

# **Cookbook for Certification High School**

**Created by HPS Menu Planner**

# Table of Contents

**Turkey and Beef Macaroni**

**Orange Glazed Sweet Potatoes**

**Pumpkin Muffin Squares**

**Tuna and Noodles**

**Chicken Breast Sandwich**

**Daily Salad**

**Brown Rice Pilaf**

**Barbecue Chicken Salad**

**Ranch Dressing**

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

**Hamburger**

**Marinated Black Bean Salad**

**Black Bean Hummus**

**Kati-Kati Baked Chicken**

**Jollof Rice**

**Sauteed Spinach and Tomatoes**

**Gingerbread**

**Vegetable Chili**

**Cornbread**

**Vegetable Sticks**

**Taco Soup**

**Peanut Butter and Jelly Sandwich**

**Peanut Butter and Jelly Sandwich W/Yogurt**

# Turkey and Beef Macaroni

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11728

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	6 Gallon	UNPREPARED	000001WTR
SALT SEA 36Z TRDE	2 2/3 Tablespoon		748590
PASTA ELBOW MACAR 51 WGRAIN 2-10	6 1/4 Pound		229941
TURKEY GROUND RAW 4-5 PERD	11 5/8 Pound		202060
ONION DCD 1/4 2-5 RSS	1 3/4 Pound		198307
TOMATO PASTE 26% 6-10 REDG	2 23/39 Quart	READY_TO_EAT None	773549
TOMATO DCD NSA 6-10 ANGELA MIA	3 1/16 Quart		827614
BASE BEEF NO MSG LO SOD 6-1 MINR	1 Gallon		580562
SPICE PEPR BLK 30 MESH REG GRIND 5	1 Tablespoon		225045
SPICE GARLIC POWDER 21Z TRDE	2 Tablespoon		224839
SPICE CHILI POWDER MILD 16Z TRDE	1/4 Cup		331473
SPICE CUMIN GRND 15Z TRDE	3 Tablespoon		273945
SPICE PAPRIKA 16Z TRDE	1 Tablespoon		518331
SPICE ONION POWDER 19Z TRDE	1 Tablespoon		126993
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
Beef, Fine Ground 85/15, Frozen	11 5/8 Pound		100158

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Add salt.

Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.

Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.

Add onions. Heat uncovered for 5 minutes.

Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

(Optional) Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/2 cup red/orange vegetable, and 1 oz equivalent grains.

7: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/2 cup vegetable, and 1 serving grains/bread.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.79
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.54
<b>OtherVeg</b>	0.02
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	372.94		
<b>Fat</b>	16.12g		
<b>SaturatedFat</b>	4.88g		
<b>Trans Fat</b>	1.86g		
<b>Cholesterol</b>	90.25mg		
<b>Sodium</b>	348.24mg		
<b>Carbohydrates</b>	28.74g		
<b>Fiber</b>	4.21g		
<b>Sugar</b>	5.33g		
<b>Protein</b>	27.77g		
<b>Vitamin A</b>	493.42IU	<b>Vitamin C</b>	6.20mg
<b>Calcium</b>	43.08mg	<b>Iron</b>	2.50mg

# Orange Glazed Sweet Potatoes

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11729

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	2 Cup		733061
GINGER CHPD IN OIL 12-4.25Z	1 Cup		464310
JUICE ORNG CONC 3+1 12-32FLZ GRPRD	1 Quart		119997
SUGAR BROWN LT 12-2 P/L	3 Pound		860311
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon		224723
SPICE NUTMEG GRND 16Z TRDE	2 2/3 Tablespoon		224944
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
FLAVORING VANILLA IMIT 1-QT KE	1 Ounce		110736
POTATO SWT DCD 3/4 2-5 P/L	3 9/32 Gallon		869351
STARCH CORN 24-1 ARGO	1/4 Cup		108413
Tap Water for Recipes	1 1/4 Quart	UNPREPARED	000001WTR
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart		350882

## Preparation Instructions

### Directions:

In a large stock pot, add margarine, ginger, orange juice concentrate, brown sugar, cinnamon, nutmeg, salt, vanilla, and water. Bring to a boil for 2-3 minutes. Remove from heat and set aside for step 2.

