

## Tex-Mex Chili Beef Dippers (Aug 2011)

Source: National Cattleman's Beef Association

Yield=100 – 2 2/3 oz Portions

Ground Beef	13 pounds	(CWD #64170)
Onions, Chopped	4 ½ pounds	(CWD #180285)
Diced Green Chilies	2 Quarts	(CWD #46890)
Tomato Sauce	1 #10 Can	(CWD #43940)
Taco Sauce	1 ¼ cups	(CWD #41662)
Salt	3 Tbsp	(CWD #47410)
Garlic Powder	2 Tbsp	(CWD #39321)
Tortilla Chips	4.625 pounds	(CWD #26243)
Lettuce, Shredded	1 gallon	(CWD #180412)
Cheddar Cheese, Shredded	3 lbs+2 oz	(CWD #60375)

1. Brown ground beef and onions until beef is no longer pink, breaking beef into crumbles; pour off drippings.
2. Add Chilies, Tomato Sauce, Taco Sauce, and Seasonings. Mix well. Bring to a boil. Reduce heat and simmer 40 minutes.
3. For each serving: Portion 1/3 cup (#16 scoop) beef mixture into bowls. Portion ¾ oz chips around edge. Top with ¼ oz lettuce and ½ oz cheese.

**CN Contribution = 2 oz Meat/Meat Alternate; ½ cup Vegetable; .75 servings Bread/Bread Alternate.**

*Nutritional Analysis: 288 Calories, 18 g Protein, 18 g Carbohydrate, 16 g Fat, 50 mg Cholesterol, 6 g Trans Fats, 270 IU Vitamin A, 18 mg Vitamin C, 2.49 mg Iron, 90 mg Calcium, 725 mg Sodium, 2.3 g Fiber.*

## **Cheesy Turkey & Corn Shepherd's Pie (Jan 2012)**

Source: Land O Lakes Foodservice

Yield=50 – 8 oz portions

Ground Turkey 6 ½ pounds (CWD #53214)

Cheese Sauce 2 ½ quarts (CWD #41770)

Frozen Corn 5 pounds (CWD #57710)

Potato Pearls, Prepared 8 pounds (CWD #49875)

1. Cook turkey.
2. In two separate 4-inch deep full steam table pans, mix together 2 pounds+6 ounces fully cooked turkey and 1 quart+1 cup cheese sauce. Spread out evenly in each pan.
3. Spread 2 ½ pounds corn over turkey mixture in each pan. Spread 4 pounds prepared mashed potatoes evenly over corn in each pan.
4. Cover pans; bake at 350°F convection oven for 30-40 minutes or until heated through.

**CN Contribution= 2 oz Meat/Meat Alternate; ½ cup Vegetable**

*Nutrition Analysis: 294 Calories, 15 g Fat, 54 mg Cholesterol, 770mg Sodium, 25 g Carbohydrate, 7 g Fiber, 16 g Protein, 185 mg Calcium*

## Tropical Fruit Salad (March 2012)

Source: NH Obesity Prevention Program Fruit and Veggie Quantity Cookbook

Yield=50 – ½ cup servings

Diced Peaches in Juice	1 #10 Can	(CWD #46418)
Strawberries	4 pounds	(CWD #180001)
Kiwi	10 each	(CWD #180133)
Pineapple Juice	48 oz	(CWD #44893)

1. Drain peaches.
2. Hull strawberries and cut in half. Peel and slice kiwi.
3. Combine all ingredients in a large bowl.
4. Toss well to mix evenly and chill.
5. Serve ½ cup (4 oz) portions.

**CN Contribution= ½ cup Fruit**

*Nutrition Analysis: 60 Calories, 0 g Fat, 0 g Trans Fat, 0 g Saturated Fat, 0 mg Cholesterol, 0 mg Sodium, 16 g Carbohydrate, 2 g Fiber, 12 g Sugar, 1 g Protein, 400 IU Vitamin A, 42 mg Vitamin C, 4% Calcium, 8% Iron.*

## Apple Glazed Sweet Potatoes (Feb 2011)

Source: Fruit & Veggie Quantity Cookbook

Servings = 50 – 4 wedge portions

Fresh Yams	18#	(CWD #180294)
Apple Juice	2 Qt	(CWD #44892)
Nutmeg	2 tsp	(CWD #39321)
Cinnamon	2 Tbsp	(CWD #39141)
Salt	2 Tbsp	(CWD #47410)
Butter, Unsalted	½ Cup	(CWD #66336)

1. Heat oven to 375°F. Prick sweet potatoes with a fork and bake 45-60 minutes until tender. Peel when cooled. Slice lengthwise into wedges.
2. Place apple juice in sauce pan and reduce to ¼ volume over medium high heat.
3. Add nutmeg, cinnamon, and salt to apple glaze and stir in pats of butter. Reduce heat.
4. Add sweet potatoes to apple-spice glaze , continue to stir until well coated and heated through.
5. Hold warm until service in 200°F oven. Serve 4 wedges per person.

