz	27 lb 2 oz
Celery	1 lb 9 oz	3 lb 2 oz
Mature onions	1 lb 7 oz	2 lb 14 oz

### SERVING:

1 portion (1 cup) provides 2 oz meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

### VOLUME:

**50 Servings:** about 3 gallons 2 cups

**100 Servings:** about 6 gallons 1 quart

Edited 2004

# Chicken or Turkey Pot Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-19

## Nutrients Per Serving

<b>Calories</b>	344	<b>Saturated Fat</b>	4.60 g	<b>Iron</b>	2.23 mg
<b>Protein</b>	20.45 g	<b>Cholesterol</b>	52 mg	<b>Calcium</b>	32 mg
<b>Carbohydrate</b>	22.98 g	<b>Vitamin A</b>	3708 IU	<b>Sodium</b>	261 mg
<b>Total Fat</b>	18.74 g	<b>Vitamin C</b>	2.81 mg	<b>Dietary Fiber</b>	1.9 g

# Chili con Carne with Beans

Meat/Meat Alternate-Vegetable

Main Dishes

D-20

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	7 lb		14 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	2. Add onions, granulated garlic, green pepper (optional), pepper, chili powder, paprika, onion powder, and ground cumin. Cook for 5 minutes.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
*Fresh green pepper, chopped (optional)	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Chili powder		3 Tbsp		¼ cup 2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Onion powder		1 Tbsp		2 Tbsp	
Ground cumin	1 oz	¼ cup	2 oz	½ cup	
Canned diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	3. Stir in tomatoes, water, and tomato paste; mix well. Bring to boil. Reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 40 minutes.
Water		2 qt 1 cup		1 gal 2 cups	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Canned pinto or kidney beans, drained OR *Dry pinto or kidney beans, cooked (see Special Tip)	3 lb 6 oz OR 2 lb 4 oz	1 qt 3 ½ cups (½ No. 10 can) OR 1 qt 2 cups	6 lb 12 oz OR 4 lb 8 oz	3 qt 3 cups (1 No. 10 can) OR 3 qt	4. Stir in beans. Cover and simmer. Stir occasionally.  CCP: Heat to 155° F or higher for 15 seconds. OR If using previously cooked and chilled beans: CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Pour into serving pans.
					6. CCP: Hold for hot service at 135° F or higher.  Portion with 4 oz ladle (½ cup).
Reduced fat Cheddar cheese, shredded (optional)	1 lb 8 oz	1 qt 2 cups	3 lb	3 qt	7. Garnish with cheese (optional).

# Chili con Carne with Beans

Meat/Meat Alternate-Vegetable

Main Dishes

D-20

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb
Green peppers	11 oz	1 lb 6 oz
Dry pinto beans, dry OR	1 lb OR	2 lb OR
Dry kidney beans	1 lb	2 lb

### SERVING:

½ cup (4 oz ladle) provides 2 oz equivalent meat/meat alternate and ¾ cup of vegetable.

### YIELD:

**50 Servings:** about 16 lb 4 oz

**100 Servings:** about 32 lb 8 oz

### VOLUME:

**50 Servings:** about 1 gallons 2 ¼ quarts

**100 Servings:** about 3 gallons 2 cups

Tested 2004

### Special Tip:

#### SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

#### COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Or, chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.

### Variation:

#### A. Chili con Carne without Beans

50 servings: In step 1, use 8 lb 10 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 - 7.

100 servings: In step 1, use 17 lb 4 oz raw ground beef. Continue with steps 2 and 3. In step 4, omit pinto or kidney beans. Continue with steps 5 -7.

# Chili con Carne with Beans

Meat/Meat Alternate-Vegetable

Main Dishes

D-20

1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

## Nutrients Per Serving

<b>Calories</b>	180	<b>Saturated Fat</b>	3.57 g	<b>Iron</b>	2.71 mg
<b>Protein</b>	15.44 g	<b>Cholesterol</b>	42 mg	<b>Calcium</b>	46 mg
<b>Carbohydrate</b>	10.68 g	<b>Vitamin A</b>	813 IU	<b>Sodium</b>	204 mg
<b>Total Fat</b>	8.58 g	<b>Vitamin C</b>	14.5 mg	<b>Dietary Fiber</b>	2.5 g

# Country Fried Steak

Meat/Meat Alternate

Main Dishes

D-21

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	1. Combine flour, salt, and pepper.
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 Tbsp		2 Tbsp	
Dehydrated onions	2 ¾ oz	1 ½ cups	5 ¼ oz	2 ¾ cups	2. Combine about ½ of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
Raw ground beef (no more than 20% fat)	9 lb		18 lb		
					3. Place 4 lb 13 oz (2 qt 1 cup) ground beef mixture into each sheet pan (18" x 26" x 1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					4. Sprinkle remaining seasoned flour evenly over meat, about ½ cup per pan. Pat into meat.
					5. Cut each pan 5 x 5 (25 portions per pan).
					6. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 300° F for 10 minutes
					7. Transfer steaks, browned side up, into steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Margarine or butter	4 oz	½ cup	8 oz	1 cup	8. For brown gravy: Melt margarine or butter in stock pot. Blend in flour and cook on medium heat, stirring frequently until golden brown, 8-10 minutes.
Enriched all-purpose flour	5 oz	1 cup 3 Tbsp	10 oz	1 ¾ cups 2 Tbsp	
Beef stock, non-MSG, hot		2 qt ½ cup		1 gal 1 cup	9. Slowly stir in beef stock, onion powder, and pepper. Blend well and bring to boil. Reduce heat. Simmer, stirring constantly until thickened, 6-8 minutes.
Onion powder		2 tsp		1 Tbsp 1 tsp	
					10. Pour gravy over steaks, approximately 2 qt per pan. Cover pans.

# Country Fried Steak

Meat/Meat Alternate

Main Dishes

D-21

Ground black or white pepper	¼ tsp	½ tsp	11. Bake: Conventional oven: 375° F for 15 minutes Convection oven: 300° F for 10 minutes CCP: Heat to 155° F or higher for at least 15 seconds.
			12. Serve 1 steak with gravy or on a roll.  CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
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1 portion provides 2 oz equivalent meat/meat alternate.

**50 Servings:** about 11 lb 1 oz

**50 Servings:** 1 steamtable pan

**100 Servings:** about 22 lb 2 oz

**100 Servings:** 2 steamtable pans

Edited 2004

Nutrients Per Serving					
<b>Calories</b>	216	<b>Saturated Fat</b>	4.94 g	<b>Iron</b>	2.11 mg
<b>Protein</b>	17.40 g	<b>Cholesterol</b>	54 mg	<b>Calcium</b>	25 mg
<b>Carbohydrate</b>	7.36 g	<b>Vitamin A</b>	85 IU	<b>Sodium</b>	239 mg
<b>Total Fat</b>	12.51 g	<b>Vitamin C</b>	1.2 mg	<b>Dietary Fiber</b>	0.4 g

# Ground Beef and Macaroni (with Mexican Seasoning)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-22

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil. Add salt.
Salt	2 oz	3 Tbsp	4 oz	¼ cup 2 Tbsp	
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ½ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		3. Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ⅔ cup OR 2 ½ cups	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	4. Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes.  CCP: Heat to 155° F or higher for at least 15 seconds.
Canned diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	
Beef stock, non-MSG or water		1 qt 2 cups		3 qt	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Granulated garlic		1 Tbsp		2 Tbsp	
†Seasonings Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
					5. Pour into steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Reduced fat Cheddar cheese, shredded (optional)	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	6. Sprinkle 7 oz (1 ¾ cups) of shredded cheese (optional) evenly over each pan.
					7. CCP: Hold for hot service at 135° F or higher.  Portion with two No. 10 scoops (¾ cup) per serving.



# Ground Beef and Macaroni (with Mexican Seasoning)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-22

**Comments:**

\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

**Marketing Guide for Selected Items**

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb

SERVING:	YIELD:	VOLUME:
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¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternate, ⅔ cup of vegetable, and 1 serving of grains/breads.

**50 Servings:** about 21 lb 8 oz

**50 Servings:** about 2 gallons 2 quarts

**100 Servings:** about 43 lb

**100 Servings:** about 5 gallons

Tested 2004

**Variation:**

A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use ½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1 ¼ cups Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or ¼ cup 3 Tbsp dried basil, ¼ cup 3 Tbsp dried oregano, ¼ cup 1 Tbsp dried marjoram, and 1 Tbsp dried thyme. Continue with steps 5-7.

# Ground Beef and Macaroni (with Mexican Seasoning)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-22

## Nutrients Per Serving

<b>Calories</b>	283	<b>Saturated Fat</b>	4.40 g	<b>Iron</b>	3.32 mg
<b>Protein</b>	19.96 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	40 mg
<b>Carbohydrate</b>	26.14 g	<b>Vitamin A</b>	718 IU	<b>Sodium</b>	193 mg
<b>Total Fat</b>	10.67 g	<b>Vitamin C</b>	13.9 mg	<b>Dietary Fiber</b>	2.5 g

# Ground Beef and Spanish Rice

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	15 oz OR 2 ¾ oz	2 ½ cups OR 1 ¼ cups 2 Tbsp	1 lb 14 oz OR 5 ½ oz	1 qt 1 cup OR 2 ¾ cups	2. Add onions and green peppers. Cook approximately 5 minutes on medium heat.
*Fresh green pepper, chopped	12 oz	2 ¼ cups 2 Tbsp	1 lb 8 oz	1 qt ¾ cup	
Beef stock, non-MSG or water		3 qt 3 cups		1 gal 3 ½ qt	3. Add beef stock or water, tomatoes, tomato paste, seasonings, salt, and pepper. Bring to boil.
Canned diced tomatoes, with juice	2 lb 7 oz	1 qt ¾ cup (⅓ No. 10 can plus 1 cup)	4 lb 13 oz	2 qt 1 ⅓ cups (¾ No. 10 can)	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (⅓ No. 10 can)	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	
†Seasonings Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Enriched white rice, long grain, regular OR Enriched white rice, long grain, parboiled	3 lb 6 oz OR 3 lb 10 oz	2 qt OR 2 qt 1 cup	6 lb 12 oz OR 7 lb 4 oz	1 gal OR 1 gal 2 cups	4. Stir in rice. Return to boil. Reduce heat and cover tightly. Cook over low heat for 20-30 minutes or until rice is tender.  CCP: Heat to 155° F or higher for at least 15 seconds.
					5. Pour 10 lb 9 oz (1 gallon ½ cup) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6. CCP: Hold for hot service at 135° F or higher.  Portion with No. 6 scoop (¾ cup).

# Ground Beef and Spanish Rice

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-23

Comments:  
\*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 2 oz	2 lb 4 oz
Green peppers	15 oz	1 lb 14 oz

### SERVING:

¾ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** about 21 lb 2 oz

**100 Servings:** about 42 lb 4 oz

### VOLUME:

**50 Servings:** about 2 gallons 1 cup

**100 Servings:** about 4 gallons 2 cups

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	282	<b>Saturated Fat</b>	4.44 g	<b>Iron</b>	3.10 mg
<b>Protein</b>	18.57 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	41 mg
<b>Carbohydrate</b>	27.05 g	<b>Vitamin A</b>	519 IU	<b>Sodium</b>	288 mg
<b>Total Fat</b>	10.54 g	<b>Vitamin C</b>	11.8 mg	<b>Dietary Fiber</b>	1.2 g

# Ground Beef Stroganoff

Meat/Meat Alternate

Main Dishes

D-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue immediately.
Enriched all-purpose flour	4 ½ oz	1 cup 1 Tbsp	9 oz	2 cups 2 Tbsp	2. Sprinkle flour over beef and stir.
*Fresh onions, chopped OR Dehydrated onions	1 lb 12 oz OR 5 ¼ oz	1 qt ¾ cup OR 2 ¾ cups	3 lb 8 oz OR 10 ½ oz	2 qt 1 ½ cups OR 1 qt 1 ½ cups	3. Add onions, granulated garlic, parsley, pepper, and salt. Stir to combine. Cook over low heat for approximately 5 minutes.
Granulated garlic		1 ½ tsp		1 Tbsp	
Dried parsley		⅓ cup		⅓ cup	
Ground black or white pepper		1 tsp		2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Instant nonfat dry milk, reconstituted		3 ¾ cups		1 qt 2 ¾ cups	4. Add milk and undiluted soup to beef mixture. Stir until well blended. Bring to boil. Reduce heat and cover. Simmer for 40-45 minutes.  CCP: Heat to 155° F or higher for at least 15 seconds.
Canned condensed cream of mushroom soup	7 lb 13 oz	2 ¾ cups 2 Tbsp (2 ½ No. 3 cyl cans)	15 lb 10 oz	1 qt 1 ¾ cups (5 No. 3 cyl cans)	
					5. Pour 7 lb 7 oz (about 1 gal 3 cups) into each medium half-steamtable pan (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6. CCP: Hold for hot service at 135° F or higher.  Portion with a 6 oz ladle (¾ cup).
					7. Serve over cooked rice or noodles.

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb	4 lb

# Ground Beef Stroganoff

Meat/Meat Alternate

Main Dishes

D-24

**SERVING:**

¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate.

**YIELD:**

**50 Servings:** about 14 lb 14 oz  
2 medium half-steamtable pans

**100 Servings:** about 29 lb 12 oz  
4 medium half-steamtable pans

Tested 2004

**VOLUME:**

**50 Servings:** about 2 gallons 1 ½ quarts

**100 Servings:** about 4 gallons 2 ¾ quarts

**Nutrients Per Serving**

<b>Calories</b>	250	<b>Saturated Fat</b>	5.74 g	<b>Iron</b>	2.19 mg
<b>Protein</b>	17.65 g	<b>Cholesterol</b>	52 mg	<b>Calcium</b>	61 mg
<b>Carbohydrate</b>	9.63 g	<b>Vitamin A</b>	33 IU	<b>Sodium</b>	645 mg
<b>Total Fat</b>	15.34 g	<b>Vitamin C</b>	1.6 mg	<b>Dietary Fiber</b>	0.5 g

# Lasagna with Ground Beef

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-25

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	3 lb 4 oz		6 lb 8 oz		1. Brown ground beef. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	3 lb OR 9 oz	2 qt OR 1 qt ¾ cup	6 lb OR 1 lb 2 oz	1 gal OR 2 qt 1 ½ cups	
Granulated garlic		2 Tbsp		¼ cup	2. Add pepper, parsley, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
Ground black or white pepper		1 tsp		2 tsp	
Dried parsley		¼ cup		½ cup	
Canned diced tomatoes, with juice	4 lb 4 oz	2 qt ¼ cup (⅔ No. 10 can)	8 lb 8 oz	1 gal ½ cup (1 ⅓ No. 10 cans)	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		3 qt		1 gal 2 qt	
†Seasonings Dried basil Dried oregano Dried marjoram Dried thyme		3 Tbsp 3 Tbsp 1 Tbsp 1 tsp		¼ cup 2 Tbsp ¼ cup 2 Tbsp 2 Tbsp 2 tsp	
Enriched lasagna noodles, uncooked (at least 0.78 oz each)	2 lb 12 oz	56 each	5 lb 8 oz	112 each	3. Assemble ingredients as follows: In steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.  For each pan 1st layer-1 qt ½ cup sauce 2nd layer-14 uncooked noodles lengthwise 3rd layer-1 qt ½ cup sauce 4th layer-6 ¼ oz (1 ½ cups 1 Tbsp) cheese blend and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese 5th layer-14 uncooked noodles crosswise 6th layer-1 qt ¾ cup sauce 7th layer-6 ¼ oz (1 ½ cups 1 Tbsp) process American cheese and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese

# Lasagna with Ground Beef

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-25

Cheese blend of American and skim milk cheeses, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup
Lite mozzarella cheese, shredded	2 lb 6 oz	2 qt 1 ½ cups	4 lb 12 oz	1 gal 3 cups
4. Tightly cover pans.				
5. Bake: Conventional oven: 350° F for 1 ¼ -1 ½ hours Convection oven: 325° F for 45 minutes  CCP: Heat to 165° F or higher for at least 15 seconds.				
6. Remove pans from oven. Uncover. Let stand for 15 minutes before serving.				
7. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 pieces per pan).				