Combine 1 cup (about 9 2/3 oz) ginger mixture and sweet potatoes in a large bowl. Spread evenly. Recommended to cook in batches of 25. Set remaining ginger mixture aside for step 6.

Place 2 qt (about 4 lb 2 oz) sweet potatoes on a steam table pan (12" x 20" x 2 1/2"). Cover tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

### Bake:

Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15-20 minutes.

Critical Control Point: Heat to 135 °F or higher.

While sweet potatoes are baking, pour remaining ginger mixture into a large stock pot. Heat uncovered over medium-high heat. Bring to a boil.

Add cornstarch and water. Simmer for 1 minute or until mixture thickens. Stir well.

Add cranberries. Simmer uncovered for 1 minute. Stir well. Set aside for step 9.

After removing sweet potatoes from oven, pour 2 cups (about 1 lb 2 oz) glaze over each pan.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 12 scoop (1/3 cup).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup red/orange vegetable and 1/8 cup fruit.

5: CACFP Crediting Information: 1/3 cup (No. 12 scoop) provides 3/8 cup vegetable and 1/8 cup fruit.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.13
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.50
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.00

### Amount Per Serving

<b>Calories</b>	178.70		
<b>Fat</b>	4.02g		
<b>SaturatedFat</b>	1.59g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	168.89mg		
<b>Carbohydrates</b>	34.27g		
<b>Fiber</b>	3.94g		
<b>Sugar</b>	19.28g		
<b>Protein</b>	2.42g		
<b>Vitamin A</b>	20411.69IU	<b>Vitamin C</b>	33.05mg
<b>Calcium</b>	40.28mg	<b>Iron</b>	0.78mg

# Pumpkin Muffin Squares

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11730

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
-------------	-------------	-------------------	------------

## Preparation Instructions

### Directions:

Place flour, baking powder, baking soda, salt, cinnamon, nutmeg, and ginger in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine sugar and oil in a large bowl.

Add eggs and vanilla extract. Stir well.

Combine egg mixture with dry ingredients. Mix for 3-5 minutes on low speed. Batter will be lumpy. DO NOT OVERMIX.

Fold in pumpkin and raisins. Stir well.

Pour 2 qt (about 5 lb 10 oz) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until golden brown:

Conventional oven: 350 °F for 40-45 minutes. Convection oven: 325 °F for 35-40 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4" square).

### Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00



<b>Legumes</b>	0.00
<b>Starch</b>	0.00

<b>Nutrition Facts</b>			
Servings Per Recipe: 100.00			
Serving Size: 0.00			
<b>Amount Per Serving</b>			
<hr/>			
<b>Calories</b>	0.00		
<b>Fat</b>	0.00g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	0.00mg		
<b>Carbohydrates</b>	0.00g		
<b>Fiber</b>	0.00g		
<b>Sugar</b>	0.00g		
<b>Protein</b>	0.00g		
<hr/>			
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	0.00mg	<b>Iron</b>	0.00mg
<hr/>			

# Tuna and Noodles

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11756

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	4 Gallon	UNPREPARED	000001WTR
PASTA NOODL EGG 1/4 MED 2-5 KE	5 Pound		654541
MARGARINE SLD 30-1 GCHC	2 Cup		733061
CELERY JUMBO 16-24CT 40 MARKON	1 1/2 Quart		198536
ONION SPANISH JUMBO 50 MRKN	1 3/4 Pound		200778
PEPPERS GREEN XL 40-50CT 20 MRKN	1 1/8 Quart		147192
WHOLE WHEAT FLOUR STONE GROUND	1 Quart		330094
MILK WHT FF 4-1GAL RGNLBRND	1 Gallon		557862
BASE CHIX LO SOD 12-1 LEGO	1 Gallon		130869
SPICE PEPR BLK REG GRIND 16Z TRDE	1 Tablespoon		225037
PARSLEY CALIF CLND 4-1 RSS	1 Ounce		272396
TUNA CHNK WHT ALBA 6-66.5Z GCHC	2 3/8 Gallon		244473
CORN WHL KERNEL R/SOD 6-10 P/L	1 1/4 Quart		222011
LEMON JUICE 100 12-32FLZ GFS	1 1/3 Cup		311227