**CN Contribution: ¼ cup Vegetable**

*Nutrient Analysis: 150 Calories, 2 g Protein, 30 g Carbohydrates, 4 g Fiber, 12 g Sugar, 2 g Total Fat, 1 g Saturated Fat, 5 mg Cholesterol, 190 mg Sodium.*

## Beefy Italian Dunkers (July 2011)

Source: National Cattleman's Beef Association

Servings = 100 – ½ cup portions

Ground Beef	10 pounds	(CWD #64161)
Water (Hot)	1 gallon	
Crushed Tomatoes	2 #10 cans	(CWD #43980)
Tomato Paste	2 ½ Quarts	(CWD #43764)
Minced Onion (Dehy)	1 cup	(CWD #50320)
Beef Base (Low Sodium)	1/3 cup	(CWD # 41820)
Garlic Powder	¼ cup	(CWD #39231)
Brown Sugar	¼ cup	(CWD #47250)
Chili Powder	3 Tbsp	(CWD #39101)
Oregano Leaves	3 Tbsp	(CWD #39371)
Parsley Flakes	3 Tbsp	(CWD #39401)
Basil	2 Tbsp	(CWD #39076)
Salt	1 Tbsp	(CWD #47410)
White Pepper	1 Tbsp	(CWD #39451)
French Bread	12.5 lbs	(CWD #58107)
Mozz Cheese, Shred	6 ¼ lbs	(CWD #60810)

1. Place ground beef in steam kettle. Cook beef until no longer pink, using kettle whip to break beef up into ¼ to ½ inch crumbles. Turn off heat.
2. Thoroughly drain fat from beef by pulling whip through the beef in circular motion and then zig-zag stir through all sections of beef.
3. Add enough water just to cover beef. Stir by pulling whip through beef in circular motion and then zig-zag stir through all sections of beef. Thoroughly drain fat and liquid from beef, repeating zig-zag-stir procedure.

4. Add tomatoes, tomato paste, onion, base, and seasonings. Mix well. Bring to a boil. Reduce heat, simmer 1 hour, stirring frequently.
5. For each serving, sprinkle 2 oz bread slice with 1 oz cheese. Bake until cheese melts and begins to brown. Serve with ½ cup (#8 ladle) beef mixture.

**CN Contribution = 2 oz Meat/Meat Alternate; 5/8 cup Vegetable; 2 servings Bread.**

*Nutrient Analysis: 340 Calories, 25 g Protein, 39 g Carbohydrate, 9 g Fat, 43 mg Cholesterol, 4 g Saturated Fat, 486 IU Vitamin A, 21 mg Vitamin C, 3.69 mg Iron, 288 mg Calcium, 869 mg Sodium, 3.5 g Fiber*

# Baked Beans (Using Canned Vegetarian Beans)

Meat/Meat Alternate or Vegetable

Vegetables

I-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned vegetarian beans	14 lb 10 oz	1 gal 2 ½ qt (2 ¼ No. 10 cans)	29 lb 4 oz	3 gal 1 qt (4 ¼ No. 10 cans)	1. Pour 14 lb 10 oz (1 gal 2 ½ qt) canned vegetarian beans into each medium steamtable pan (12" x 20" x 4"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
*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 4 ½ cups	2. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend.
Molasses	1 1 oz	1 cup	1 lb 6 oz	2 cups	
Dry mustard		2 Tbsp		¼ cup	
Brown sugar, packed	3 ¼ oz	¾ cup 1 ½ Tbsp	7 ½ oz	1 ¾ cups	
Water		2 cups		1 qt	
Canned tomato paste	9 ½ oz	1 cup 1 Tbsp	1 lb 3 oz	2 cups 2 Tbsp	
*Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 cups	3. Pour 4 lb 1 oz (1 qt 3 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans.