**Comments:**

\*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp 1 tsp Italian Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp 2 tsp Italian Seasoning Mix.

### Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	3 lb 7 oz	6 lb 14 oz

**SERVING:**

1 piece provides 2 oz equivalent meat/meat alternate, ⅜ cup of vegetable, and ¼ serving of grains/breads.

**YIELD:**

**50 Servings:** about 22 lb 12 oz

**100 Servings:** about 45 lb 8 oz

**VOLUME:**

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Tested 2004



# Lasagna with Ground Beef

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-25

## Nutrients Per Serving

<b>Calories</b>	269	<b>Saturated Fat</b>	4.69 g	<b>Iron</b>	2.65 mg
<b>Protein</b>	19.88 g	<b>Cholesterol</b>	34 mg	<b>Calcium</b>	304 mg
<b>Carbohydrate</b>	28.35 g	<b>Vitamin A</b>	910 IU	<b>Sodium</b>	406 mg
<b>Total Fat</b>	8.70 g	<b>Vitamin C</b>	16.3 mg	<b>Dietary Fiber</b>	2.3 g

# Lasagna with Ground Pork and Ground Beef

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-25A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	2 lb 2 oz		4 lb 4 oz		1. Brown ground beef and ground pork. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes.
Raw ground pork (no more than 20% fat)	1 lb 2 oz		2 lb 4 oz		
*Fresh onions, chopped OR Dehydrated onions	3 lb OR 9 oz	2 qt OR 1 qt ¾ cup	6 lb OR 1 lb 2 oz	1 gal OR 2 qt 1 ¼ cups	2. Add pepper, parsley, canned tomatoes, tomato paste, water, and seasonings. Heat to boiling, uncovered. Remove from heat.
Granulated garlic		2 Tbsp		¼ cup	
Ground black or white pepper		1 tsp		2 tsp	
Dried parsley		¼ cup		½ cup	
Canned diced tomatoes, with juice	4 lb 4 oz	2 qt 1/4 cup (¾ No. 10 can)	8 lb 8 oz	1 gal ½ cup (1 ⅓ No. 10 cans)	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		3 qt		1 gal 2 qt	3. Assemble ingredients as follows: In steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.  For each pan 1st layer-1 qt ½ cup sauce 2nd layer-14 uncooked noodles lengthwise 3rd layer-1 qt ½ cup sauce 4th layer-6 ¼ oz ( 1 ½ cups 1 Tbsp) process American cheese and 9 ½ oz (2 ¼ cups 2 Tbsp) mozzarella cheese 5th layer-14 uncooked noodles crosswise 6th layer-1 qt ¾ cup sauce 7th layer-6 ¼ oz ( 1 ½ cups 1 Tbsp) process American cheese and 9 ½ oz
†Seasonings					
Dried basil		3 Tbsp		¼ cup 2 Tbsp	
Dried oregano		3 Tbsp		¼ cup 2 Tbsp	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 tsp		2 tsp	
Enriched lasagna noodles, uncooked (at least 0.78 oz each)	2 lb 12 oz	56 each	5 lb 8 oz	112 each	

# Lasagna with Ground Pork and Ground Beef

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-25A

(2 ¼ cups 2 Tbsp) mozzarella cheese				
Cheese blend of American and skim milk cheeses, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup
Lite mozzarella cheese, shredded	2 lb 6 oz	2 qt 1 ½ cups	4 lb 12 oz	1 gal 3 cups
4. Tightly cover pans.				
5. Bake: Conventional oven: 350° F for 1 ¼ -1 ½ hours Convection oven: 325° F for 45 minutes  CCP: Heat to 165° F or higher for at least 15 seconds.				
6. Remove pans from oven. Uncover. Let stand for 15 minutes before serving.				
7. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 pieces per pan).				

**Comments:**

\*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 3 Tbsp 1 tsp Italian Seasoning Mix. For 100 servings, use ¾ cup 2 Tbsp 2 tsp Italian Seasoning Mix.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servinas
Mature onions	3 lb 7 oz	6 lb 14 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz equivalent meat/meat alternate, ⅜ cup of vegetable, and ¼ serving of grains/breads.	<b>50 Servings:</b> about 22 lb 12 oz	<b>50 Servings:</b> 2 steamtable pans
	<b>100 Servings:</b> about 45 lb 8 oz	<b>100 Servings:</b> 4 steamtable pans

Tested 2004

# Lasagna with Ground Pork and Ground Beef

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-25A

## Nutrients Per Serving

<b>Calories</b>	269	<b>Saturated Fat</b>	4.55 g	<b>Iron</b>	2.56 mg
<b>Protein</b>	19.63 g	<b>Cholesterol</b>	35 mg	<b>Calcium</b>	303 mg
<b>Carbohydrate</b>	28.35 g	<b>Vitamin A</b>	911 IU	<b>Sodium</b>	405 mg
<b>Total Fat</b>	8.76 g	<b>Vitamin C</b>	16.5 mg	<b>Dietary Fiber</b>	2.3 g

# Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-26

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil.
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ½ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook about 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt	3. Quickly stir milk into macaroni. Add margarine or butter and seasonings.
Margarine or butter (cut into small cubes)	8 oz	1 cup	1 lb	2 cups	
Dry mustard		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Cheese blend of American and skim milk cheeses, shredded	6 lb 4 oz	1 gal 2 ¼ qt	12 lb 8 oz	3 gal 2 cups	4. Add the cheese and stir until the cheese is melted and the mixture is smooth. The mixture is quite liquid at this stage.  CCP: Heat to 140° F or higher.
					5. Pour macaroni and cheese mixture into steamtable pans (12" x 20" x 2 ½") which have been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Hold for 30 minutes on a 180-190° F steamtable to allow sufficient time for mixture to set up properly.
					6. CCP: Hold for hot service at 135° F or higher.  Portion with No. 6 scoop (¾ cup).

SERVING:	YIELD:	VOLUME:
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¾ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

**50 Servings:** 2 steamtable pans

**50 Servings:** about 2 gallons

**100 Servings:** 4 steamtable pans

**100 Servings:** about 4 gallons

Edited 2004

# Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-26

Variation:

A. Macaroni, Cheese, and Ham

50 servings: Follow steps 1-3. In step 4, use 5 lb 12 oz (1 gal 1  $\frac{3}{4}$  qt) shredded cheese and 1 lb (3 cups) diced cooked ham water added. Continue with steps 5 and 6.

100 servings: Follow steps 1-3. In step 4, use 11 lb 8 oz (2 gal 3  $\frac{1}{2}$  qt) shredded cheese and 2 lb (1 qt 2  $\frac{1}{4}$  cups) diced cooked ham water added. Continue with steps 5 and 6.

CCP heat to 165° F or higher for at least 15 seconds.

Serving:  $\frac{2}{3}$  cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate and  $\frac{3}{4}$  serving of grains/breads.

Nutrients Per Serving					
<b>Calories</b>	296	<b>Saturated Fat</b>	6.84 g	<b>Iron</b>	1.03 mg
<b>Protein</b>	19.64 g	<b>Cholesterol</b>	31 mg	<b>Calcium</b>	482 mg
<b>Carbohydrate</b>	27.44 g	<b>Vitamin A</b>	684 IU	<b>Sodium</b>	896 mg
<b>Total Fat</b>	12.18 g	<b>Vitamin C</b>	0.4 mg	<b>Dietary Fiber</b>	0.9 g

# Meat Loaf

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	6 oz	$\frac{3}{4}$ cup	12 oz	1 $\frac{1}{2}$ cups	1. In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
Water		1 cup		2 cups	
Beef stock, non-MSG		2 cups		1 qt	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	8 oz	$\frac{3}{4}$ cup 3 Tbsp OR 5 each	1 lb	1 $\frac{3}{4}$ cups 2 Tbsp OR 9 each	
Rolled oats	14 $\frac{1}{2}$ oz	1 qt 1 cup	1 lb 13 oz	2 qt 2 cups	2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, thyme, and salt. Mix on low speed for 2-3 minutes or until blended. DO NOT OVERMIX.
Instant nonfat dry milk	2 $\frac{1}{4}$ oz	$\frac{3}{4}$ cup 2 Tbsp	4 $\frac{1}{2}$ oz	1 $\frac{3}{4}$ cups	
Raw ground beef (no more than 20% fat)	7 lb 14 oz		15 lb 12 oz		
*Fresh onions, finely chopped OR Dehydrated onions	9 oz OR $\frac{3}{4}$ oz	1 $\frac{1}{2}$ cups OR $\frac{1}{4}$ cup 2 Tbsp	1 lb 2 oz OR 1 $\frac{1}{2}$ oz	3 cups OR $\frac{3}{4}$ cup	
*Fresh celery, finely chopped	1 lb	3 $\frac{3}{4}$ cups	2 lb	1 qt 3 $\frac{1}{2}$ cups	
Dried parsley		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Ground black or white pepper		1 Tbsp		2 Tbsp	
Granulated garlic		1 Tbsp		2 Tbsp	
Dried basil		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dried oregano		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dried marjoram		$\frac{1}{2}$ tsp		1 tsp	
Dried thyme		$\frac{1}{2}$ tsp		1 tsp	
Salt		1 tsp		2 tsp	
					3. Place 12 lb 14 oz (1 gal 2 $\frac{3}{4}$ qt) mixture into each steamtable pan (12" x 20" x 2 $\frac{1}{2}$ "). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					4. Press mixture into steamtable pans. Smooth top. Separate mixture down the middle lengthwise into 2 equal loaves.

# Meat Loaf

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-27

	<p>5. Bake:          Conventional oven: 350° F for 1 ½ hours          Convection oven: 275° F for 1 ¼ hours          CCP: Heat to 155° F or higher for at least 15 seconds.</p> <p>OR</p> <p>If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>6. Drain fat from pans. Let meat loaf stand 20 minutes. Slice each loaf into 25 slices, approximately ¾" thick.</p> <p>CCP: Hold for hot service at 135° F or higher.</p>
	<p>7. Serve with Brown Gravy (see G-03) or Meatless Tomato Sauce (see G-07).</p>

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	11 oz	1 lb 6 oz
Celery	1 lb 4 oz	2 lb 8 oz

### SERVING:

1 slice (¾" thick) provides 2 oz equivalent meat/meat alternate and ½ serving grains/breads.

### YIELD:

**50 Servings:** about 11 lb 4 oz

**100 Servings:** about 22 lb 8 oz

### VOLUME:

**50 Servings:** 1 gallon 2 ¾ quarts (raw)  
2 loaves, 25 slices each

**100 Servings:** 3 gallons 1 ½ quarts (raw)  
4 loaves, 25 slices each

Tested 2004

### Special Tips:

1) Before baking, spread one cup of tomato sauce over the top of each loaf to retain moisture.

2) For 50 servings, use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs.

For 100 servings, use 4 ½ oz (1 ½ cups) dried whole eggs and 1 ½ cups



# Meat Loaf

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-27

water in place of eggs.

## Nutrients Per Serving

<b>Calories</b>	195	<b>Saturated Fat</b>	4.22 g	<b>Iron</b>	2.23 mg
<b>Protein</b>	17.05 g	<b>Cholesterol</b>	67 mg	<b>Calcium</b>	47 mg
<b>Carbohydrate</b>	8.00 g	<b>Vitamin A</b>	154 IU	<b>Sodium</b>	122 mg
<b>Total Fat</b>	10.29 g	<b>Vitamin C</b>	2.9 mg	<b>Dietary Fiber</b>	1.3 g

# Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-27A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato paste	6 oz	$\frac{3}{4}$ cup	12 oz	1 $\frac{1}{2}$ cups	1. In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
Water		1 cup		2 cups	
Beef stock, non-MSG		2 cups		1 qt	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	8 oz	$\frac{3}{4}$ cup 3 Tbsp OR 5 each	1 lb	1 $\frac{3}{4}$ cups 2 Tbsp OR 9 each	
Rolled oats	14 $\frac{1}{2}$ oz	1 qt 1 cup	1 lb 13 oz	2 qt 2 cups	
Instant nonfat dry milk	2 $\frac{1}{4}$ oz	$\frac{3}{4}$ cups 2 Tbsp	4 $\frac{1}{2}$ oz	1 $\frac{3}{4}$ cups	
Raw ground beef (no more than 20% fat)	7 lb 14 oz		15 lb 12 oz		2. Add ground beef, onions, celery, parsley, pepper, granulated garlic, basil, oregano, marjoram, thyme, and salt. Mix on low speed for 3 minutes or until blended. DO NOT OVERMIX.
*Fresh onions, finely chopped OR Dehydrated onions	9 oz OR $\frac{3}{4}$ oz	1 $\frac{1}{2}$ cups OR $\frac{1}{4}$ cup 2 Tbsp	1 lb 2 oz OR 1 $\frac{1}{2}$ oz	3 cups OR $\frac{3}{4}$ cup	
*Fresh celery, diced finely	1 lb	3 $\frac{3}{4}$ cups	2 lb	1 qt 3 $\frac{1}{2}$ cups	
Dried parsley		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Ground black or white pepper		1 Tbsp		2 Tbsp	
Granulated garlic		1 Tbsp		2 Tbsp	
Dried basil		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dried oregano		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Dried marjoram		$\frac{1}{2}$ tsp		1 tsp	
Dried thyme		$\frac{1}{2}$ tsp		1 tsp	
Salt		1 tsp		2 tsp	
					3. Portion with level firmly packed No. 16 scoop ( $\frac{1}{4}$ cup) into steamtable pans (12" x 20" x 2 $\frac{1}{2}$ "), 25 meat balls per pan. For 50 servings, use 4 pans. For 100 servings, use 8 pans.

# Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-27A

	4. Bake: Conventional oven: 350° F for 40 minutes Convection oven: 275° F for 40 minutes CCP: Heat to 155° F or higher for at least 15 seconds.  OR If using homemade stock, CCP: Heat to 165° F or higher for at least 15 seconds.
	5. Drain fat from pans.
	6. CCP: Hold for hot service at 135° F or higher.  Portion 2 meat balls per serving.
	7. Serve with Brown Gravy (see G-03), Meatless Tomato Sauce (see G-07), or in a meat ball submarine sandwich.

**Comments:**

\*See Marketing Guide.

### Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Mature onions	11 oz	1 lb 6 oz
Celery	1 lb 4 oz	2 lb 8 oz

SERVING:	YIELD:	VOLUME:
2 meat balls provide 2 oz equivalent meat/meat alternate and ½ serving grains breads.	<b>50 Servings:</b> about 11 lb 2 ½ oz	<b>50 Servings:</b> 1 gallon 2 ¾ quarts (raw) 100 meat balls
	<b>100 Servings:</b> about 22 lb 5 oz	<b>100 Servings:</b> 3 gallons 1 ½ quarts (raw) 200 meat balls

Tested 2004

**Special Tips:**

1) Before baking, spread one cup of tomato sauce over the top of each loaf to retain moisture.

2) For 50 servings, use 2 ½ oz (¾ cup 2 Tbsp) dried whole eggs and ¾ cup 2 Tbsp water in place of eggs.

For 100 servings, use 4 ½ oz (1 ½ cups) dried whole eggs and 1 ½ cups

# Meat Balls

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-27A

water in place of eggs.