## Preparation Instructions

Directions:

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 6 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.

Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.

Add flour and stir until smooth.

Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.

Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer tuna mixture to a steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.38
<b>Grain</b>	0.32
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.04
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.14
<b>Legumes</b>	0.00
<b>Starch</b>	0.05

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	387.16		
<b>Fat</b>	9.39g		
<b>SaturatedFat</b>	1.67g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	102.96mg		
<b>Sodium</b>	1337.95mg		
<b>Carbohydrates</b>	39.50g		
<b>Fiber</b>	1.78g		
<b>Sugar</b>	11.73g		
<b>Protein</b>	37.65g		
<b>Vitamin A</b>	378.26IU	<b>Vitamin C</b>	7.33mg
<b>Calcium</b>	63.52mg	<b>Iron</b>	2.17mg

# Chicken Breast Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11761

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Each		786520
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
<b>Calories</b>	280.00		
<b>Fat</b>	10.00g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	535.00mg		
<b>Carbohydrates</b>	26.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	3.00g		
<b>Protein</b>	23.00g		
<b>Vitamin A</b>	100.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	40.00mg	<b>Iron</b>	1.80mg

# Daily Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-11762

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
LETTUCE ROMAINE CHOP 6-2 RSS	50 Cup		735787
CUCUMBER 1-24CT P/L	25 Cup		238653
TOMATO 6X6 LRG 25 MRKN	25 Cup		199036

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.25
<b>RedVeg</b>	0.25
<b>OtherVeg</b>	0.25
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	15.05		
<b>Fat</b>	0.13g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	2.50mg		
<b>Carbohydrates</b>	3.25g		
<b>Fiber</b>	1.13g		
<b>Sugar</b>	1.50g		
<b>Protein</b>	0.48g		
<b>Vitamin A</b>	2888.50IU	<b>Vitamin C</b>	21.53mg
<b>Calcium</b>	16.58mg	<b>Iron</b>	0.52mg

# Brown Rice Pilaf

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12036

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2 2-5 RSS	2 Pound		426059
PEPPERS GREEN DCD 1/4 2-3 RSS	2 Pound		198331
GARLIC MINCED IN WTR 12-32Z	2 2/3 Tablespoon		907713
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE PEPR BLK REST GRIND 16Z TRDE	2 Teaspoon		225061
SPICE CELERY SALT 32Z TRDE	1 1/3 Tablespoon		231517
MUSHROOM SLCD 1/16 10 MRKN	1 1/4 Quart		444823
THYME FRESH 1/2 MRKN	1 1/3 Tablespoon		562726
BROTH CHIX NO MSG 12-5 HRTHSTN	1 1/2 Gallon		261564
TOMATO PASTE CALIF 26 6-10 GCHC	3 1/2 Cup		100196
RICE BRN PARBL WGRAIN 25 GCHC	1 Gallon	<b>BOIL</b> Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
SPINACH 12-8Z	13 Cup		560712
CRANBERRY DRIED SWTND 10 OCSPR	1 Quart		350882
CHEESE PARM SHVD 2-5 PG	2 1/2 Cup		140560
PARSLEY CALIF CLND 4-1 RSS	1/2 Cup		272396

# Preparation Instructions

## Directions:

Place onions, peppers, and garlic in a food processor. Blend ingredients until minced. Place onion mixture in a medium stock pot uncovered over medium heat for 1 minute.