4. Bake:  
 Conventional oven: 350° F for 2 ¼ hours  
 Convection oven: 325° F for 1 ¼ hours  
 Remove cover during last ½ hour of baking to brown the beans.  
 CCP: Heat to 165° F or higher for 15 seconds.
5. CCP: Hold for hot service at 135° F or higher.  
 Portion with No. 6 scoop (¾ 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

SERVING:		YIELD:		VOLUME:	
¾ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate	50 Servings:	16 lb 12 oz	50 Servings:	2 gallons 1 cup	1 medium steamtable pan
OR					
¾ cup (No. 6 Scoop) provides ½ cup of vegetable.					

# Baked Beans (Using Canned Vegetarian Beans)

Meat/Meat Alternate or Vegetable

Vegetables

I-06

**100 Servings:** 33 lb 8 oz

**100 Servings:** 4 gallons 2 cups  
2 medium steamtable pans

Tested 2004

## Nutrients Per Serving

<b>Calories</b>	159	<b>Saturated Fat</b>	0.16 g	<b>Iron</b>	0.86 mg
<b>Protein</b>	6.78 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	86 mg
<b>Carbohydrate</b>	35.99 g	<b>Vitamin A</b>	360 IU	<b>Sodium</b>	532 mg
<b>Total Fat</b>	0.64 g	<b>Vitamin C</b>	7.8 mg	<b>Dietary Fiber</b>	7.0 g



# Bean and Barley Soup

# Recipe H-8

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/3 cup		2/3 cup	3/4 Tb	<ol style="list-style-type: none"> <li>1. In a large stockpot or steam kettle heat oil over medium heat.</li> <li>2. Add onion, celery, and carrots and cook over medium heat for 10 minutes or until soft. Do not brown.</li> <li>3. Add garlic. Cook 2 minutes.</li> <li>4. Add stock, soy sauce, hot sauce, basil, and thyme. Bring to a boil.</li> <li>5. Add barley and return to boil. Reduce heat and simmer 45 minutes until barley is tender.</li> <li>6. Add the beans and return to simmer.</li> <li>7. Hold until ready to serve.</li> </ol> <p>☉ <b>Serve 1 cup (8 ounces).</b></p>
Onions, peeled, diced ☐	4 lb		8 lb		2 lb	
Celery, diced ☐	2 lb		4 lb		1 lb	
Carrots, diced, fresh or frozen ☐	4 lb		8 lb		2 lb	
Garlic, minced		3 Tb		4 Tb	2 Tb	
Vegetable stock, low sodium		3½ gallons		7 gallons	7 quarts	
Soy sauce, reduced sodium		2 Tb		¼ cup	3 tsp	
Hot pepper sauce		2 tsp		1 Tb + 1 tsp	1 tsp	
Basil, dried		1 Tb + 1 tsp		2 Tb + 2 tsp	2 tsp	
Thyme, dried		1 Tb + 1 tsp		2 Tb + 2 tsp	2 tsp	
Barley, dry		4½ cups		9 cups	2¼ cups	
Canned white beans, rinsed and drained ☐	7½ lb		15 lb		3¾ lb	

☐ USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition



# 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	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Onion powder		¼ cup		¼ cup	
					3. Bring to boil. Reduce heat to medium. Cook uncovered, stirring frequently until thickened, 12-15 minutes.
*Cooked chicken or turkey, chopped	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	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.
Canned green peas, drained	6 lb 6 oz	3 qt 1 ¾ cups (1 ½ No. 10 cans)	12 lb 12 oz	1 ½ gal 3 ½ cups (3 No. 10 cans)	
OR					
Frozen green peas	5 lb 12 oz	3 qt 2 cups	11 lb 8 oz	1 gal 3 qt	
Pimientos, chopped, drained	4 oz	¼ cup 2 Tbsp	8 oz	¼ cup	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. 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 17 lb 12 oz 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

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

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

**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 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	
*Fresh onions, chopped	1 lb OR	2 ½ cups OR	2 lb OR	1 qt 1 ½ cups OR	
Dehydrated onions	3 oz	1 ¼ cups	6 oz	3 cups	
Cornstarch	8 ¾ oz	2 cups	1 lb 1 ½ oz	1 qt	2. Combine cornstarch and water. Mix until smooth.
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	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-steamable 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.