## Nutrients Per Serving

<b>Calories</b>	195	<b>Saturated Fat</b>	4.22 g	<b>Iron</b>	2.23 mg
<b>Protein</b>	17.04 g	<b>Cholesterol</b>	67 mg	<b>Calcium</b>	47 mg
<b>Carbohydrate</b>	7.90 g	<b>Vitamin A</b>	155 IU	<b>Sodium</b>	122 mg
<b>Total Fat</b>	10.26 g	<b>Vitamin C</b>	3.1 mg	<b>Dietary Fiber</b>	1.3 g

# Nachos with Ground Beef

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	4 lb 8 oz		9 lb		1. Brown ground beef. Drain. Continue immediately.
†Seasonings Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	2. Add seasonings and mix.
Instant nonfat dry milk, reconstituted		1 qt		2 qt	3. Add milk to ground beef mixture. Stir frequently over medium heat. When simmering add cheese. Stir frequently over medium heat, approximately 15 minutes.  CCP: Heat to 155° F or higher for at least 15 seconds.
Cheese blend of American and skim milk cheeses, shredded	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 ¼ qt	
*Fresh green chili peppers, chopped (optional)	2 oz	¼ cup 2 Tbsp	4 oz	¾ cup	4. Add green chili peppers (optional) and stir to combine.
Enriched taco shell pieces	2 lb 13 oz	1 gal 2 ½ qt	5 lb 10 oz	3 gal 1 qt	5. To maintain best consistency, serve immediately or hold hot.  CCP: Hold for hot service at 135° F or higher.  Portion with No. 16 scoop (¼ cup) over 0.9 oz (approximately ⅔ cup) taco shell pieces.
					6. If desired, garnish with chopped green peppers, chopped tomatoes, and chopped green chili peppers.

Comments: \*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Green chili peppers	3 oz	6 oz

# Nachos with Ground Beef

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-28

**SERVING:**

1 portion provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 10 lb 10 oz

**100 Servings:** about 21 lb 4 oz

Tested 2004

**VOLUME:**

**50 Servings:** 3 quarts ½ cup (topping)

**100 Servings:** 6 quarts 1 cup (topping)

**Nutrients Per Serving**

<b>Calories</b>	281	<b>Saturated Fat</b>	6.11 g	<b>Iron</b>	1.67 mg
<b>Protein</b>	17.80 g	<b>Cholesterol</b>	42 mg	<b>Calcium</b>	277 mg
<b>Carbohydrate</b>	19.28 g	<b>Vitamin A</b>	410 IU	<b>Sodium</b>	590 mg
<b>Total Fat</b>	15.13 g	<b>Vitamin C</b>	0.4 mg	<b>Dietary Fiber</b>	2.1 g

# Oven Fried Chicken

Meat/Meat Alternate

Main Dishes

D-29

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw chicken, cut up, thawed (USDA-donated, whole, cut up 8 pieces)	24 lb 8 oz		49 lb		1. Place chicken pieces in large bowl. Drizzle oil over chicken. Toss to coat thoroughly.
Vegetable oil		1 ½ cups		3 cups	
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	2. In a separate bowl, combine flour, dry milk, poultry seasoning, pepper, paprika, and granulated garlic. Mix well.
Instant nonfat dry milk	8 oz	3 ¼ cups 2 Tbsp	1 lb	1 qt 2 ¾ cups	
Poultry seasoning		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 Tbsp		2 Tbsp	
Paprika		1 ½ tsp		1 Tbsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
					3. Coat oiled chicken with seasoned flour. Arrange approximately 25 pieces of chicken on each ungreased sheet pan (18" x 26" x 1"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					4. Bake: Conventional oven: 400° F for 45-55 minutes Convection oven: 350° F for 30-35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Transfer to steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
1 portion (1 breast, or 1 drumstick and 1 wing, or 1 thigh with back) provides 2 oz equivalent meat/meat alternate.	<b>50 Servings:</b> about 21 lb 5 oz	<b>50 Servings:</b> 2 steamtable pans
	<b>100 Servings:</b> about 42 lb 10 oz	<b>100 Servings:</b> 4 steamtable pans

# Oven Fried Chicken

Meat/Meat Alternate

Main Dishes

D-29

Tested 2004

Nutrients Per Serving					
<b>Calories</b>	343	<b>Saturated Fat</b>	4.66 g	<b>Iron</b>	1.77 mg
<b>Protein</b>	29.35 g	<b>Cholesterol</b>	87 mg	<b>Calcium</b>	75 mg
<b>Carbohydrate</b>	9.67 g	<b>Vitamin A</b>	201 IU	<b>Sodium</b>	104 mg
<b>Total Fat</b>	19.99 g	<b>Vitamin C</b>	0.4 mg	<b>Dietary Fiber</b>	0.3 g



# Pizza with Cheese Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough in pans (18" x 26" x 1") OR (18" x 13" x 1")		2 ½ sheet pans		5 sheet pans	1. For pizza dough, use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	2. Combine onions, granulated garlic, pepper, tomato paste, water, salt, basil, oregano, marjoram, and thyme. Simmer for 15 minutes.
Granulated garlic		2 ½ tsp		1 Tbsp 2 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		1 qt 3 cups		3 qt 2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Dried basil		2 tsp		1 Tbsp 1 tsp	
Dried oregano		2 tsp		1 Tbsp 1 tsp	
Dried marjoram		½ tsp		1 tsp	
Dried thyme		½ tsp		1 tsp	
Lite mozzarella cheese, shredded	6 lb 4 oz	1 gal 2 ¼ qt	12 lb 8 oz	3 gal 2 cups	3. Sprinkle 12 oz (3 cups) shredded cheese evenly over each sheet pan. Sprinkle 6 oz (1 ½ cups) shredded cheese evenly over each half-sheet pan.
					4. Spread 1 qt ¼ cup tomato mixture over cheese in each sheet pan. Spread 2 cups 2 Tbsp tomato mixture over cheese in each half-sheet pan.
					5. Sprinkle 1 lb 12 oz (1 qt 3 cups) remaining shredded cheese evenly over tomato mixture in each sheet pan. Sprinkle 14 oz (3 ½ cups) shredded cheese evenly over tomato mixture in each half-sheet pan.
					6. Bake until crust is lightly browned: Conventional oven: 475° F for 15-18 minutes Convection oven: 450° F for 15 minutes
					7. CCP: Hold at 135° F or higher.
					Cut each sheet pan 4 x 5 (20 pieces per pan). Cut each half-sheet pan 2 x 5

# Pizza with Cheese Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-30

(10 pieces per pan).

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz

### SERVING:

1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 2 servings of grains/breads.

### YIELD:

**50 Servings:** about 16 lb 4 oz

**100 Servings:** about 32 lb 8 oz

### VOLUME:

**50 Servings:** 2 ½ sheet pans

**100 Servings:** 5 sheet pans

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	280	<b>Saturated Fat</b>	4.17 g	<b>Iron</b>	2.17 mg
<b>Protein</b>	19.85 g	<b>Cholesterol</b>	19 mg	<b>Calcium</b>	430 mg
<b>Carbohydrate</b>	31.42 g	<b>Vitamin A</b>	624 IU	<b>Sodium</b>	497 mg
<b>Total Fat</b>	8.06 g	<b>Vitamin C</b>	7.0 mg	<b>Dietary Fiber</b>	1.9 g

# Vegetable Pizza

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough in pans (18" x 26" x 1") OR (18" x 13" x 1")		2 ½ sheet pans		5 sheet pans	1. For pizza dough, use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
*Fresh onions, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups 2 Tbsp OR 1 cup 2 Tbsp	1 lb 8 oz OR 4 ½ oz	1 qt ¼ cup OR 2 ¼ cups	2. Combine onions, seasonings, granulated garlic, pepper, tomato paste, water, and tomatoes. Simmer for 15 minutes. Reserve for step 4.
†Seasonings Dried basil Dried oregano Dried marjoram Dried thyme		3 Tbsp 3 Tbsp 2 Tbsp 1 ½ tsp 1 ½ tsp		¼ cup 2 Tbsp ¼ cup 2 Tbsp ¼ cup 1 Tbsp 1 Tbsp	
Granulated garlic		2 ½ tsp		1 Tbsp 2 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		1 qt 3 cups		3 qt 2 cups	
* Fresh tomatoes, diced	1 lb 8 oz	3 ¼ cups 2 Tbsp	3 lb	1 qt 2 ¾ cups	
*Fresh mixed vegetable * Fresh green peppers, chopped * Fresh broccoli, chopped * Fresh mushrooms, sliced * Fresh onions, chopped * Fresh yellow squash, sliced * Fresh zucchini, sliced	1 lb 8 oz 9 ½ oz 12 oz 1 lb 4 oz 14 oz	3 cups 2 Tbsp 2 ½ cups 2 Tbsp 1 ¼ cups 2 cups 1 qt 1 cup 3 cups	2 lb 1 lb 1 lb 3 oz 1 lb 8 oz 2 lb 8 oz 1 lb 12 oz	1 qt 2 ¼ cups 1 qt 1 ¼ cups 2 1/2 cups 1 qt 2 qt 2 cups 1 qt 2 cups	3. Combine raw mixed vegetables and reserve for step 4.
Lite mozzarella cheese, shredded	4 lb 3 ½ oz	1 gal ¾ cup	8 lb 7 oz	2 gal 1¾ cups	4. Layer each pizza as follows: Sheet pan 1st layer-9 oz (2 ¼ cups) shredded cheese 2nd layer-2 lb 12 oz (1 qt 1 ½) cups tomato mixture 3rd layer-9 oz (2 ¼ cups) shredded cheese 4th layer-1 lb 15 ¾ oz(3 ½ cups) vegetables 5th layer-9 oz (2 ¼ cups) shredded cheese Half-sheet pan 1st layer-4 ½ oz (1 cup 2 Tbsp) shredded

# Vegetable Pizza

Main Dishes

D-30A

	<p>cheese                  2nd layer-1 lb 6 oz (2 ¾ cup) tomato mixture                  3rd layer-4 ½ oz (1 cup 2 Tbsp) shredded cheese                  4th layer-15 ¾ oz (1 ¾ cups) vegetables                  5th layer-4 ½ oz (1 cup 2 Tbsp) shredded cheese</p>
	<p>5. Bake:                  Conventional oven: 450° F for 20-25 minutes                  Convection oven: 350° F for 25 minutes</p>
	<p>6. Remove from oven. Let stand for 10 minutes before cutting.</p>
	<p>7. CCP: Hold at 135° F or higher.</p> <p>Cut each sheet pan 4 x 5                  (20 pieces per pan).                  Cut each half-sheet pan 2 x 5                  (10 pieces per pan).</p>

**Comments:**

\*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasonings Mixes) may be used to replace these ingredients. For 50 servings, use ½ cup 1 Tbsp Italian Seasoning Mix. For 100 servings, use 1 cup 2 Tbsp Italian Seasoning Mix.

### Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Mature onions	1 lb 12 oz	3 lb 8 oz
Tomatoes	1 lb 12 oz	3 lb 8 oz
Green peppers	1 lb 4 oz	2 lb 8 oz
Broccoli	10 oz	1 lb 4 oz
Mushrooms	10 oz	1 lb 4 oz
Yellow squash	1 lb 5 oz	1 lb 10 oz
Zucchini	1 lb	2 lb

SERVING:	YIELD:	VOLUME:
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1 piece provides 1 ¼ oz equivalent meat/meat alternate, ½ cup of vegetable, and 2 servings of grains/breads.

**50 Servings:** 50 pieces

**50 Servings:** 2 ½ sheet pans

**100 Servings:** 100 pieces

**100 Servings:** 5 sheet pans

# Vegetable Pizza

Main Dishes

D-30A

## Nutrients Per Serving

<b>Calories</b>	265	<b>Saturated Fat</b>	4.17 g	<b>Iron</b>	2.68 mg
<b>Protein</b>	14.26 g	<b>Cholesterol</b>	22 mg	<b>Calcium</b>	282 mg
<b>Carbohydrate</b>	34.07 g	<b>Vitamin A</b>	879 IU	<b>Sodium</b>	403 mg
<b>Total Fat</b>	8.17 g	<b>Vitamin C</b>	20.9 mg	<b>Dietary Fiber</b>	2.8 g

# Pizza with Ground Beef Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-31

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough in pans (18" x 26" x 1") OR (18" x 13" x 1")		2 ½ sheet pans		5 sheet pans	1. For pizza crust: Use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
Raw ground beef (no more than 20% fat)	3 lb 4 oz		6 lb 8 oz		2. For pizza topping: Brown ground beef. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	
Granulated garlic		2 ½ tsp		1 Tbsp 2 tsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	3. Add tomato paste, pepper, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer for 15 minutes.
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Water		2 qt		1 gal	
Salt		2 tsp		1 Tbsp 1 tsp	
Dried parsley		3 Tbsp		¼ cup 2 Tbsp	
Dried basil		2 tsp		1 Tbsp 1 tsp	
Dried oregano		2 tsp		1 Tbsp 1 tsp	
Dried marjoram		½ tsp		1 tsp	
Dried thyme		½ tsp		1 tsp	
Lite mozzarella cheese, shredded	4 lb	1 gal	8 lb	2 gal	4. Sprinkle 8 ½ oz (2 cups 2 Tbsp) shredded cheese evenly over each sheet pan. Sprinkle 4 ¼ oz (1 cup 1 Tbsp) shredded cheese evenly over each half-sheet pan.
					5. Spread 3 lb 5 oz (1 qt 1 cup) beef mixture over cheese in each sheet pan. Spread 1 lb 10 ½ oz (2 cups 2 Tbsp) beef mixture over cheese in each half-sheet pan.
					6. Sprinkle 1 lb 1 oz (4 ¼ cups) shredded cheese evenly over topping in each sheet pan. Sprinkle 8 ½ oz (2 cups 2 Tbsp) shredded cheese evenly over topping in each half-sheet pan.

# Pizza with Ground Beef Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-31

	<p>7. Bake until crust is lightly browned:          Conventional oven: 475° F for 15-18 minutes          Convection oven: 450° F for 15 minutes</p> <p>CCP: Heat to 155° F or higher for 15 seconds.</p>
	<p>8. CCP: Hold for hot service at 135° F or higher.</p> <p>Cut each sheet pan 4 x 5          (20 pieces per pan).          Cut each half-sheet pan 2 x 5          (10 pieces per pan).</p>

Comments:  
 \*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Mature onions	6 oz	12 oz

### SERVING:

1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 2 servings of grains/breads.

### YIELD:

**50 Servings:** about 15 lb

**100 Servings:** about 30 lb

### VOLUME:

**50 Servings:** 2 ½ sheet pans

**100 Servings:** 5 sheet pans

Tested 2004

# Pizza with Ground Beef Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-31

## Nutrients Per Serving

<b>Calories</b>	294	<b>Saturated Fat</b>	4.39 g	<b>Iron</b>	2.82 mg
<b>Protein</b>	20.12 g	<b>Cholesterol</b>	32 mg	<b>Calcium</b>	287 mg
<b>Carbohydrate</b>	30.98 g	<b>Vitamin A</b>	561 IU	<b>Sodium</b>	383 mg
<b>Total Fat</b>	9.60 g	<b>Vitamin C</b>	9.4 mg	<b>Dietary Fiber</b>	1.9 g



# Pizza with Ground Pork Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-31A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Pizza dough in pans (18" x 26" x 1") OR (18" x 13" x 1")		2 ½ sheet pans		5 sheet pans	1. For pizza crust: Use Pizza Crust recipe (see B-14) or Pourable Pizza Crust recipe (see B-15).
Raw ground pork (no more than 20% fat)	4 lb 4 oz		8 lb 8 oz		
*Fresh onions, chopped OR Dehydrated onions	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	10 oz OR 2 oz	1 ¾ cups OR 1 cup	2. For pizza topping: Brown ground pork. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes.
Granulated garlic		2 ½ tsp		1 Tbsp 2 tsp	
Ground black or white pepper		1 ½ tsp		1 Tbsp	3. Add pepper, tomato paste, water, salt, parsley, basil, oregano, marjoram, thyme, fennel seed, sage, and red pepper (optional). Simmer for 15 minutes.
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Water		1 qt 3 cups		3 qt 2 cups	
Salt		1 tsp		2 tsp	
Dried parsley		1 ½ tsp		1 Tbsp	
Dried basil		2 tsp		1 Tbsp 1 tsp	
Dried oregano		2 tsp		1 Tbsp 1 tsp	
Dried marjoram		½ tsp		1 tsp	
Dried thyme		½ tsp		1 tsp	
Fennel seed		1 Tbsp		2 Tbsp	
Ground sage		1 tsp		2 tsp	
Red pepper, crushed (optional)		¼ tsp		½ tsp	
Lite mozzarella cheese, shredded	3 lb 2 oz	3 qt ½ cup	6 lb 4 oz	1 gal 2 ¼ qt	4. Sprinkle 8 oz (2 cups) shredded cheese evenly over each sheet pan. Sprinkle 4 oz (1 cup) shredded cheese evenly over each half-sheet pan.
					5. Spread 3 lb 8 oz (1 qt 1 ¼ cups) of pork mixture over cheese on each sheet pan. Spread 1 lb 12 oz (2 ½ cups 2 Tbsp) of pork mixture over cheese on each half-sheet pan.