Add salt, pepper, celery salt, mushrooms, and thyme. Continue cooking one additional minute stirring constantly.

Add chicken broth and tomato paste to onion mixture. Stir well. Bring to a boil. Reduce heat to low and stir occasionally. Set aside for step 5.

Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 4").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt 1 cup (about 4 lb 10 oz) chicken broth mixture in each steam table pan. Stir. Cover pans tightly.

## Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove rice from oven. Set aside for step 9.

Combine spinach, cranberries, and parmesan cheese in a large bowl. Fold 1 qt 1 cup (about 15 oz) spinach mixture into rice.

Critical Control Point: Hold for hot service at 135 °F or higher.

Garnish with parsley.

Portion with No. 8 scoop (1/2 cup).

## Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red orange vegetable, 1/8 cup dark green vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 3/8 cup vegetable, and 1 serving grains/breads.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.32
<b>Fruit</b>	0.08
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	190.76		
<b>Fat</b>	4.08g		
<b>SaturatedFat</b>	2.12g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	395.17mg		
<b>Carbohydrates</b>	32.53g		
<b>Fiber</b>	2.21g		
<b>Sugar</b>	6.01g		
<b>Protein</b>	6.81g		
<b>Vitamin A</b>	174.31IU	<b>Vitamin C</b>	9.03mg
<b>Calcium</b>	110.95mg	<b>Iron</b>	0.75mg

# Barbecue Chicken Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12039

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION YELLOW WHL PLD 30 RSS	16 Ounce		438261
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SPICE CHILI POWDER MILD 16Z TRDE	2 Tablespoon		331473
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	2 7/8 Quart		100129
SPICE GARLIC POWDER 6 TRDE	2 Teaspoon		513857
SUGAR BROWN LT 12-2 P/L	1 1/2 Pound		860311
SAUCE WORCESTERSHIRE 4-1GAL FRENC	1 Cup		109843
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon		225061
SPICE BLND ORIG 3-21Z MDASH	1/2 Cup		265103
CHIX DCD 1/2 WHT CKD 2-5 GCHC	12 3/4 Pound		599697
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
ONION GREEN DCD 1/4 2-3 P/L	1 3/5 Pound		319228
ONION RED DCD 1/4 2-5 RSS	2 Pound		429201
CELERY DCD 1/2 2-5 RSS	52 Ounce		503924
LETTUCE ICEBERG PREM 6CT MRKN	40 Ounce		162170
TOMATO SLCD 1/4 5 RSS	60 Ounce		786535

## Preparation Instructions

Directions:

See E-19 for recipe ingredients and directions. Set ranch dressing aside for step 4.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) ranch dressing. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) ranch dressing.

Barbecue sauce: Combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce,



black pepper, and salt-free seasoning in a large stock pot. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.

For 50 servings, use 2 1/2 cups (about 1 lb 4 oz) barbecue sauce. For 100 servings, use 1 qt 1 cup (about 2 lb 8 oz) barbecue sauce.

Set barbecue sauce aside for step 4.

Combine chicken, ancho chili powder, green onions, red onions, diced celery, barbecue sauce, and ranch dressing in a large bowl. Stir well.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) barbecued chicken salad from a steam table pan (12" x 20" x 2 1/2") lined with parchment paper. Recommendation: 25 scoops per pan.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Place barbecued chicken salad on plated lettuce.

Place tomato on top of barbecued chicken salad.

(Optional) If desired, serve on a whole-grain roll. Using a No. 8 scoop, portion 1/2 cup (about 3.8 oz) on bottom of roll, top with lettuce, then tomato, then top of roll.

Critical Control Point: Hold at 41 °F or lower.

Portion with No. 12 scoop (1/2 cup).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz equivalent meat/meat alternate and 1/4 cup other vegetable.

5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 2 oz meat/meat alternate and 1/4 cup vegetable.