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

17 lb 12 oz

35 lb 8 oz

OR

OR

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

## VOLUME:

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

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

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

Tested 2004

### 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

# Creamy Cole Slaw

Vegetable

Salads and Salad Dressings

E-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh green cabbage, chilled, shredded	3 lb 11 oz	1 gal 2 qt	7 lb 6 oz	3 gal	1. Place cabbage, carrots, and peppers (optional) in large bowl and toss lightly to mix.
*Fresh carrots, shredded	6 oz	1 ½ cups	12 oz	3 ½ cups	
*Fresh green peppers, chopped or diced (optional)	2 ½ oz	½ cup	5 oz	1 cup	
Reduced calorie salad dressing	14 oz	1 ¾ cups	1 lb 12 oz	3 ¾ cups	2. Combine salad dressing or mayonnaise, sugar, celery seed, dry mustard, and vinegar.
OR	OR	OR	OR	OR	
Lowfat mayonnaise	14 oz	1 ¾ cups	1 lb 12 oz	3 ¾ cups	
Sugar		2 Tbsp		¼ cup	
Celery seed		2 tsp		1 Tbsp 1 tsp	
Dry mustard		1 tsp		2 tsp	
White vinegar		2 Tbsp		¼ cup	

3. Pour dressing over vegetables. Mix thoroughly. Spread 5 lb 3 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less (see Special Tips). For 50 servings, use 1 pan. For 100 servings, use 2 pans.

4. CCP: Cool to 41° F or lower within 4 hours.

Cover. Refrigerate until ready to serve.

5. Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

Comments:  
\*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Cabbage	4 lb 4 oz	8 lb 8 oz
Carrots	8 oz	1 lb
Green peppers	4 oz	8 oz

# Creamy Cole Slaw

Vegetable

Salads and Salad Dressings

E-06

## SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

## YIELD:

**50 Servings:** about 5 lb 3 oz

## VOLUME:

**50 Servings:** about 3 quarts ½ cup  
1 pan

**100 Servings:** about 10 lb 6 oz

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

Tested 2004

### Special Tips:

1) For best results, shred cabbage and store overnight; add dressing just before serving.

2) If recipe is prepared in advance, the yield will be reduced.

## Nutrients Per Serving

<b>Calories</b>	33	<b>Saturated Fat</b>	0.26 g	<b>Iron</b>	0.30 mg
<b>Protein</b>	0.60 g	<b>Cholesterol</b>	3 mg	<b>Calcium</b>	19 mg
<b>Carbohydrate</b>	4.52 g	<b>Vitamin A</b>	1005 IU	<b>Sodium</b>	77 mg
<b>Total Fat</b>	1.63 g	<b>Vitamin C</b>	11.1 mg	<b>Dietary Fiber</b>	1.0 g



# Ground Beef and Macaroni (with Mexican Seasoning)

D-22

Main Dishes

Meat/Meat Alternate-Vegetable-Grains/Breads

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	½ 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 ½ cup OR 2 ½ cups	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (½ No. 10 can)	3 lb 8 oz	1 qt 2 ½ 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.
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)	CCP: Heat to 155° F or higher for at least 15 seconds.
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		¾ 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.

## SERVING:

¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternate, ⅓ cup of vegetable, and 1 serving of grains/breads.

## YIELD:

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

**100 Servings:** about 43 lb

## VOLUME:

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

**100 Servings:** about 5 gallons

## Marketing Guide for Selected Items

Food as Purchased for

50 Servings

100 Servings

Mature onions

1 lb

2 lb

## 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.

Tested 2004

# 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

D-23

Main Dishes

Meat/Meat Alternate-Vegetable-Grains/Breads

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		<ol style="list-style-type: none"> <li>1. Brown ground beef. Drain. Continue immediately.</li> <li>2. Add onions and green peppers. Cook approximately 5 minutes on medium heat.</li> <li>3. Add beef stock or water, tomatoes, tomato paste, seasonings, salt, and pepper. Bring to boil.</li> </ol>
*Fresh onions, chopped OR	15 oz OR	2 ½ cups OR	1 lb 14 oz OR	1 qt 1 cup OR	
Dehydrated onions	2 ¾ oz	1 ¼ cups 2 Tbsp	5 ½ oz	2 ¾ cups	
*Fresh green pepper, chopped	12 oz	2 ¼ cups 2 Tbsp	1 lb 8 oz	1 qt ¾ cup	<ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>6. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (¾ cup).</li> </ol>
Beef stock, non-MSG or water	3 qt 3 cups		1 gal 3 ½ qt		
Canned diced tomatoes, with juice	2 lb 7 oz	1 qt ½ cup (½ No. 10 can plus 1 cup)	4 lb 13 oz	2 qt 1 ½ cups (¾ No. 10 can)	
Canned tomato paste	14 oz	1 ½ cups 1 Tbsp (½ 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	3 lb 6 oz OR	2 qt OR	6 lb 12 oz OR	1 gal OR	
Enriched white rice, long grain, parboiled	3 lb 10 oz	2 qt 1 cup	7 lb 4 oz	1 gal 2 cups	