# Pizza with Ground Pork Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-31A

	6. Sprinkle 12 oz (3 cups) shredded cheese evenly over the top of each sheet pan, and 6 oz (1 ½ cups) over the top of each half-sheet pan.
	7. Bake until crust is lightly browned: Conventional oven: 475° F for 15-18 minutes Convection oven: 450° F for 15 minutes CCP: Heat to 155° F or higher for 15 seconds.
	8. CCP: Hold for hot service at 135° F or higher.  Cut each sheet pan 4 x 5 (20 pieces per pan). Cut each half-sheet pan 2 x 5 (10 pieces per pan).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz

### SERVING:

1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 2 servings of grains/breads.

### YIELD:

**50 Servings:** about 13 lb 5 ½ oz

**100 Servings:** about 26 lb 10 oz

### VOLUME:

**50 Servings:** 2 ½ sheet pans

**100 Servings:** 5 sheet pans

Tested 2004

# Pizza with Ground Pork Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-31A

## Nutrients Per Serving

<b>Calories</b>	292	<b>Saturated Fat</b>	3.79 g	<b>Iron</b>	2.60 mg
<b>Protein</b>	18.78 g	<b>Cholesterol</b>	40 mg	<b>Calcium</b>	226 mg
<b>Carbohydrate</b>	30.78 g	<b>Vitamin A</b>	524 IU	<b>Sodium</b>	296 mg
<b>Total Fat</b>	10.17 g	<b>Vitamin C</b>	10.0 mg	<b>Dietary Fiber</b>	2.0 g

# Quiche with Self-Forming Crust

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-32

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	<ol style="list-style-type: none"> <li>Sprinkle 13 oz (3 ¼ cups) cheese into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</li> <li>Beat eggs in mixer for 2 minutes on medium speed.</li> <li>Add milk, flour, baking powder, salt, pepper, nutmeg (optional), and onions. Mix for 4 minutes on low speed.</li> <li>Slowly pour 3 lb 14 oz (2 qt 3 cups) mixture evenly over cheese in each pan. Sprinkle 5 ½ oz (1 ¼ cups 2 Tbsp) cheese (optional) over liquid mixture in each pan.</li> <li>Bake:               <ul style="list-style-type: none"> <li>Conventional oven: 400° F for 50-60 minutes</li> <li>Convection oven: 350° F for 25-35 minutes</li> </ul>               Stir lightly twice during first half of baking time.                CCP: Heat to at least 145° F for 3 minutes.                A knife inserted near center should come out clean. Surface will be lightly browned and puffy.             </li> <li>CCP: Hold for hot service at 135° F or higher.                Cut each pan 5 x 5 (25 portions per pan).</li> </ol>
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	4 lb 11 oz	2 qt 1 cup	9 lb 6 oz	1 gal 1 ⅔ cup	
Instant nonfat dry milk, reconstituted		3 qt		1 gal 2 qt	
Enriched all-purpose flour	14 oz	3 ¼ cups	1 lb 12 oz	1 qt 2 ½ cups	
Baking powder		½ tsp		1 tsp	
Salt		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Ground nutmeg (optional)		½ tsp		1 tsp	
*Fresh onions, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups OR 1 cup 2 Tbsp	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	
Cheese blend of American and skim milk cheeses, shredded (optional)	11 oz	2 ¾ cups	1 lb 6 oz	1 qt 1 ½ cups	

# Quiche with Self-Forming Crust

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-32

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz

### SERVING:

1 portion provides 2 oz equivalent meat/meat alternate, and ½ serving of grains/breads.

### YIELD:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

### VOLUME:

**50 Servings:** 50 pieces

**100 Servings:** 100 pieces

Edited 2004

### Special Tip:

50 servings: Use 1 lb 5 ½ oz (1 qt 3 ¼ cups) dried whole eggs and 1 qt 3 ¼ cups water in place of eggs.

100 servings: Use 2 lb 10 oz (3 qt 2 ¼ cups) dried whole eggs and 3 qt 2 ¼ cups water in place of eggs.

## Nutrients Per Serving

<b>Calories</b>	153	<b>Saturated Fat</b>	2.92 g	<b>Iron</b>	1.04 mg
<b>Protein</b>	12.01 g	<b>Cholesterol</b>	190 mg	<b>Calcium</b>	206 mg
<b>Carbohydrate</b>	11.36 g	<b>Vitamin A</b>	407 IU	<b>Sodium</b>	445 mg
<b>Total Fat</b>	6.48 g	<b>Vitamin C</b>	0.7 mg	<b>Dietary Fiber</b>	0.3 g

# Salisbury Steak

Meat/Meat Alternate

Main Dishes

D-33

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb		16 lb		1. Blend all ingredients in mixer for 4 minutes on low speed. DO NOT OVERMIX.  2. Portion 25 steaks onto each ungreased sheet pan (18" x 26" x 1") with a firmly packed level No. 10 scoop (¾ cup). Flatten into an oval pattie. For 50 servings, use 2 pans. For 100 servings, use 4 pans.  3. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 165° F or higher for at least 15 seconds.  4. Transfer steaks to steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.  5. CCP: Hold for hot service at 135° F or higher.  Portion 1 pattie (2 ¼ oz).  6. Serve with Brown Gravy (see G-03) or Meatless Tomato Sauce (see G-07).
Rolled oats	12 oz	1 qt ¼ cup	1 lb 8 oz	2 qt ½ cup	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	6 oz	¾ cup OR 4 each	12 oz	1 ½ cups OR 7 each	
Beef stock, non-MSG		1 cup		2 cups	
Instant nonfat dry milk	2 ¼ oz	1 cup	4 ½ oz	2 cups	
*Fresh onions, chopped OR Dehydrated onions	12 oz OR 2 ¼ oz	2 cups OR 1 cup 2 Tbsp	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	
Dried parsley		¼ cup		½ cup	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Salt		2 tsp		1 Tbsp 1 tsp	

# Salisbury Steak

Meat/Meat Alternate

Main Dishes

D-33

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz

### SERVING:

1 portion provides 2 oz equivalent meat/meat alternate.

### YIELD:

**50 Servings:** about 8 lb 9 ½ oz

**100 Servings:** about 17 lb 3 oz

### VOLUME:

**50 Servings:** 1 gallon 1 quart (meat mix)  
2 steamtable pans

**100 Servings:** 2 gallons 1 quarts (meat mix)  
4 steamtable pans

Tested 2004

### Special Tip:

For 50 servings, use 2 oz (¾ cup) dried whole eggs and ¾ cup water in place of eggs.

For 100 servings, use 3 ½ oz (1 cups 3 Tbsp) dried whole eggs and 1 ½ cups water in place of eggs.

## Nutrients Per Serving

<b>Calories</b>	186	<b>Saturated Fat</b>	4.22 g	<b>Iron</b>	2.00 mg
<b>Protein</b>	16.67 g	<b>Cholesterol</b>	63 mg	<b>Calcium</b>	40 mg
<b>Carbohydrate</b>	5.95 g	<b>Vitamin A</b>	47 IU	<b>Sodium</b>	156 mg
<b>Total Fat</b>	10.18 g	<b>Vitamin C</b>	0.5 mg	<b>Dietary Fiber</b>	0.8 g

# Scrambled Eggs

Meat/Meat Alternate

Main Dishes

D-34

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Frozen whole eggs, thawed OR Fresh large eggs (see Special Tip)	5 lb 9 oz	2 qt 2 ½ cups	11 lb 2 oz	1 gal 1 ¼ qt	1. Beat eggs thoroughly.
Instant nonfat dry milk, reconstituted		1 qt		2 qt	2. Add milk and salt. Mix until well blended.
Salt		1 ½ tsp		1 Tbsp	
					3. Pour 3 lb 12 oz (1 qt 3 ¼ cups) egg mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					4. Bake: Conventional oven: 350° F for 20 minutes. Stir once after 15 minutes. Convection oven: 300° F for 15 minutes. Stir once after 10 minutes. Steamer: 5 lb pressure for 3-5 minutes DO NOT OVERCOOK  CCP: Heat to 145° F for 3 minutes.
					5. Remove from oven or steamer. Stir well. Eggs should have a slightly moist appearance.
Margarine or butter (optional)	2 ½ oz	⅓ cup	5 oz	⅓ cup	6. Add 1 ¼ oz (2 Tbsp 1 ½ tsp) margarine or butter (optional) to each pan. Stir.
Reduced fat Cheddar cheese, shredded (optional)	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	7. CCP: Hold for hot service 135° F or higher.  Sprinkle 7 oz (1 ¾ cups) cheese (optional) over each pan.
					8. Portion with No. 16 scoop (¼ cup). For best results, serve within 15 minutes.

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides 2 oz equivalent meat/meat alternate.	<b>50 Servings:</b> 2 steamtable pans	<b>50 Servings:</b> about 3 quarts ½ cup



# Scrambled Eggs

Meat/Meat Alternate

Main Dishes

D-34

**100 Servings:** 4 steamtable pans

**100 Servings:** about 1 gallon 2 ¼ quarts

Edited 2004

**Special Tip:**

For 50 servings, use 1 lb 9 oz (2 qt ⅓ cup) dried whole eggs and 2 qt ⅓ cup water in place of eggs.

For 100 servings, use 3 lb 2 oz (1 gal ⅔ cup) dried whole eggs and 1 gal ⅔ cup water in place of eggs.

## Nutrients Per Serving

<b>Calories</b>	82	<b>Saturated Fat</b>	1.57 g	<b>Iron</b>	0.74 mg
<b>Protein</b>	7.02 g	<b>Cholesterol</b>	215 mg	<b>Calcium</b>	50 mg
<b>Carbohydrate</b>	1.65 g	<b>Vitamin A</b>	321 IU	<b>Sodium</b>	144 mg
<b>Total Fat</b>	5.07 g	<b>Vitamin C</b>	0.1 mg	<b>Dietary Fiber</b>	0.0 g

# Spaghetti and Meat Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue immediately. Add onions. Cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ½ cups OR ¾ cup	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	2. Add granulated garlic, pepper, tomato puree, water, salt, parsley, basil, oregano, marjoram, and thyme. Simmer about 1 hour.  CCP: Heat to 155° F or higher for at least 15 seconds.
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato puree	5 lb	2 qt ½ cup (¾ No. 10 can)	10 lb	1 gal 1 cup (1 ½ No. 10 cans)	
Water		2 qt		1 gal	
Salt		1 Tbsp		2 Tbsp	
Dried parsley		¼ cup		½ cup	
Dried basil		2 Tbsp		¼ cup	
Dried oregano		2 Tbsp		¼ cup	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 ½ tsp		1 Tbsp	
Water		6 gal		12 gal	3. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		¼ cup	
Enriched spaghetti, broken into thirds	4 lb 12 oz	3 qt 3 ½ cups	9 lb 8 oz	1 gal 3 ¾ qt	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
					5. Stir into meat sauce.
					6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					7. CCP: Hold for hot service at 135° F or higher.  Portion with 8 oz ladle (1 cup) per serving.

# Spaghetti and Meat Sauce

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz

### SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate,  $\frac{3}{8}$  cup of vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** about 3 medium half-steamtable pans  
  
**100 Servings:** about 6 medium half-steamtable pans

### VOLUME:

**50 Servings:** about 3 gallons 2 cups  
  
**100 Servings:** about 6 gallons 1 quart

Edited 2006

## Nutrients Per Serving

<b>Calories</b>	322	<b>Saturated Fat</b>	4.38 g	<b>Iron</b>	3.96 mg
<b>Protein</b>	21.23 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	43 mg
<b>Carbohydrate</b>	34.24 g	<b>Vitamin A</b>	636 IU	<b>Sodium</b>	310 mg
<b>Total Fat</b>	10.71 g	<b>Vitamin C</b>	5.3 mg	<b>Dietary Fiber</b>	2.9 g

# Spaghetti and Meat Sauce (Ground Beef and Ground Pork)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	5 lb 8 oz		11 lb		1. Brown ground beef and ground pork. Drain. Continue immediately. Add onions. Cook for 5 minutes.
Raw ground pork (no more than 20% fat)	3 lb		6 lb		
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ½ cups OR ¾ cup	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2. Add granulated garlic, pepper, tomato puree, water, parsley, basil, oregano, marjoram, thyme, and salt. Simmer about 1 hour.  CCP: Heat to 155° F or higher for at least 15 seconds.
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Canned tomato puree	5 lb	2 qt ½ cup (¾ No. 10 can)	10 lb	1 gal 1 cup (1 ½ No. 10 cans)	
Water		2 cups		1 qt	
Dried parsley		¼ cup		½ cup	
Dried basil		2 Tbsp		¼ cup	
Dried oregano		2 Tbsp		¼ cup	
Dried marjoram		1 Tbsp		2 Tbsp	
Dried thyme		1 ½ tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Water		6 gal		12 gal	3. Heat water to rolling boil. Add salt.
Salt		2 Tbsp		¼ cup	
Enriched spaghetti, broken into thirds	4 lb 12 oz	3 qt 3 ½ cups	9 lb 8 oz	1 gal 3 ¾ qt	4. Slowly add spaghetti. Stir constantly, until water boils again. Cook 10-12 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Run cold water over spaghetti to cool slightly.
					5. Stir into meat sauce.
					6. Divide equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly coated with pan release spray. For 50 servings, use 3 pans. For 100 servings, use 6 pans.

# Spaghetti and Meat Sauce (Ground Beef and Ground Pork)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-35A

7. CCP: Hold for hot service at 135° F or higher.

Portion with 8 oz ladle (1 cup) per serving.

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz

### SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate,  $\frac{3}{8}$  cup of vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** about 3 medium half-steamtable pans

**100 Servings:** about 6 medium half-steamtable pans

### VOLUME:

**50 Servings:** about 3 gallons 2 cups

**100 Servings:** about 6 gallons 1 quart

Edited 2006

## Nutrients Per Serving

<b>Calories</b>	320	<b>Saturated Fat</b>	3.99 g	<b>Iron</b>	3.70 mg
<b>Protein</b>	20.53 g	<b>Cholesterol</b>	54 mg	<b>Calcium</b>	38 mg
<b>Carbohydrate</b>	34.24 g	<b>Vitamin A</b>	640 IU	<b>Sodium</b>	307 mg
<b>Total Fat</b>	10.88 g	<b>Vitamin C</b>	5.8 mg	<b>Dietary Fiber</b>	2.9 g

# Sweet and Sour Pork

Meat/Meat Alternate-Vegetable/Fruit

Main Dishes

D-36

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw boneless pork, 1-inch cubes	10 lb 14 oz		21 lb 12 oz		1. Brown pork cubes in oil. Drain.
Vegetable oil		¼ cup		½ cup	
Canned pineapple chunks, in juice	3 lb 5 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 10 oz	3 qt ½ cup (1 No. 10 can)	2. Drain pineapple, reserving juice. For 50 servings, reserve 1 qt 1 cup juice. For 100 servings, reserve 2 qt 2 cups juice. (If necessary, add water to juice to make the specified measure.) Set pineapple aside for step 7.
Chicken stock, non-MSG		3 qt		1 gal 2 qt	3. Add stock, vinegar, brown sugar, soy sauce, sweet and sour sauce, and pineapple juice to pork. Bring to boil. Reduce heat. Cover. Simmer over medium heat for 30 minutes.
White vinegar		2 cups		1 qt	
Brown sugar, packed	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Low-sodium soy sauce		1 cup		2 cups	
Sweet and sour sauce	1 lb 4 oz	2 cups	2 lb 8 oz	1 qt	
*Fresh carrots, peeled and sliced	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	4. Add carrots. Cover. Simmer over medium heat for 15 minutes.
*Fresh green pepper, strips	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	5. Add green pepper and celery. Cover. Simmer over medium heat for 5 minutes.
*Fresh celery, sliced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Cornstarch	9 oz	2 cups	1 lb 2 oz	1 qt	6. Combine cornstarch and water. Mix until smooth.
Water, cold		3 cups		1 qt 2 cups	
					7. Add cornstarch mixture and pineapple. Stir well and cook over medium heat until thickened, 6-8 minutes.  CCP: Heat to 165° F or higher for at least 15 seconds.
					8. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					9. CCP: Hold for hot service at 135° F or higher.  Serve with 6 oz ladle (¾ cup) over cooked rice.