6: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

7: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.04
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.15
<b>OtherVeg</b>	0.28
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	139.30		
<b>Fat</b>	1.17g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	37.40mg		
<b>Sodium</b>	423.02mg		
<b>Carbohydrates</b>	13.87g		
<b>Fiber</b>	1.11g		
<b>Sugar</b>	10.05g		
<b>Protein</b>	18.27g		
<b>Vitamin A</b>	712.20IU	<b>Vitamin C</b>	8.18mg
<b>Calcium</b>	20.48mg	<b>Iron</b>	0.55mg

# Ranch Dressing

<b>Servings:</b>	100.00	<b>Category:</b>	Condiments or Other
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12040

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUTTERMILK 1 4-1QT RGNLBRND	1 5/8 Quart		245621
LEMON JUICE 100 12-32FLZ GFS	2 2/3 Tablespoon		311227
YOGURT PLN FF NAT 6-32Z YOPL	2 1/2 Cup	READY_TO_EAT Ready to eat	705850
SOUR CREAM L/F 4-5 RGNLBRND	1 Cup	GRILL Defrost 24 hours before consumption in refrigerator.Cook thoroughly	534331
MAYONNAISE LT 4-1GAL GFS	3 1/3 Cup		429406
SPICE ONION POWDER 19Z TRDE	1/4 Cup		126993
SPICE GARLIC GRANULATED 24Z TRDE	1/4 Cup		513881
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Teaspoon		225061
SPICE CHIVE DEHY CHPD 1Z TRDE	2 Teaspoon		513474
SPICE PARSLEY FLAKES 2Z TRDE	2 Tablespoon		259195
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286

## Preparation Instructions

Directions:

Combine buttermilk and lemon juice in a mixing bowl. Allow mixture to rest for 10 minutes.

Using a paddle attachment, blend in the yogurt and sour cream. Let mixture rest for 5 more minutes.

Add rest of ingredients to mixture in mixing bowl. Mix for 2-3 minutes on low speed until blended.

Chill at least 12 hours before serving to allow to thicken. Refrigerate until service.

Notes:

- 1: Special Tip:
- 2: Add an additional 8 oz of
- 3: reduced calorie sala
- 4: d dressing or lowfat mayonnaise
- 5: per 50 servings for an
- 6: excellent vegetable dip.
- 7: Updated July 2014

## SLE Components

Amount Per Serving

<b>Meat</b>	0.05
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	28.96		
<b>Fat</b>	0.89g		
<b>SaturatedFat</b>	0.22g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	7.29mg		
<b>Sodium</b>	150.85mg		
<b>Carbohydrates</b>	4.82g		
<b>Fiber</b>	0.05g		
<b>Sugar</b>	2.01g		
<b>Protein</b>	1.23g		
<b>Vitamin A</b>	8.00IU	<b>Vitamin C</b>	0.20mg
<b>Calcium</b>	36.13mg	<b>Iron</b>	0.02mg

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

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12048

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF GRND F2F 85/15 FREE FALL 2-10	11 Pound		678770
PORK GRND 80/20 2-6 HALP	6 Pound		579042
ONION DCD 1/2 2-5 RSS	10 Ounce		426059
PEPPERS GREEN DCD 1/4 2-3 RSS	10 Ounce		198331
SPICE GARLIC POWDER 6 TRDE	3 Tablespoon		513857
SPICE PEPR BLK REST GRIND 16Z TRDE	1 Tablespoon		225061
TOMATO PUREE 1.045 6-10 GFS	1 1/2 Gallon		100242
SALT IODIZED 25 CARG	2 2/3 Tablespoon		108286
BROTH BF NO MSG 12-49Z HRTHSTN	2 Quart	Add 1 Quart of water base	504599
SPICE PARSLEY FLAKES 2Z TRDE	1/2 Cup		259195
SPICE BASIL GRND 12Z TRDE	1/4 Cup		513636
SPICE OREGANO LEAF 8.5 TRDE	1/4 Cup		228443
SPICE MARJORAM LEAF 3.5Z TRDE	2 Tablespoon		513709
SPICE THYME GRND 12Z TRDE	1 Tablespoon		513822
CARROT SHRD MED 2-5 RSS	2 1/2 Pound		313408
Tap Water for Recipes	12 Gallon	UNPREPARED	000001WTR
PASTA SPAG 51 WGRAIN 2-10	6 1/4 Pound		221460

## Preparation Instructions

**Directions:**

Brown ground beef and ground pork uncovered over medium high heat in a large stock pot. Stir often.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Drain meat. Return to stock pot.