# 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

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

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

**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

# Marinated Black Bean Salad

E-21

Salads and Salad Dressings

Vegetable or Meat/Meat Alternate-Vegetable

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned black beans, drained	5 lb	2 qt 1 cup (1 ½ No. 10 cans)	10 lb	1 gal 2 cups (2 ½ No. 10 cans)	1. Combine black beans, corn, green peppers, red peppers, and onions in a large bowl.
Frozen whole-kernel corn, thawed	3 lb 8 oz	1 qt 1 ¾ cups	7 lb	2 qt 3 ½ cups	
OR					
Canned corn, whole kernel liquid packed, drained	4 lb 2 oz	1 qt 1 ¾ cups (1 No. 10 can)	8 lb 4 oz	2 qt 3 ¾ cups (2 No. 10 cans)	
*Fresh green peppers, minced	12 oz	2 ¼ cups 2 Tbsp	1 lb 8 oz	1 qt ¾ cup	
*Fresh red peppers, minced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh onions, minced	4 oz	¾ cup	8 oz	1 ½ cups	
Lemon juice		¼ cup		1 cup	2. For dressing, combine the lemon juice, parsley, cumin, granulated garlic, salsa, and oil.
Dried parsley		2 Tbsp		¼ cup	
Ground cumin		1 Tbsp		2 Tbsp	3. Pour dressing over salad and toss lightly to combine. Spread 5 lb 15 oz (approximately 3 qt ½ cup) into each shallow pan (12" x 20" x 2 ½") to a product depth of 2" or less. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Canned salsa	1 lb 12 oz	3 ¼ cups 2 Tbsp	3 lb 8 oz	1 qt 2 ¾ cups	4. Refrigerate until service.
Vegetable oil		¼ cup		½ cup	5. Portion with No. 8 scoop (½ cup).
Reduced fat Monterey Jack cheese, shredded (optional)	1 lb	2 cups	2 lb	1 qt	6. Sprinkle Monterey Jack cheese (optional) on top before serving.

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for

50 Servings

100 Servings

Green peppers

15 oz

1 lb 14 oz

Red peppers

15 oz

1 lb 14 oz

Mature onions

5 oz

10 oz

# Marinated Black Bean Salad

Vegetable or Meat/Meat Alternate-Vegetable

Salads and Salad Dressings

E-21

## SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable  
 OR  
 ½ cup (No. 8 scoop) provides ½ oz equivalent  
 meat/meat alternate and ¼ cup vegetable.

## YIELD:

**50 Servings:** about 11 lb 14 oz

**100 Servings:** about 23 lb 12oz

## VOLUME:

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

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

Edited 2004

### Special Tips:

- 1) This salad is a colorful accompaniment for Tacos (D-13).
- 2) Black beans can be rinsed to brighten their color.

## Nutrients Per Serving

<b>Calories</b>	157	<b>Saturated Fat</b>	0.26 g	<b>Iron</b>	1.70 mg
<b>Protein</b>	5.07 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	29 mg
<b>Carbohydrate</b>	16.73 g	<b>Vitamin A</b>	577 IU	<b>Sodium</b>	246 mg
<b>Total Fat</b>	1.64 g	<b>Vitamin C</b>	23.7 mg	<b>Dietary Fiber</b>	3.5 g