# Sweet and Sour Pork

Meat/Meat Alternate-Vegetable/Fruit

Main Dishes

D-36

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Carrots	1 lb 4 oz	2 lb 8 oz
Green peppers	15 oz	1 lb 14 oz
Celery	15 oz	1 lb 14 oz

### SERVING:

¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate and ¼ cup of vegetable and fruit.

### YIELD:

**50 Servings:** about 21 lb 8 oz  
2 medium half-steamtable pans

**100 Servings:** about 43 lb  
4 medium half-steamtable pans

Tested 2004

### VOLUME:

**50 Servings:** about 2 gallons 1 ½ quarts

**100 Servings:** about 4 gallons 2 ¾ quarts

## Nutrients Per Serving

<b>Calories</b>	210	<b>Saturated Fat</b>	2.14 g	<b>Iron</b>	1.11 mg
<b>Protein</b>	17.62 g	<b>Cholesterol</b>	49 mg	<b>Calcium</b>	31 mg
<b>Carbohydrate</b>	19.31 g	<b>Vitamin A</b>	2087 IU	<b>Sodium</b>	303 mg
<b>Total Fat</b>	6.78 g	<b>Vitamin C</b>	8.3 mg	<b>Dietary Fiber</b>	0.8 g

# Tuna and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-37

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	1. Heat water to rolling boil.
Enriched noodles	2 lb 8 oz	1 gal 3 ½ qt	5 lb	3 gal 3 qt	2. Slowly add noodles. Stir constantly, until water boils again. Cook for 6 minutes. Drain well. DO NOT OVERCOOK. Reserve for step 6.
Margarine or butter	8 oz	1 cup	1 lb	2 cups	3. Melt margarine or butter. Add celery and onions. Cook over medium heat for 5-6 minutes.
*Fresh celery, chopped	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	4. Add flour and stir until smooth.
Instant nonfat dry milk, reconstituted, hot		1 gal		2 gal	5. Add milk, chicken stock, pepper, parsley, and salt. Cook over medium heat, stirring occasionally until thickened, 8-10 minutes.
Chicken stock, non-MSG, hot		1 gal		2 gal	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dried parsley		½ cup		1 cup	
Salt		1 tsp		2 tsp	
Canned chunk style, water packed tuna, drained and flaked	6 lb 6 oz	1 gal 3 cups (2 6½-oz cans)	12 lb 12 oz	2 gal 1 ½ qt (4 6½-oz cans)	6. Add cooked noodles, tuna, and lemon juice, Stir gently to combine. Cook over medium heat for 6-8 minutes.  CCP: Heat to 165° F or higher for at least 15 seconds.
Frozen lemon juice concentrate, reconstituted		¾ cup		1 ½ cups	
					7. Pour into medium half-steamtable pans (10" x 12" x 4 "). For 50 servings, use 3 pans. For 100 servings, use 6 pans. Hold for 30 minutes on a 180-190° F to allow sufficient time for mixture to set up properly.
					8. CCP: Hold for hot service at 135° F or higher.  Portion with 8 oz ladle (1 cup).



# Tuna and Noodles

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-37

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Celery	1 lb 4 oz	2 lb 8 oz
Mature onions	1 lb	2 lb

### SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 ¼ serving of grains/breads.

### YIELD:

**50 Servings:** 3 medium half-steamtable pans  
**100 Servings:** 6 medium half-steamtable pans

### VOLUME:

**50 Servings:** about 3 gallons 1 quart  
**100 Servings:** about 6 gallons 2 quarts

Edited 2004

## Nutrients Per Serving

<b>Calories</b>	282	<b>Saturated Fat</b>	1.26 g	<b>Iron</b>	3.92 mg
<b>Protein</b>	23.18 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	133 mg
<b>Carbohydrate</b>	33.15 g	<b>Vitamin A</b>	276 IU	<b>Sodium</b>	391 mg
<b>Total Fat</b>	5.80 g	<b>Vitamin C</b>	2.8 mg	<b>Dietary Fiber</b>	1.5 g

# Turkey and Dressing Supreme

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-38

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
					1. Lightly coat steamtable pans (12" x 20" x 2 1/2") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Enriched soft bread cubes	3 lb 2 oz	2 gal 1 qt	6 lb 4 oz	4 gal 2 qt	2. For dressing: Combine bread cubes, poultry seasoning, pepper, thyme, onions, and margarine or butter in a bowl. Mix lightly until well blended.
Poultry seasoning		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Dried thyme (optional)		2 Tbsp		1/4 cup	
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 1/2 oz	1 1/4 cups OR 3/4 cup	1 lb OR 3 oz	2 3/4 cups OR 1 1/2 cups	
Margarine or butter, melted	12 oz	1 1/2 cups	1 lb 8 oz	3 cups	
Chicken stock, non-MSG		2 qt		1 gal	3. Add stock to bread mixture. Mix gently until dressing is moist.
					4. Spread 4 lb (1 gal 1 1/4 qt) of dressing evenly into each steamtable pan.
*Cooked turkey, chopped	6 lb 4 oz	1 gal 1 qt	12 lb 8 oz	2 gal 2 qt	5. Cover each pan of dressing with 3 lb 2 oz (2 1/2 qt) cooked, chopped turkey.
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups	6. For gravy: Melt margarine or butter. Blend in flour and salt. Stir frequently until mixture is light brown, 5 minutes.
Enriched all-purpose flour	7 oz	1 1/2 cups 2 Tbsp	14 oz	3 1/4 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Chicken stock, non-MSG, hot		3 qt		1 gal 2 qt	7. Gradually add stock to flour mixture. Stir to blend well. Cook until thickened, 8-10 minutes.
					8. Pour 1 qt 1 1/4 cups gravy over each pan of turkey and dressing.
					9. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.

# Turkey and Dressing Supreme

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-38

10. CCP: Hold for hot service at 135° F or higher.

Cut each pan 5 x 5 (25 portions per pan). If desired, serve with extra gravy.

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz
Turkey, whole, without neck and giblets	13 lb 5 oz	26 lb 10 oz

SERVING:	YIELD:	VOLUME:
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1 portion provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads.

**50 Servings:** about 19 lb 4 oz

**50 Servings:** 2 steamtable pans

**100 Servings:** about 38 lb 8 oz

**100 Servings:** 4 steamtable pans

Edited 2004

## Nutrients Per Serving

<b>Calories</b>	271	<b>Saturated Fat</b>	2.92 g	<b>Iron</b>	2.21 mg
<b>Protein</b>	19.79 g	<b>Cholesterol</b>	45 mg	<b>Calcium</b>	55 mg
<b>Carbohydrate</b>	18.31 g	<b>Vitamin A</b>	366 IU	<b>Sodium</b>	441 mg
<b>Total Fat</b>	12.63 g	<b>Vitamin C</b>	0.4 mg	<b>Dietary Fiber</b>	0.8 g

# Chicken Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	4 ½ oz	1 cup	9 oz	2 cups	1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		½ tsp		1 tsp	
Granulated garlic		3 Tbsp		¼ cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Chicken stock, non-MSG		2 qt		1 gal	
					2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
					3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" chopped OR Frozen sliced carrots	5 lb 10 oz OR 6 lb 12 oz	1 gal 1 ½ qt OR 1 gal 2 qt	11 lb 4 oz OR 13 lb 8 oz	2 gal 3 qt OR 3 gal	4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.
Vegetable oil		½ cup		1 cup	
*Fresh onions, diced	1 lb 6 oz	3 ¾ cups	2 lb 12 oz	1 qt 3 ½ cups	5. Add onions and cook for 1 minute.
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	4 lb 1 oz OR 4 lb 15 oz	1 gal 3 ¼ qt OR 2 qt	8 lb 2 oz OR 9 lb 14 oz	3 gal 2 ½ qt OR 1 gal	6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
Salt		2 tsp		1 Tbsp 1 tsp	
Raw skinless, boneless chicken breasts, cut in ½" cubes	8 lb 15 oz		17 lb 14 oz		7. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steamtable pan. Add sauce and mix to coat chicken and vegetables.  CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		1 cup		2 cups	
					8. CCP: Hold for hot service at 135° F or higher.  Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

# Chicken Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Carrots	6 lb 13 oz	13 lb 10 oz
Mature onions	1 lb 9 oz	3 lb 2 oz
Broccoli	5 lb 1 oz	10 lb 2 oz

### SERVING:

¾ cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.

### YIELD:

**50 Servings:** about 23 lb 4 oz

**100 Servings:** about 46 lb 8 oz

### VOLUME:

**50 Servings:** about 2 gallons 2 quarts

**100 Servings:** about 5 gallons

Tested 2004

### Special Tips:

- 1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté chicken, for each 50 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.
- 3) Reduce salt if using regular soy sauce.
- 4) If using Oriental vegetables, add frozen vegetables to sautéed chicken in step 7.

# Chicken Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39

## Nutrients Per Serving

<b>Calories</b>	199	<b>Saturated Fat</b>	1.47 g	<b>Iron</b>	1.26 mg
<b>Protein</b>	19.31 g	<b>Cholesterol</b>	46 mg	<b>Calcium</b>	44 mg
<b>Carbohydrate</b>	11.12 g	<b>Vitamin A</b>	11928 IU	<b>Sodium</b>	197 mg
<b>Total Fat</b>	8.64 g	<b>Vitamin C</b>	29.3 mg	<b>Dietary Fiber</b>	2.9 g

# Beef Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	4 ½ oz	1 cup	9 oz	2 cups	1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		½ tsp		1 tsp	
Granulated garlic		3 Tbsp		¼ cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Beef stock, non-MSG		2 qt		1 gal	
					2. Heat beef stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
					3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" chopped OR Frozen sliced carrots	5 lb 10 oz OR 6 lb 12 oz	1 gal 1 ½ qt OR 1 gal 2 qt	11 lb 4 oz OR 13 lb 8 oz	2 gal 3 qt OR 3 gal	4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.
Vegetable oil		½ cup		1 cup	
*Fresh onions, diced	1 lb 6 oz	3 ¾ cups	2 lb 12 oz	1 qt 3 ½ cups	5. Add onions and cook for 1 minute
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	4 lb 1 oz OR 4 lb 15 oz	1 gal 3 ¼ qt OR 2 qt	8 lb 2 oz OR 9 lb 14 oz	3 gal 2 ½ qt OR 1 gal	6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
Salt		2 tsp		1 Tbsp 1 tsp	
Raw boneless beef top round (inside, cap off), cut in ½" cubes	10 lb		20 lb		7. Sauté beef cubes in oil for 2-3 minutes. Add beef to vegetables in steamtable pan. Add sauce and mix to coat beef and vegetables  CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		1 cup		2 cups	
					8. CCP: Hold for hot service at 135° F or higher.  Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

# Beef Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39A

Comments:  
\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Carrots	6 lb 13 oz	13 lb 10 oz
Mature onions	1 lb 9 oz	3 lb 2 oz
Broccoli	5 lb 1 oz	10 lb 2 oz

### SERVING:

¾ cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.

### YIELD:

**50 Servings:** about 23 lb 4 oz

**100 Servings:** about 46 lb 8 oz

### VOLUME:

**50 Servings:** about 2 gallons 2 quarts

**100 Servings:** about 5 gallons

Tested 2004

### Special Tips:

- 1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté beef, for each 50 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.
- 3) Reduce salt if using regular soy sauce.
- 4) If using Oriental vegetables, add frozen vegetables to sautéed beef in step 7.



# Beef Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39A

## Nutrients Per Serving

<b>Calories</b>	236	<b>Saturated Fat</b>	2.34 g	<b>Iron</b>	2.73 mg
<b>Protein</b>	23.80 g	<b>Cholesterol</b>	55 mg	<b>Calcium</b>	39 mg
<b>Carbohydrate</b>	11.12 g	<b>Vitamin A</b>	11916 IU	<b>Sodium</b>	280 mg
<b>Total Fat</b>	10.68 g	<b>Vitamin C</b>	29.2 mg	<b>Dietary Fiber</b>	2.9 g

# Pork Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	4 ½ oz	1 cup	9 oz	2 cups	1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		½ tsp		1 tsp	
Granulated garlic		3 Tbsp		¼ cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Chicken stock, non-MSG		2 qt		1 gal	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" chopped OR Frozen sliced carrots	5 lb 10 oz OR 6 lb 12 oz	1 gal 1 ½ qt OR 1 gal 2 qt	11 lb 4 oz OR 13 lb 8 oz	2 gal 3 qt OR 3 gal	4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.
Vegetable oil		½ cup		1 cup	
*Fresh onions, diced	1 lb 6 oz	3 ¾ cups	2 lb 12 oz	1 qt 3 ½ cups	5. Add onions and cook for 1 minute.
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	4 lb 1 oz OR 4 lb 15 oz	1 gal 3 ¼ qt OR 2 qt	8 lb 2 oz OR 9 lb 14 oz	3 gal 2 ½ qt OR 1 gal	6. Add broccoli and cook for 2 more minutes. Remove to steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
Salt		2 tsp		1 Tbsp 1 tsp	
Raw boneless pork shoulder or loin, cut ½" cubes, practically free of fat	11 lb		22 lb		7. Sauté pork cubes in oil for 3-5 minutes, until no signs of pink remain. Add pork to vegetables in steamtable pan. Add sauce and mix to coat pork and vegetables.  CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		1 cup		2 cups	
					8. CCP: Hold for hot service at 135° F or higher.  Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

# Pork Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39B

Comments:  
\*See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Carrots	6 lb 13 oz	13 lb 10 oz
Mature onions	1 lb 9 oz	3 lb 2 oz
Broccoli	5 lb 1 oz	10 lb 2 oz

### SERVING:

¾ cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.

### YIELD:

**50 Servings:** about 23 lb 4 oz

**100 Servings:** about 46 lb 8 oz

### VOLUME:

**50 Servings:** about 2 gallons 2 quarts

**100 Servings:** about 5 gallons

Edited 2006

### Special Tips:

- 1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté pork, for each 50 servings.
- 2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.
- 3) Reduce salt if using regular soy sauce.
- 4) If using Oriental vegetables, add frozen vegetables to sautéed pork in step 7.