Add onions and bell peppers. Stir well. Simmer uncovered over low heat for 5 minutes.

Add garlic powder, black pepper, tomato puree, salt, beef broth, water, parsley, basil, oregano, marjoram, thyme, and carrots. Stir well. Cover and simmer for 1 hour. Stir occasionally.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Set aside beef/pork mixture for step 10.

Heat water to a rolling boil.

Slowly add pasta. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well.

Combine pasta and beef/pork mixture in stock pot. Stir well.

Transfer to a steam table pan (12" x 20" x 4") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

**Notes:**

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

2: Cooking Process #2: Same Day Service

3: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, and 1 oz equivalent grains.

4: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 serving grains/bread.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>		218.62	
<b>Fat</b>		6.46g	
<b>SaturatedFat</b>		2.11g	
<b>Trans Fat</b>		0.00g	
<b>Cholesterol</b>		25.78mg	
<b>Sodium</b>		290.68mg	
<b>Carbohydrates</b>		27.16g	
<b>Fiber</b>		3.40g	
<b>Sugar</b>		4.58g	
<b>Protein</b>		11.90g	
<b>Vitamin A</b>	2635.14IU	<b>Vitamin C</b>	7.77mg
<b>Calcium</b>	21.34mg	<b>Iron</b>	2.40mg

# Hamburger

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12049

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK PTY CKD 2.45Z 6-5 JTM	100 Each		661851
3 1/2" Whole Grain Hamburger Bun	100 Each		
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	200 Teaspoon		100129
PICKLE DILL SLCD HAMB 2900CT 5GAL GFS	50 Ounce	2 Slices of Pickle	149209

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	1.50
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	289.53		
<b>Fat</b>	13.90g		
<b>SaturatedFat</b>	4.80g		
<b>Trans Fat</b>	0.77g		
<b>Cholesterol</b>	49.00mg		
<b>Sodium</b>	730.27mg		
<b>Carbohydrates</b>	25.33g		
<b>Fiber</b>	3.00g		
<b>Sugar</b>	4.67g		
<b>Protein</b>	16.10g		
<b>Vitamin A</b>	66.67IU	<b>Vitamin C</b>	0.80mg
<b>Calcium</b>	27.00mg	<b>Iron</b>	11.00mg

# Marinated Black Bean Salad

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	No Cook
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12051

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
JUICE LIME 4-1GAL REALIME	1 Cup		199028
SPICE PARSLEY FLAKES 2Z TRDE	1 Cup		259195
SPICE CUMIN GRND 5 TRDE	2 Tablespoon		777072
GARLIC WHL FRSH 5	7/8 Cup		907673
SEASONING ANCHO CHILI 21Z TRDE	1/4 Cup		748570
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart		219550
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	1/2 Cup		524948
HONEY CLOVER SQZ BTL 16Z 4-3CT GCHC	2 Cup		217523
VINEGAR APPLE CIDER 5 4-1GAL GFS	1 Cup		430795
BEANS BLACK LO SOD 6-10 BUSH	1 7/64 Gallon		231981
CORN CUT IQF 30 GFS	3 1/4 Cup		285620
PEPPERS GREEN DCD 1/4 2-3 RSS	1 1/2 Pound		198331
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992
SALSA MILD CHNKY 4-1GAL GCHC	1 5/8 Quart		598453
ONION RED DCD 1/4 2-5 RSS	8 Ounce		429201
PEPPERS JALAP SLCD 128CT 4-1GAL GRSZ	4 Ounce		466240
CHEESE CHED SHRD 6-5 COMM	2 Pound		199720

## Preparation Instructions

Directions:

Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.

Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapenos in a large bowl. Stir well. Set aside for step 3.

Pour 1 1/2 cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.

Transfer 3 qt 1 1/2 cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 2 cups (about 8 oz) cheese over each pan.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or below.

Portion with No. 8 scoop (1/2 cup).

Notes:

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

2: Cooking Process #1: No Cook

3: Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

4: Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

5: Serving

6: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

7: Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable

8: OR

9: Legume as Vegetable: .25 oz equivalent meat /meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup additional vegetable.

10: CACFP Crediting Information: 1/2 cup (No. 8 scoop) portion provides:

11: Legume as Meat/Meat Alternate: 1 oz meat/meat alternate and 3/8 cup vegetable

12: OR

13: Legume as Vegetable: .25 oz meat/meat alternate and 1/2 cup vegetable.

14: How to Cook Dry Beans

15: Special tip for preparing dry beans:

16: SOAKING BEANS

17: OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

18: QUICK-SOAK METHOD: Boil 1 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.

19: COOKING BEANS

20: Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

21: Critical Control Point: Hold for hot service at 135 °F or higher.

22: OR

23: Chill for later use.

24: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

25: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.



## SLE Components

Amount Per Serving

<b>Meat</b>	0.32
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.01
<b>Legumes</b>	0.09
<b>Starch</b>	0.03

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	123.24		
<b>Fat</b>	4.24g		
<b>SaturatedFat</b>	2.08g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	9.60mg		
<b>Sodium</b>	256.08mg		
<b>Carbohydrates</b>	17.28g		
<b>Fiber</b>	2.76g		
<b>Sugar</b>	6.69g		
<b>Protein</b>	4.97g		
<b>Vitamin A</b>	350.94IU	<b>Vitamin C</b>	23.44mg
<b>Calcium</b>	33.11mg	<b>Iron</b>	0.91mg

# Black Bean Hummus

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12052

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEANS BLACK LO SOD 6-10 BUSH	50 Cup		231981
BEAN GARBANZO LO SOD 6-10 P/L	25 Cup	Boil Beans First	597991
LEMON JUICE 100 12-32FLZ GFS	2 1/4 Quart		311227
GARLIC WHL FRSH 5	1 1/3 Quart		907673
OIL BLND SOY/POM OLV 90/10 6-1GAL KE	3/4 Cup		524948
SALT IODIZED 25 CARG	1 Tablespoon		108286
SPICE CUMIN GRND 5 TRDE	1/4 Cup		777072
SPICE PEPR WHITE GRND 17Z TRDE	2 Tablespoon		513776
CILANTRO CLEANED 4-1 RSS	2 5/8 Quart		219550
CHIP TORTL RND R/F 104-.88Z TOSTIT	100 Package	READY_TO_EAT Use code date on bag to rotate product so the oldest product is consumed first. Use in your to go menu, place on display rack or include in catering box lunches. Contact PepsiCo Foodservice for display equipment options.	284751

## Preparation Instructions

Directions:

Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Puree on medium speed for 1-2 minutes until beans have a smooth consistency. DO NOT OVERMIX.

Using a rubber spatula, scrape black bean mixture into a large bowl.

Add cilantro. Stir well.

Transfer 3 qt 1/2 cup (about 7 lb 5 oz) black bean hummus to a steam table pan (12" x 20" x 2 1/2"). Cover pans tightly.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Cool to 41 °F or lower within 4 hours.

Critical Control Point: Hold at 41 °F or lower.

(Optional) Serve with chips.

Portion with No. 8 scoop (1/2 cup).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides:

5: Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate.

6: OR

7: Legume as Vegetable: 1/2 cup legume vegetable.