# Stromboli

F-06

## Sandwiches

### Meat/Meat Alternate-Grains/Breads

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Active dry yeast (see Special Tip)		2 Tbsp 1 1/2 tsp	2 oz	1/2 cup 1 Tbsp	<p>For best results, have all ingredients and utensils at room temperature.</p> <ol style="list-style-type: none"> <li>Dissolve dry yeast in warm water. Let stand for 4-5 minutes.</li> <li>Place flour in mixer bowl. Make well in the center.</li> <li>Pour dissolved yeast, oil, salt, and sugar into well in flour. Gradually work into the flour using dough hook on low speed. Continue with dough hook. Knead for 15 minutes on medium speed.</li> <li>Divide and shape dough. For 50 servings, shape into 1 ball (14 oz) and 2 balls (1 lb 12 oz each). For 100 servings, shape into 5 balls (1 lb 12 oz each). Let rest for 20 minutes.</li> <li>Combine basil, oregano, marjoram, and thyme in small bowl. Reserve for steps 7 and 8.</li> <li>On lightly floured surface, roll out dough. Roll each 1 lb 12 oz ball into a rectangle 24" x 16". Roll each 14 oz ball into a rectangle 24" x 8".</li> <li>Layer ingredients lengthwise along the center, leaving 6" across the top and bottom for folding.</li> </ol> <p>For 24" x 16" rectangle use:                      1st layer-10 oz cheese                      2nd layer-approximately 1/2 tsp seasonings                      3rd layer-17 oz turkey ham slices</p> <p>For 24" x 8" rectangle use:                      1st layer-5 oz cheese                      2nd layer-approximately 1/4 tsp seasonings</p>
Water, warm (110° F)		3 cups		1 qt 2 cups	
Enriched all-purpose flour	2 lb 10 oz	2 qt 2 cups	5 lb 4 oz	1 gal 1 qt	
Vegetable oil		1/4 cup		1/2 cup	
Salt		1 tsp		2 tsp	
Sugar		2 Tbsp	2 oz	1/4 cup	
Dried basil		1 1/4 tsp		2 1/4 tsp	
Dried oregano		1 tsp		2 tsp	
Dried marjoram		1/4 tsp		1/2 tsp	
Dried thyme		1/4 tsp		1/4 tsp	

Lite mozzarella cheese, sliced      3 lb 2 oz      3 qt 1/2 cup      6 lb 4 oz      1 gal 2 1/4 qt



# Stromboli

F-06

Meat/Meat Alternate-Grains/Breads

Sandwiches

Cooked turkey ham, sliced (15% water added)	5 lb 5 oz	10 lb 10 oz	3rd layer-8 ½ oz turkey ham slices
8. Fold top third of dough over cheese and turkey ham. Place another layer of cheese, seasonings, and turkey ham on top of folded dough as follows:			
For 24" x 16" rectangle use:			
1st layer-10 oz cheese			
2nd layer-approximately ½ tsp seasonings			
3rd layer-17 oz turkey ham slices			
For 24" x 8" rectangle use:			
1st layer-5 oz cheese			
2nd layer approximately ¼ tsp seasonings			
3rd layer-8 ½ oz turkey ham slices			
9. Fold bottom third of dough over the second layer of cheese and turkey ham. Pinch to seal end and top seams. (If desired, brush seams with egg wash.)			
10. Using a fork, pierce top of dough lengthwise from end to end, repeating 4 rows across.			
11. Place rolled dough on sheet pan (18" x 26" x 1") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 3 pans.			
12. Allow rolled stromboli to rise for 30 minutes.			
13. Bake until crust is lightly browned: Conventional oven: 400° F for 30-35 minutes Convection oven: 350° F for 25-30 minutes CCP: Heat to 135° F or higher.			
14. Remove from oven. Let stand for 15 minutes before cutting, to prevent cheese from running. Cut each full stromboli lengthwise down the middle and crosswise 10 times (20 pieces). Cut each half stromboli lengthwise down the middle and crosswise 5 times (10 pieces)			
15. CCP: Hold for hot service at 135° F or higher. Portion 1 piece.			

# Stromboli

F-06

Meat/Meat Alternate-Grains/Breads

Sandwiches

## SERVING:

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

## YIELD:

**50 Servings:** 2 ½ stromboli rolls about 10 lb 2 oz

**100 Servings:** 5 stromboli rolls about 20 lb 4 oz

## VOLUME:

**50 Servings:** 50 pieces  
2 pans

**100 Servings:** 100 pieces  
3 pans

Tested 2004

### Special Tip:

To use high-activity (instant) yeast, follow manufacturer's instructions.

## Nutrients Per Serving

<b>Calories</b>	221	<b>Saturated Fat</b>	2.72 g	<b>Iron</b>	1.79 mg
<b>Protein</b>	18.33 g	<b>Cholesterol</b>	40 mg	<b>Calcium</b>	216 mg
<b>Carbohydrate</b>	21.32 g	<b>Vitamin A</b>	43 IU	<b>Sodium</b>	636 mg
<b>Total Fat</b>	6.34 g	<b>Vitamin C</b>	0.0 mg	<b>Dietary Fiber</b>	0.8 g