# Pork Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39B

## Nutrients Per Serving

<b>Calories</b>	242	<b>Saturated Fat</b>	3.16 g	<b>Iron</b>	1.47 mg
<b>Protein</b>	20.69 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	48 mg
<b>Carbohydrate</b>	11.12 g	<b>Vitamin A</b>	11921 IU	<b>Sodium</b>	286 mg
<b>Total Fat</b>	12.76 g	<b>Vitamin C</b>	29.6 mg	<b>Dietary Fiber</b>	2.9 g

# Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-40

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable stock, non-MSG		2 cups		1 qt	1. Dissolve the cornstarch in the vegetable stock. 2. Heat over medium heat until thickened. Cool. 3. Add the oil to the cooled, thickened stock mixture. 4. Combine the vinegar, sugar, pepper, granulated garlic, chili powder, cumin, and oregano in a bowl. Whisk into the stock mixture.
Cornstarch		¼ cup	2 ¼ oz	½ cup	
Vegetable oil		2 cups		1 qt	
White vinegar		2 cups		1 qt	
Sugar	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Ground black or white pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 ¼ tsp		2 ½ tsp	
Dried oregano		2 tsp		1 Tbsp 1 tsp	
Raw, boned, skinless chicken breast, ½" slices	9 lb		18 lb		5. Pour marinade over the sliced chicken. Marinate overnight in the refrigerator.
					6. Drain the chicken. Discard any leftover marinade.
					7. Prepare no more than 50 portions per batch.  Preheat grill to 350° F. Add 9 lb of the sliced chicken and sauté about 10 minutes. Sauté remaining chicken. Remove to steamtable pan (12" x 20" x 2 ½). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn	2 lb 2 oz OR 2 lb 4 oz	1 qt 1 cup (½ No. 10 can) OR 1 qt 2 ¼ cups	4 lb 4 oz OR 4 lb 4 oz	2 qt 2 cups (1 No. 10 can) OR 3 qt ½ cup	8. Combine corn, onions, green peppers, canned tomatoes, and salsa in pot. Cook 5 lb 8 oz (3 qt) of this mixture over low heat until vegetables are heated thoroughly, about 5 minutes. Add to cooked chicken.
*Fresh onions, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Fresh green peppers, diced	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
Canned diced tomatoes, drained	1 lb	1 ¾ cups 2 Tbsp (¼ No. 10 can)	2 lb	3 ¾ cups (½ No. 10 can)	
Canned salsa	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	CCP: Heat to 165° F or higher for at least 15 seconds.

# Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-40

Enriched flour tortillas,  
8-inch  
(at least 0.9 oz each)

50 each

100 each

9. CCP: Hold for hot service at 135° F or higher.

For each serving, place No. 8 scoop (½ cup) of filling on each tortilla. If desired, fold or roll tortilla over filling.

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Mature onions	14 oz	1 lb 12 oz
Green peppers	11 oz	1 lb 6 oz

### SERVING:

1 fajita provides 2 oz equivalent meat/meat alternate, ⅓ cup of vegetable, and 1 serving of grains/breads.

### YIELD:

**50 Servings:** about 12 lb 4 oz (filling)

**100 Servings:** about 24 lb 8 oz (filling)

### VOLUME:

**50 Servings:** about 1 gallon 2 ¼ quarts (filling)

**100 Servings:** about 3 gallons 2 cups (filling)

Edited 2004

Special Tips:

1) If a grill is not available, a steam-jacketed kettle may be used to sauté the chicken.

2) Lowfat sour cream (1 Tbsp per serving) and salsa (2 Tbsp per serving) make excellent garnishes.

3) This makes an attractive lunch plate when served with Refried Beans (I-15).

# Chicken Fajitas

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-40

## Nutrients Per Serving

<b>Calories</b>	241	<b>Saturated Fat</b>	1.41 g	<b>Iron</b>	2.11 mg
<b>Protein</b>	22.00 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	54 mg
<b>Carbohydrate</b>	23.38 g	<b>Vitamin A</b>	240 IU	<b>Sodium</b>	284 mg
<b>Total Fat</b>	6.28 g	<b>Vitamin C</b>	6.7 mg	<b>Dietary Fiber</b>	1.8 g

# Chicken Tomato Bake

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-41

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		4 gal		8 gal	1. Heat water to a rolling boil. Add salt.
Salt		1 Tbsp 2 ½ tsp		3 Tbsp 2 tsp	
Enriched elbow macaroni, uncooked	3 lb	2 qt 2 ½ cups	6 lb	1 gal 1 ¼ qt	2. slowly add elbow macaroni. Stir constantly, until water boils again. Cook, about 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well.
*Cooked chicken, diced (see Special Tips)	3 lb 2 oz	3 qt	6 lb 4 oz	1 gal 2 qt	3. Combine the elbow macaroni, chicken, tomato paste, tomato sauce, water, Cheddar cheese, marjoram, and salt in a large bowl. Mix well.
Canned tomato paste	12 oz	1 ¼ cups 1 Tbsp	1 lb 8 oz	2 ½ cups 2 Tbsp	
Canned tomato sauce	4 lb	1 qt 3 ¾ cups (¾ No. 10 can)	8 lb	3 qt 3 ½ cups (1 ¼ No. 10 can)	
Water		2 cups		1 qt	
Reduced fat Cheddar cheese, shredded	6 oz	1 ½ cups	12 oz	3 cups	4. Place 8 lb 6 oz of this mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Dried marjoram		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Enriched dry bread crumbs	2 oz	½ cup	4 oz	1 cup	5. Top each pan with ½ cup of breadcrumbs. Cover with foil or lid.
					6. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher.  Score each pan 5 x 5 (25 portions per pan) with a spatula.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets OR	8 lb 11 oz OR	17 lb 6 oz OR



# Chicken Tomato Bake

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-41

Turkey, whole, without neck and giblets 6 lb 11 oz

13 lb 5 oz

## SERVING:

1 portion provides 1 oz equivalent of meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads.

## YIELD:

**50 Servings:** about 13 lb 3 oz

**100 Servings:** about 26 lb 6 oz

## VOLUME:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Edited 2004

### Special Tips:

1. \*Cooked turkey can be substituted for chicken.
2. For a zestier flavor, substitute spaghetti sauce for the tomato sauce. For 50 servings, use 4 lb 1 oz (¾ No. 10 can). For 100 servings, use 8 lb 2 oz (1 ¼ No. 10 cans).

## Nutrients Per Serving

<b>Calories</b>	200	<b>Saturated Fat</b>	1.09 g	<b>Iron</b>	2.01 mg
<b>Protein</b>	13.84 g	<b>Cholesterol</b>	27 mg	<b>Calcium</b>	51 mg
<b>Carbohydrate</b>	28.03 g	<b>Vitamin A</b>	566 IU	<b>Sodium</b>	455 mg
<b>Total Fat</b>	3.48 g	<b>Vitamin C</b>	8.7 mg	<b>Dietary Fiber</b>	2.2 g

# Chicken Tetrazzini

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-42

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside.
Salt		2 tsp		1 Tbsp 1 tsp	
Enriched spaghetti, broken into thirds	2 lb 6 oz	1 qt 3 ¾ cups	4 lb 12 oz	3 qt 3 ½ cups	
Vegetable oil		¼ cup		½ cup	2. In a steam-jacketed kettle or large sauce pan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Sauté vegetables 5 minutes or until tender. Set aside.
Vegetable mix:					
*Fresh onions, diced	1 lb	2 ⅔ cups	2 lb	1 qt 1 ⅓ cups	
*Fresh carrots, diced	1 lb	1 qt	2 lb	2 qt	
*Fresh celery, diced	8 oz	2 cups	1 lb	1 qt	
*Fresh green peppers, diced	4 oz	¾ cup 2 Tbsp	8 oz	1 ¾ cups	
OR	OR	OR	OR	OR	
Frozen mixed vegetables	2 lb 8 oz	1 qt 3 ½ cups	5 lb	3 qt 3 cups	
*Fresh mushrooms, sliced	1 lb 4 oz	2 qt	2 lb 8 oz	1 gal	
OR	OR	OR	OR	OR	
Canned sliced mushrooms, drained	10 oz	1 ¾ cups 2 Tbsp	1 lb 4 oz	3 ¾ cups	
Canned pimientos, diced, drained (optional)	8 oz	1 cup	1 lb	2 cups	
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups	3. Melt the margarine or butter in a steam-jacketed kettle or stock pot. Add flour and cook for 5 minutes.
Enriched all-purpose flour	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Lowfat 1% milk, hot		3 qt 3 cups		1 gal 3 ½ qt	4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, pepper, onion salt, and garlic. Simmer for 5 minutes.
Chicken stock, non-MSG, hot		2 qt 1 cup		1 gal 2 cups	
Ground black or white pepper		1 tsp		2 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	

# Chicken Tetrazzini

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-42

*Cooked chicken, diced (see Special Tip)	6 lb 4 oz		12 lb 8 oz		5. In each steamtable pan (12" x 20" x 2 ½"), combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Grated Parmesan cheese	6 oz	2 cups 2 Tbsp	12 oz	1 qt ¼ cup	6. Sprinkle 3 oz (¾ cup 2 Tbsp) of Parmesan cheese on top of each pan.
					7. Bake until golden brown: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 35 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 pieces per pan).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Carrots	1 lb 4 oz	2 lb 8 oz
Celery	10 oz	1 lb 4 oz
Green peppers	5 oz	10 oz
Mushrooms	1 lb 5 oz	2 lb 10 oz
Chicken, whole, without neck and giblets	17 lb 6 oz	34 lb 12 oz
OR	OR	OR
Turkey, whole, without neck and giblets	13 lb 5 oz	26 lb 10 oz

### SERVING:

1 piece provides 2 oz equivalent meat/meat alternate, ⅓ cup of vegetable, and ½ serving of grains/breads.

### YIELD:

**50 Servings:** about 30 lb

**100 Servings:** about 60 lb

### VOLUME:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Tested 2004

# Chicken Tetrazzini

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-42

Special Tip:

\*Cooked turkey can be substituted for chicken.

Nutrients Per Serving					
<b>Calories</b>	313	<b>Saturated Fat</b>	3.61 g	<b>Iron</b>	1.88 mg
<b>Protein</b>	23.54 g	<b>Cholesterol</b>	56 mg	<b>Calcium</b>	156 mg
<b>Carbohydrate</b>	24.27 g	<b>Vitamin A</b>	2490 IU	<b>Sodium</b>	355 mg
<b>Total Fat</b>	13.13 g	<b>Vitamin C</b>	3.4 mg	<b>Dietary Fiber</b>	1.6 g

# Beef Shepherds Pie

Meat/Meat Alternate-Vegetable

Main Dishes

D-43

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, diced OR Dehydrated onions	8 oz OR 1 ½ oz	1 ½ cups OR ¾ cup	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2. Add onions to ground beef and sauté for 5 minutes or until translucent.
Frozen sliced carrots AND Frozen peas	2 lb 6 oz AND 2 lb 6 oz	2 qt ½ cup AND 1 qt 3 ½ cups	4 lb 12 oz AND 4 lb 12 oz	1 gal 1 cup AND 3 qt 3 cups	3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.
OR Frozen mixed vegetables	OR 6 lb 1 oz	OR 3 qt 2 ¾ cups	OR 12 lb 2 oz	OR 1 gal 3 ⅝ qt	
Beef stock, non-MSG		2 qt		1 gal	4. Gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil. Remove from heat and reserve for step 5.
Cornstarch	4 oz	¾ cup 2 Tbsp	8 oz	1 ¾ cups	
Water, cold		1 cup		2 cups	
Dried thyme		1 Tbsp		2 Tbsp	5. Add thyme, pepper, onion salt, and salt to cornstarch gravy.
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
					6. Add gravy to ground beef mixture.
					7. Pour 3 qt 3 cups (8 lb) of ground beef mixture into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Water, boiling		1 qt 2 cups		3 qt	8. Place boiling water and milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle attachment for 1 minute, until well blended.
Lowfat 1% milk, hot		1 qt 2 cups		3 qt	
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Potato flakes	2 lb	1 gal 2 cups	4 lb	2 gal 1 qt	
Salt		2 ½ tsp		1 Tbsp 2 tsp	

# Beef Shepherds Pie

Meat/Meat Alternate-Vegetable

Main Dishes

D-43

Paprika	1 tsp	2 tsp	9. Spread 4 lb 2 oz (2 qt ¾ cup) of mashed potatoes over the ground beef mixture in each steamtable pan. Sprinkle with paprika.
			10. Bake: Conventional oven: 375° F for 45 minutes Convection oven: 350° F for 30 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
			11. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 portions per pan).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	10 oz	1 lb 4 oz

### SERVING:

1 piece provides 2 oz equivalent meat/meat alternate and ¾ cup of vegetable.

### YIELD:

**50 Servings:** about 25 lb

**100 Servings:** about 50 lb

### VOLUME:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Edited 2004

# Beef Shepherds Pie

Meat/Meat Alternate-Vegetable

Main Dishes

D-43

## Nutrients Per Serving

<b>Calories</b>	294	<b>Saturated Fat</b>	5.09 g	<b>Iron</b>	2.43 mg
<b>Protein</b>	19.48 g	<b>Cholesterol</b>	52 mg	<b>Calcium</b>	73 mg
<b>Carbohydrate</b>	23.77 g	<b>Vitamin A</b>	3969 IU	<b>Sodium</b>	442 mg
<b>Total Fat</b>	13.24 g	<b>Vitamin C</b>	18.4 mg	<b>Dietary Fiber</b>	3.3 g

# Honey-Lemon Chicken

Meat/Meat Alternate

Main Dishes

D-44

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 qt		2 qt	1. Combine water, honey, lemon juice, salt, and pepper in a bowl. Set aside for step 5.  2. Remove skin from thighs. Discard. Place 25 chicken thighs in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.  3. Bake: Conventional oven: 400° F for 20 minutes Convection oven: 375° F for 20 minutes  4. Drain fat and discard.  5. Pour 3 ½ cups of honey-lemon mixture over each pan of chicken thighs.  6. Bake until golden brown: Conventional oven: 350° F for 15 minutes Convection oven: 325° F for 15 minutes  CCP: Heat to 165° F or higher for at least 15 seconds.  7. For glazed appearance, baste after 10 minutes.  CCP: Hold for hot service at 135° F or higher.
Honey	1 lb 7 oz	2 cups	2 lb 14 oz	1 qt	
Lemon juice		1 cup		2 cups	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Raw chicken thighs, with bone with skin (approximately 4 oz each)	14 lb 12 oz	50 each	29 lb 8 oz	100 each	

<b>SERVING:</b>	<b>YIELD:</b>	<b>VOLUME:</b>
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1 piece provides 2 oz equivalent meat/meat alternate. **50 Servings:** about 9 lb 3 oz

**50 Servings:** 2 steamtable pans

**100 Servings:** about 18 lb 6 oz

**100 Servings:** 4 steamtable pans

Edited 2004



# Honey-Lemon Chicken

Meat/Meat Alternate

Main Dishes

D-44

Special Tips:

- 1) To remove skins easily, use a paper towel to grasp skin.
- 2) A honey-lemon sauce can be made from the baked pan liquids. For each 50 servings, dissolve 1 cup cornstarch in ½ cup cold water. Drain liquid from cooked chicken, remove fat, and strain. Heat 1 qt of honey-lemon sauce until it simmers, 180° F. Add cornstarch-water mixture and simmer until thickened. Pour over chicken before serving. This can be used as a sauce for vegetables or rice.
- 3) The unbaked honey-lemon sauce may also be used as a marinade. Pour the sauce over the chicken thighs and refrigerate overnight before baking.

## Nutrients Per Serving

<b>Calories</b>	124	<b>Saturated Fat</b>	1.74 g	<b>Iron</b>	0.78 mg
<b>Protein</b>	14.93 g	<b>Cholesterol</b>	55 mg	<b>Calcium</b>	8 mg
<b>Carbohydrate</b>	1.05 g	<b>Vitamin A</b>	38 IU	<b>Sodium</b>	236 mg
<b>Total Fat</b>	6.26 g	<b>Vitamin C</b>	0.2 mg	<b>Dietary Fiber</b>	0.0 g

# Beef Taco Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	5 lb 14 oz		11 lb 12 oz		1. Brown ground beef. Drain. Continue immediately.
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups	2. Sprinkle the taco seasoning mix over beef.
Water		2 ½ cups		1 qt 1 cup	3. Add water and allow to simmer for 15 minutes.
Canned salsa	2 lb 3 oz	1 qt ¼ cup (⅓ No. 10 can)	4 lb 6 oz	2 qt ½ cup (⅓ No. 10 can)	4. In a bowl, combine salsa, tomato puree, and water.
Canned tomato puree	2 lb 6 oz	1 qt ¼ cup (⅓ No. 10 can ¾ cup)	4 lb 12 oz	2 qt ½ cup (¾ No. 10 can ½ cup)	
Water		1 qt		2 qt	
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		40 each		80 each	5. Cut tortillas into halves.
Reduced fat Cheddar cheese, shredded	2 lb	2 qt	4 lb	1 gal	
					6. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7. Assembly Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 3 oz (3 ½ cups) of the meat mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.  Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 3 oz (3 ½ cups) of meat mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.  Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining meat mixture on top of the tortillas. Divide the remaining taco sauce over the meat mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce.

# Beef Taco Pie

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45

	8. Tightly cover pans.
	9. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 20 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
	10. CCP: Hold for hot service at 135° F or higher.  Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ¼ servings of grains/breads.	<b>50 Servings:</b> about 17 lb 1 oz	<b>50 Servings:</b> 2 steamtable pans
	<b>100 Servings:</b> about 34 lb 2 oz	<b>100 Servings:</b> 4 steamtable pans

Tested 2004

Nutrients Per Serving					
<b>Calories</b>	304	<b>Saturated Fat</b>	5.72 g	<b>Iron</b>	3.28 mg
<b>Protein</b>	19.65 g	<b>Cholesterol</b>	45 mg	<b>Calcium</b>	231 mg
<b>Carbohydrate</b>	26.43 g	<b>Vitamin A</b>	725 IU	<b>Sodium</b>	753 mg
<b>Total Fat</b>	12.95 g	<b>Vitamin C</b>	5.0 mg	<b>Dietary Fiber</b>	2.1 g

# Taco Pie with Salad Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	5 lb 14 oz		11 lb 12 oz		1. Brown ground beef. Drain. Continue immediately.
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups	2. Sprinkle the taco seasoning mix over beef.
Water		2 ½ cups		1 qt 1 cup	3. Add water and allow to simmer for 15 minutes.
Canned salsa	2 lb 3 oz	1 qt ¼ cup (⅓ No. 10 can)	4 lb 6 oz	2 qt ½ cup (⅓ No. 10 can)	4. In a bowl, combine salsa, tomato puree, and water.
Canned tomato puree	2 lb 6 oz	1 qt ¼ cup (⅓ No. 10 can ¾ cup)	4 lb 12 oz	2 qt ½ cup (¾ No. 10 can ½ cup)	
Water		1 qt		2 qt	
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		40 each		80 each	5. Cut tortillas into halves.
Reduced fat Cheddar cheese, shredded	2 lb	2 qt	4 lb	1 gal	
					6. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7. Assembly Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 3 oz (3 ½ cups) of the meat mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.  Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 3 oz (3 ½ cups) of meat mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the meat mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.  Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining meat mixture on top of the tortillas. Divide the remaining taco sauce over the meat mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce.

# Taco Pie with Salad Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45A

					8. Tightly cover pans.
					9. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 20 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
					10. CCP: Hold for hot service at 135° F or higher.  Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).
Salad Topping:	1 lb		2 lb		11. Combine tomatoes and lettuce. Serve 1 oz (¼ cup) on top of each piece of taco pie.
*Tomatoes, diced					
*Fresh lettuce, shredded	2 lb	3 qt 3 cups	4 lb	1 gal 3 ½ qt	

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Tomatoes	1 lb 3 oz	2 lb 6 oz
Head lettuce	2 lb 11 oz	5 lb 6 oz

### SERVING:

1 piece provides 2 oz equivalent meat/meat alternate, ½ cup of vegetable, and 1 ¼ servings of grains/breads.

### YIELD:

**50 Servings:** about 16 lb 3 oz

**100 Servings:** about 32 lb 6 oz

### VOLUME:

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Tested 2004

### Special Tip:

A dollop (1 Tbsp) of lowfat sour cream or lowfat yogurt may be used to garnish each serving.

# Taco Pie with Salad Topping

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45A

## Nutrients Per Serving

<b>Calories</b>	308	<b>Saturated Fat</b>	5.72 g	<b>Iron</b>	3.41 mg
<b>Protein</b>	19.91 g	<b>Cholesterol</b>	45 mg	<b>Calcium</b>	235 mg
<b>Carbohydrate</b>	27.23 g	<b>Vitamin A</b>	841 IU	<b>Sodium</b>	677 mg
<b>Total Fat</b>	13.01 g	<b>Vitamin C</b>	7.4 mg	<b>Dietary Fiber</b>	2.5 g

# Taco Pie with Beans

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45B

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained OR Dry pinto beans, cooked (see Special Tip)	8 lb 7 oz OR 8 lb 7 oz	1 gal 3 cups (2 No. 10 cans) OR 1 gal 1 ¼ qt	16 lb 14 oz OR 16 lb 14 oz	2 gal 1 ½ qt (4 No. 10 cans) OR 2 gal 3 ½ qt	1. Drain beans, and mash.
Taco seasoning mix	6 oz	1 cup	12 oz	2 cups	
Water		2 ½ cups		1 qt 1 cup	2. Sprinkle the taco seasoning mix over beans.
Canned salsa	2 lb 3 oz	1 qt ¼ cup (⅓ No. 10 can)	4 lb 6 oz	2 qt ½ cup (⅓ No. 10 can)	3. Add water and allow to simmer for 15 minutes.
Canned tomato puree	2 lb 6 oz	1 qt ¼ cup (⅓ No. 10 can ¼ cup)	4 lb 12 oz	2 qt ½ cup (¾ No. 10 can ½ cup)	4. In a bowl, combine salsa, tomato puree, and water.
Water		1 qt		2 qt	
Enriched flour tortillas, 8-inch (at least 1.5 oz each)		40 each		80 each	5. Cut tortillas in halves.
Reduced fat Cheddar cheese, shredded	2 lb	2 qt	4 lb	1 gal	
					6. Lightly coat steamtable pans (12" x 20" x 2 ½") with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7. Assembly Bottom layer: Place 16 half-tortillas in bottom of pan. Distribute 1 lb 8 oz (3 ½ cups) of the bean mixture on top of tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.  Middle layer: Place 12 half-tortillas on top of the taco sauce. Distribute 1 lb 8 oz (3 ½ cups) of bean mixture on top of the tortillas. Spread 1 lb 3 oz (2 cups) taco sauce over the bean mixture. Sprinkle 6 oz (1 ½ cups) shredded cheese over taco sauce.  Top layer: Place 12 half-tortillas on top of the taco sauce. Divide the remaining bean mixture on top of the tortillas. Divide the remaining taco sauce over the bean

# Taco Pie with Beans

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45B

	mixture. Sprinkle 4 oz (1 cup) of shredded cheese evenly over the taco sauce.
	8. Tightly cover pans.
	9. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 20 minutes CCP: Heat to 165° F or higher for at least 15 seconds.
	10. CCP: Hold for hot service at 135° F or higher.  Let pie rest for 5 minutes before portioning. Cut each pan 5 x 5 (25 pieces per pan).

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Dry pinto beans	4 lb 5 oz	8 lb 10 oz

SERVING:	YIELD:	VOLUME:
1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 ¼ serving of grains/breads.	<b>50 Servings:</b> about 16 lb 13 oz	<b>50 Servings:</b> 2 steamtable pans
	<b>100 Servings:</b> about 33 lb 10 oz	<b>100 Servings:</b> 4 steamtable pans

Tested 2004

### Special Tip: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### COOKING BEANS



# Taco Pie with Beans

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-45B

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans.  
Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.  
CCP: Hold for hot service at 135° F.  
OR

Chill for later use.  
CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ¾ cups dry or 5 ¼ cups cooked beans.

Nutrients Per Serving					
<b>Calories</b>	264	<b>Saturated Fat</b>	2.86 g	<b>Iron</b>	3.62 mg
<b>Protein</b>	13.69 g	<b>Cholesterol</b>	10 mg	<b>Calcium</b>	258 mg
<b>Carbohydrate</b>	38.22 g	<b>Vitamin A</b>	726 IU	<b>Sodium</b>	960 mg
<b>Total Fat</b>	6.49 g	<b>Vitamin C</b>	5.4 mg	<b>Dietary Fiber</b>	4.8 g

# Baked Cajun Fish

Meat/Meat Alternate

Main Dishes

D-46

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Paprika		2 tsp		1 Tbsp 1 tsp	1. Mix paprika, granulated garlic, onion salt, red pepper, black or white pepper, oregano, and thyme in a small bowl. Reserve for step 3.
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Red pepper		¼ tsp		1 ½ tsp	
Ground black or white pepper		¼ tsp		1 ½ tsp	
Dried oregano		1 tsp		2 tsp	
Dried thyme		1 tsp		2 tsp	
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each	2. Place 25 fish portions into each ungreased steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Lemon juice		½ cup		1 cup	
Margarine or butter, melted	6 oz	¾ cup	12 oz	1 ½ cups	3. Sprinkle ¼ cup of lemon juice and 1 Tbsp 2 tsp of seasoning mix over the top of each pan. 4. Drizzle ¾ cup of melted margarine over the seasonings. 5. Bake: Conventional oven: 350° F for 20 minutes Convection oven: 350° F for 15 minutes Fish should flake easily with a fork. CCP: Heat to 145° F or higher for at least 15 seconds.
					6. CCP: Hold for hot service at 135° F or higher.

**SERVING:**

1 portion provides 2 oz equivalent meat/meat alternate.

**YIELD:**

**50 Servings:** about 7 lb 14 oz

**100 Servings:** about 15 lb 12 oz

**VOLUME:**

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

Edited 2004

# Baked Cajun Fish

Meat/Meat Alternate

Main Dishes

D-46

Special Tips:

- 1) For best results, batch-cook fish throughout the meal.
  - 2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish.
- CCP: Bake chicken to 165° F or higher for at least 15 seconds.

## Nutrients Per Serving

<b>Calories</b>	128	<b>Saturated Fat</b>	1.75 g	<b>Iron</b>	0.63 mg
<b>Protein</b>	12.58 g	<b>Cholesterol</b>	43 mg	<b>Calcium</b>	9 mg
<b>Carbohydrate</b>	0.43 g	<b>Vitamin A</b>	220 IU	<b>Sodium</b>	145 mg
<b>Total Fat</b>	8.12 g	<b>Vitamin C</b>	1.3 mg	<b>Dietary Fiber</b>	0.1 g

# Baked Fish Scandia

Meat/Meat Alternate

Main Dishes

D-47

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched dry bread crumbs	8 oz	2 cups	1 lb	1 qt	1. In a bowl, mix bread crumbs, lemon juice, onion salt, pepper, hot pepper sauce, and parsley. Reserve for step 6.
Lemon juice		½ cup		1 cup	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Ground black or white pepper		½ tsp		1 tsp	
Hot pepper sauce		½ tsp		1 tsp	
Dried parsley		¼ cup		½ cup	
Vegetable oil		¼ cup		½ cup	
Frozen fish portions (3 oz each)	9 lb 7 oz	50 each	18 lb 14 oz	100 each	2. Oil each steamtable pan (12" x 20" x 2 ½") with 2 Tbsp oil. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Lowfat plain yogurt	1 lb 10 oz	3 ¼ cups	3 lb 4 oz	1 qt 2 ½ cups	3. Place 25 fish portions into each steamtable pan.
Reduced fat Cheddar cheese, shredded	6 oz	1 ½ cups	12 oz	3 cups	4. Cover each portion with a No. 60 scoop (1 Tbsp) of lowfat yogurt.
					5. Sprinkle 3 oz (¾ cup) of cheese, per pan, on top of lowfat yogurt.
					6. Sprinkle 1 Tbsp of crumb mixture on top of each portion.
					7. Bake: Conventional oven: 400° F for 25 minutes Convection oven: 350° F for 25 minutes Fish should flake easily with a fork. CCP: Heat to 145° F or higher for at least 15 seconds.
					8. CCP: Hold for hot service at 135° F or higher.

SERVING:	YIELD:	VOLUME:
1 portion provides 2 oz equivalent meat/meat alternate.	<b>50 Servings:</b> about 9 lb 6 oz	<b>50 Servings:</b> 2 steamtable pans
	<b>100 Servings:</b> about 18 lb 12 oz	<b>100 Servings:</b> 4 steamtable pans

# Baked Fish Scandia

Meat/Meat Alternate

Main Dishes

D-47

Edited 2004

Special Tips:

- 1) For best results, batch-cook fish throughout the meal.
  - 2) 3 oz boneless, skinless chicken breasts or thighs may be substituted for fish.
- CCP: Bake chicken to 165° F or higher for at least 15 seconds.

## Nutrients Per Serving

<b>Calories</b>	162	<b>Saturated Fat</b>	1.53 g	<b>Iron</b>	0.72 mg
<b>Protein</b>	18.64 g	<b>Cholesterol</b>	54 mg	<b>Calcium</b>	92 mg
<b>Carbohydrate</b>	4.67 g	<b>Vitamin A</b>	146 IU	<b>Sodium</b>	179 mg
<b>Total Fat</b>	7.21 g	<b>Vitamin C</b>	1.0 mg	<b>Dietary Fiber</b>	0.2 g

# Arroz con Queso (Rice with Cheese)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-48

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched white rice, medium grain, regular OR Enriched white rice, long grain, parboiled	2 lb 13 oz OR 2 lb 11 oz	1 qt 2 ½ cups OR 1 qt 2 ¾ cups	5 lb 10 oz OR 5 lb 6 oz	3 qt 1 cup OR 3 qt 1 ½ cups	1. Place rice and water in a stock pot or steam-jacketed kettle. Bring to a boil. Cover and reduce heat to medium. Simmer for 12 minutes or until tender.
Water		3 ½ cups		1 qt 3 cups	
*Fresh onions, chopped OR Dehydrated onions	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	3 lb OR 9 oz	2 qt OR 1 qt ½ cup	2. Combine onion, chilies, jalapenos, granulated garlic, yogurt, milk, salt, Monterey Jack cheese, Cheddar cheese, and pinto beans. Add to rice. Spread 5 lb 8 oz (2 qt 2 cups) in each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.  Bake: Conventional Oven: 350° F for 35 minutes Convection Oven: 325° F for 30 minutes CCP: Heat to 140° F or higher.
Canned, chopped mild green chilies	12 oz	1 ¼ cups 2 Tbsp	1 lb 8 oz	2 ¾ cups	
Canned jalapeno peppers, drained, chopped	4 oz	½ cup	8 oz	1 cup	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Lowfat plain yogurt	3 lb	1 qt 1 ½ cups	6 lb	2 qt 3 cups	
Lowfat 1% milk		1 qt 1 cup		2 qt 2 cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Reduced fat Monterey Jack cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Reduced fat Cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see Special Tip)	4 lb 4 oz OR 4 lb 4 oz	2 qt 1 ¼ cups (1 No. 10 can) OR 2 qt 1 ¼ cups	8 lb 8 oz OR 3 lb 10 oz	1 gal 2 ½ cups (2 No. 10 cans) OR 1 gal 2 ½ cups	

# Arroz con Queso (Rice with Cheese)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-48

*Fresh tomatoes, diced OR Canned diced tomatoes	1 lb 8 oz OR 1 lb 14 oz	3 ¾ cups OR 3 ¾ cups (1 No. 2 ½ can)	3 lb OR 3 lb 12 oz	1 qt 3 ⅓ cups OR 1 qt 2 ¾ cups (2 No. 2 ½ cans)	3. Sprinkle 12 oz (1 ¾ cups 2 Tbsp) of diced tomatoes and 9 ½ oz (2 ⅓ cups) of Cheddar cheese over top of each steamtable pan and bake for 5 minutes, until cheese is melted.
Reduced fat Cheddar cheese, shredded	1 lb 3 oz	1 qt ¾ cup	2 lb 6 oz	2 qt 1 ½ cups	
					4. CCP: Hold for hot service at 135° F or higher.  Portion with No. 8 scoop (½ cup).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz
Tomatoes	1 lb 12 oz	3 lb 8 oz
Dry pinto beans	1 lb 13 oz	3 lb 10 oz

### SERVING:

½ cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate, ⅓ cup of vegetable, and ¼ serving of grains/breads

OR

½ cup (No. 8 scoop) provides 1 oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¼ serving of grains/breads.

### YIELD:

**50 Servings:** about 19 lb 8 oz

**100 Servings:** about 39 lb

### VOLUME:

**50 Servings:** about 1 gallon 2 ¼ quarts

**100 Servings:** about 3 gallons 2 cups

Tested 2004

Special Tip:

### SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### COOKING BEANS

# Arroz con Queso (Rice with Cheese)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-48

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans.  
Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.  
CCP: Hold for hot service at 135° F.  
OR

Chill for later use. If chilling:  
CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ⅔ cups dry or 5 ¼ cups cooked beans.

Nutrients Per Serving					
<b>Calories</b>	248	<b>Saturated Fat</b>	4.11 g	<b>Iron</b>	2.16 mg
<b>Protein</b>	14.61 g	<b>Cholesterol</b>	20 mg	<b>Calcium</b>	352 mg
<b>Carbohydrate</b>	32.13 g	<b>Vitamin A</b>	415 IU	<b>Sodium</b>	543 mg
<b>Total Fat</b>	6.72 g	<b>Vitamin C</b>	6.5 mg	<b>Dietary Fiber</b>	2.1 g



# Vegetable Chili

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-49

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		¼ cup		½ cup	1. Heat the oil in a steam-jacketed kettle. 2. Add the onions and sauté 3 minutes, until translucent.
*Fresh onions, chopped OR Dehydrated onions	1 lb 4 oz OR 3 ¾ oz	3 ½ cups OR 1 ½ cups 2 Tbsp	2 lb 8 oz OR 7 ½ oz	1 qt 2 ¾ cups OR 3 ¾ cups	
*Fresh green peppers, chopped OR Frozen green peppers, chopped	10 oz OR 1 lb 1 oz	1 ¾ cups 2 Tbsp OR 3 cups	1 lb 4 oz OR 2 lb 2 oz	3 ¾ cups OR 1 qt 2 cups	3. Add the green peppers and sauté 2 minutes, until tender. 4. Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.
Chili powder	3 oz	¾ cup	6 oz	1 ½ cups	
Ground cumin	1 oz	¼ cup	2 oz	½ cup	
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Onion powder		2 tsp		1 Tbsp 1 tsp	
Red hot sauce (optional)		¼ cup		½ cup	
Brown sugar, packed	4 oz	½ cup	8 oz	1 cup	
Canned crushed tomatoes, with juice	6 lb 6 oz	3 qt (1 No. 10 can)	12 lb 12 oz	1 gal 2 qt (2 No. 10 cans)	
Canned diced tomatoes, with juice	1 lb 2 ½ oz	2 cups 2 Tbsp (1 No. 2 ½ can)	2 lb 5 oz	1 qt ¼ cup (2 No. 2 ½ cans)	
Canned kidney beans, drained	5 lb 9 oz	3 qt 1 ½ cups (1 ¼ No. 10 cans)	11 lb 2 oz	1 gal 2 ¾ qt (2 ½ No. 10 cans)	5. Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.
No. 3 bulgur	1 lb	3 cups	2 lb	1 qt 2 cups	
Water		½ cup		1 cup	
Lowfat plain yogurt	2 lb	1 qt	4 lb	2 qt	6. Add yogurt and stir to blend. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.  CCP: Heat to 140° F or higher for at least 15 seconds.
					7. CCP: Hold for hot service at 135° F or higher.  Portion with 6 oz ladle (¾ cup).

# Vegetable Chili

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-49

Reduced fat Cheddar cheese, shredded	3 lb 2 oz	3 qt ½ cup	6 lb	1 gal 2 ¼ qt	8. Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.
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Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 7 oz	2 lb 14 oz
Green peppers	13 oz	1 lb 10 oz

### SERVING:

¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate, ¾ cup of vegetable, and ¼ serving of grains/breads.

### YIELD:

**50 Servings:** about 20 lb

**100 Servings:** about 40 lb

### VOLUME:

**50 Servings:** about 2 gallons 1 ½ quarts

**100 Servings:** about 4 gallons 2 ¾ quarts

Tested 2004

Special Tip:

This dish can be used as a filling in Tacos (D-13), Taco Salad (E-10), or Burritos (D-12).

## Nutrients Per Serving

<b>Calories</b>	223	<b>Saturated Fat</b>	3.76 g	<b>Iron</b>	2.26 mg
<b>Protein</b>	14.57 g	<b>Cholesterol</b>	17 mg	<b>Calcium</b>	333 mg
<b>Carbohydrate</b>	27.02 g	<b>Vitamin A</b>	1257 IU	<b>Sodium</b>	606 mg
<b>Total Fat</b>	7.48 g	<b>Vitamin C</b>	17.5 mg	<b>Dietary Fiber</b>	6.4 g

# Vegetable Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-50

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		4 gal 2 qt		9 gal	1. Add salt to boiling water.
Salt		3 Tbsp		¼ cup 2 Tbsp	
Enriched lasagna noodles, uncooked (at least 0.78 oz each)	2 lb 12 oz	56 each	5 lb 8 oz	112 each	2. Slowly add lasagna noodles and return to boil. Cook for 10-12 minutes, until tender. Drain.
Vegetable oil		¼ cup		½ cup	3. In a pan, heat vegetable oil. Add zucchini, mushrooms, and onions. Sauté for 3 minutes, until tender. Stir in flour and cook for 3 minutes. Remove from heat and set aside.
*Fresh zucchini, sliced	1 lb	1 qt	2 lb	2 qt	
*Fresh mushrooms, sliced OR Canned sliced mushrooms, drained	12 oz OR 15 oz	1 qt 1 cup OR 3 8-oz cans	1 lb 8 oz OR 1 lb 14 oz	2 qt 1 ¾ cups OR 6 8-oz cans	
*Fresh onions, chopped OR Dehydrated onions	9 oz OR 1 ¾ oz	1 ½ cups OR ½ cup	1 lb 2 oz OR 3 oz	3 cups OR 1 cup	
Enriched all-purpose flour	2 oz	½ cup	4 oz	1 cup	
Frozen chopped broccoli	2 lb 8 oz	1 qt 2 cups	5 lb	3 qt	4. Place broccoli in steamtable pan (12" x 20" x 2 ½"). Steam for 6 minutes, or until tender. Drain well and set aside.
Canned tomato sauce	8 lb 4 oz	1 gal (1 ¼ No. 10 cans)	16 lb 8 oz	2 gal (2 ½ No. 10 cans)	5. In a steam-jacketed kettle, heat the tomato sauce and tomato paste. Add the oregano and granulated garlic. Simmer, uncovered, for 30 minutes.
Canned tomato paste	1 lb 9 oz	2 ¾ cups	3 lb 2 oz	1 qt 1 ½ cups	
Dried oregano		¼ cup 2 Tbsp		¾ cup	
Granulated garlic		1 ¾ tsp		1 Tbsp ½ tsp	
					6. Add sautéed vegetables and steamed broccoli to tomato sauce. Stir to combine. Simmer for 10 minutes.
Reduced fat cottage cheese, drained	8 lb	1 gal	16 lb	2 gal	7. In a large bowl, combine cottage cheese, parsley, granulated garlic, and bread crumbs. Mix well.
Dried parsley		¼ cup		½ cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Enriched dry bread crumbs	8 oz	2 cups 2 Tbsp	1 lb	1 qt ¼ cup	

# Vegetable Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-50

Grated Parmesan cheese	2 oz	¾ cup	4 oz	1 ½ cups	8. Combine Parmesan cheese and mozzarella cheese.
Lite mozzarella cheese, shredded	1 lb 14 oz	1 qt 3 ½ cups	3 lb 12 oz	3 qt 3 cups	
					9. Spread 1 cup of vegetable sauce on the bottom of each steamtable pan (12" x 20" x 2 ½") to prevent sticking. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Assembly: First layer: a. 9 ½ lasagna noodles b. 1 qt ½ cup cottage cheese mixture c. 1 qt vegetable sauce d. 2 cups 1 Tbsp Parmesan-mozzarella cheese mixture Second layer: Repeat first layer Third layer: e. 9 ½ lasagna noodles f. 2 ½ cups vegetable sauce
Grated Parmesan cheese	4 oz	1 ½ cups	8 oz	3 cups	10. Sprinkle 2 oz of Parmesan cheese over each pan of lasagna. Cover with foil. Bake: Conventional oven: 375° F for 50 minutes Convection oven: 350° F for 40 minutes  CCP: Heat to 165° F or higher for 15 seconds.
					11. Remove from oven and allow to set for 15 minutes before serving.
					12. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 portions per pan).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Zucchini	1 lb 1 oz	2 lb 2 oz
Mushrooms	13 oz	1 lb 10 oz
Mature onions	11 oz	1 lb 6 oz

# Vegetable Lasagna

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-50

**SERVING:**

1 piece provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 25 lb 12 oz

**100 Servings:** about 51 lb 8 oz

Tested 2004

**VOLUME:**

**50 Servings:** 2 steamtable pans

**100 Servings:** 4 steamtable pans

**Nutrients Per Serving**

<b>Calories</b>	278	<b>Saturated Fat</b>	2.60 g	<b>Iron</b>	2.86 mg
<b>Protein</b>	21.30 g	<b>Cholesterol</b>	11 mg	<b>Calcium</b>	268 mg
<b>Carbohydrate</b>	36.39 g	<b>Vitamin A</b>	1669 IU	<b>Sodium</b>	1016 mg
<b>Total Fat</b>	5.67 g	<b>Vitamin C</b>	27.2 mg	<b>Dietary Fiber</b>	4.1 g

# New Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-51

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water, boiling		5 gal		10 gal	1. Add salt to boiling water.
salt		2 Tbsp 2 tsp	3 ½ oz	⅓ cup	
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ½ cups	2. Slowly add macaroni until water boils again. Cook uncovered until tender-firm, about 10 minutes. DO NOT OVERCOOK. Drain and rinse in cold water.
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups	
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	4. Combine flour, salt, dry mustard, pepper, and paprika in a bowl. Add to the melted margarine. Cook for 2 minutes over medium heat, stirring continuously. Do not brown.
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Dry mustard		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Paprika		1 Tbsp		2 Tbsp	
Lowfat 1% milk or instant nonfat dry milk, reconstituted		1 gal 1 qt		2 gal 2 qt	5. Heat milk in a stock pot to a simmer. Slowly add milk to the flour mixture, stirring continuously. Cook until smooth and thickened.
Worcestershire sauce		2 tsp		1 Tbsp 1 tsp	
Grated Parmesan cheese	4 oz	1 ½ cups	8 oz	3 cups	6. Add Worcestershire sauce, Parmesan cheese, and Cheddar cheese, to the white sauce. Stir over low heat until cheese melts.
Reduced fat Cheddar cheese, shredded	2 lb 8 oz	2 qt 2 cups	5 lb	1 gal 1 qt	
					7. Combine well-drained macaroni and sauce. Mix well. Place 10 lb 14 oz (1 gal 2 ¼ qt) into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Cover with a lid or foil. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 325° F for 25 minutes  CCP: Heat to 140° F or higher.

# New Macaroni and Cheese

Meat/Meat Alternate-Grains/Breads

Main Dishes

D-51

Enriched soft bread crumbs	6 oz	2 cups	12 oz	1 qt	8. Combine the bread crumbs and Cheddar cheese in a bowl. Sprinkle 11 oz (3 cups) over each pan.
Reduced fat Cheddar cheese, shredded	1 lb	1 qt	2 lb	2 qt	
					9. Bake an additional 5 minutes, uncovered, until lightly browned.
					10. CCP: Hold for hot service at 135° F or higher.  Cut each pan 5 x 5 (25 pieces).

**SERVING:**

1 portion provides 1 oz equivalent meat/meat alternate and 1 serving of grains/breads.

**YIELD:**

**50 Servings:** about 21 lb 12 oz

**100 Servings:** about 43 lb 8 oz

**VOLUME:**

**50 Servings:** about 3 gallons 2 cups

**100 Servings:** about 6 gallons 1 quart

Edited 2004

**Nutrients Per Serving**

<b>Calories</b>	325	<b>Saturated Fat</b>	5.93 g	<b>Iron</b>	1.57 mg
<b>Protein</b>	17.22 g	<b>Cholesterol</b>	23 mg	<b>Calcium</b>	448 mg
<b>Carbohydrate</b>	32.71 g	<b>Vitamin A</b>	763 IU	<b>Sodium</b>	475 mg
<b>Total Fat</b>	13.63 g	<b>Vitamin C</b>	1.1 mg	<b>Dietary Fiber</b>	1.5 g

# Vegetable Quesadilla

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Enriched flour tortilla, 6" soft (at least 0.9 oz)		50 each		100 each	1. For 50 servings, line 3 sheet pans (18" x 26" x 1") with parchment paper. Place 8-9 tortillas side by side on each pan (use a total of 25 tortillas). For 100 servings, line 5 sheet pans (18" x 26" x 1") with parchment paper. Place 10 tortillas side by side on each pan (use a total of 50 tortillas). Reserve for step 5.
* Fresh green peppers, chopped	1 lb 4 oz	3 ¾ cups 2 Tbsp	2 lb 8 oz	1 qt 3 ¾ cups	
*Fresh onions, chopped	15 oz	2 ½ cups	1 lb 14 oz	1 qt 1 cup	2. Combine peppers, onions, black beans, and corn. Heat on medium heat for 5 minutes.
Canned black beans, drained	1 lb 15 oz	1 qt 3 cups (½ No. 10 can)	3 lb 14 oz	3 qt 2 cups (1 No. 10 can)	
Canned corn, liquid packed whole kernel, drained	2 lb 1 oz	2 qt 3 cups (½ No. 10 can)	4 lb 2 oz	1 gal 1 ½ qt (1 No. 10 can)	3. Add tomatoes to vegetable mixture and drain excess liquid.
*Fresh tomatoes, diced	15 oz	2 ¾ cups	1 lb 14 oz	1 qt 1 ½ cups	
Chili powder		2 Tbsp		¼ cup	4. Add chili powder, cumin, onion powder, and paprika to vegetable mixture.
Ground cumin		2 Tbsp		¼ cup	
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	5. Sprinkle each tortilla with ¼ cup of Monterey Jack cheese.
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Reduced fat Monterey Jack, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	6. Spoon 1 cup 1 Tbsp vegetable mixture on to each tortilla.
Reduced fat Cheddar cheese, shredded	1 lb 9 oz	1 qt 2 ¼ cups	3 lb 2 oz	3 qt ½ cup	
					7. Sprinkle each tortilla with ¼ cup Cheddar cheese.
					8. Place remaining tortillas on top, pressing down gently. Spray tortillas with pan release spray to aid browning.
					9. Bake until tops are golden brown: Conventional oven: 400° F for 10 minutes Convection oven: 375° F for 7 minutes
					10. Allow quesadilla to stand for 5 minutes.



# Vegetable Quesadilla

11. Cut each quesadilla in half and serve.

One portion is ½ quesadilla.

Comments:  
\*See Marketing Guide.

### Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Green peppers	1 lb 9 oz	3 lb 2 oz
Mature onions	1 lb 1 oz	2 lb 2 oz
Tomatoes	1 lb 2 oz	2 lb 4 oz

SERVING:	YIELD:	VOLUME:
1 serving provides 1 ¼ oz equivalent meat/meat alternate, ½ cup vegetable, and 1 serving of grains/breads.	<b>50 Servings:</b> 50 quesadilla halves	<b>50 Servings:</b> 2 gallons 1 ⅓ quarts (filling) 3 sheet pans
	<b>100 Servings:</b> 100 quesadilla halves	<b>100 Servings:</b> 4 gallons 2 ⅔ quarts (filling) 5 sheet pans

Tested 2004

### Nutrients Per Serving

<b>Calories</b>	249	<b>Saturated Fat</b>	4.23 g	<b>Iron</b>	1.98 mg
<b>Protein</b>	12.74 g	<b>Cholesterol</b>	17 mg	<b>Calcium</b>	282 mg
<b>Carbohydrate</b>	25.77 g	<b>Vitamin A</b>	435 IU	<b>Sodium</b>	459 mg
<b>Total Fat</b>	8.22 g	<b>Vitamin C</b>	11.9 mg	<b>Dietary Fiber</b>	2.7 g