8: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides:

9: Legume as Meat/Meat Alternate: 2 oz meat/meat alternate.

10: OR

11: Legume as Vegetable: 1/2 cup vegetable.

12: How to Cook Dry Beans

13: Special tip for preparing dry beans:

14: SOAKING BEANS

15: OVERNIGHT METHOD: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

16: QUICK-SOAK METHOD: Boil 1 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.

17: COOKING BEANS

18: Once the beans have been soaked, add 1 3/4 qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

19: Critical Control Point: Hold for hot service at 135 °F or higher.

20: OR

21: Chill for later use.

22: Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

23: 1 lb dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

24: 1 lb dry garbanzo beans or chickpeas = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	1.25
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.50

Starch

0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	320.63
<b>Fat</b>	7.18g
<b>SaturatedFat</b>	0.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	382.07mg
<b>Carbohydrates</b>	53.05g
<b>Fiber</b>	10.17g
<b>Sugar</b>	1.50g
<b>Protein</b>	12.01g
<b>Vitamin A</b> 0.72IU	<b>Vitamin C</b> 7.68mg
<b>Calcium</b> 122.66mg	<b>Iron</b> 2.86mg

# Kati-Kati Baked Chicken

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12053

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SUGAR CANISTER 24-20Z GFS	1/2 Cup		449237
SPICE CINNAMON GRND 15Z TRDE	1/4 Cup		224723
SPICE ALLSPICE GRND 16Z TRDE	1/4 Cup		513601
SPICE PAPRIKA 16Z TRDE	1/4 Cup		518331
SALT IODIZED 25 CARG	3 Tablespoon		108286
SPICE PEPR RED CRUSHED 12Z TRDE	2 Teaspoon		430196
SPICE PEPR BLK REST GRIND 16Z TRDE	1 1/3 Tablespoon		225061
SPICE PEPR RED CAYENNE GRND 16Z TRDE	2 Teaspoon		225088
SPICE TURMERIC GRND 15Z TRDE	2 Tablespoon		514187
SPICE CUMIN GRND 15Z TRDE	1/2 Cup		273945
OIL CANOLA 9-48FLZ P/L	3/4 Cup		330252
CHIX PTY GRLLD 2.5Z 6-5 GLDKST	100 Piece		786520
PARSLEY CALIF CLND 4-1 RSS	2 Ounce		272396

## Preparation Instructions

Directions:

Combine garlic powder, sugar, cinnamon, allspice, paprika, salt, red pepper flakes, black pepper, cayenne pepper, turmeric, cumin, and oil in a small bowl. Stir well.

Toss chicken portions in spice mixture. Allow chicken to marinate for at least 30 minutes.

Place chicken portions on a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake:

Conventional oven: 350 °F for 10-15 minutes. Convection oven: 325 °F for 8-12 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove from oven.

Garnish with parsley.

Critical Control Point: Hold for hot service at 135 °F or higher.

(Optional) Serve with Baked Jollof Rice and Sauteed Spinach and Tomatoes. See B-28 and I-25 for recipe ingredients and directions.

Serve 1 chicken breast (2 oz).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 chicken breast provides 2 oz equivalent meat/meat alternates.

5: CACFP Crediting Information: 1 chicken breast provides 2 servings meat/meat alternates.

## SLE Components

Amount Per Serving

<b>Meat</b>	2.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	157.69		
<b>Fat</b>	8.05g		
<b>SaturatedFat</b>	2.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	65.00mg		
<b>Sodium</b>	623.47mg		
<b>Carbohydrates</b>	2.92g		
<b>Fiber</b>	0.24g		
<b>Sugar</b>	0.96g		
<b>Protein</b>	18.14g		
<b>Vitamin A</b>	298.45IU	<b>Vitamin C</b>	0.08mg
<b>Calcium</b>	2.70mg	<b>Iron</b>	1.20mg

# Jollof Rice

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12054

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL CANOLA 9-48FLZ P/L	1 Cup		330252
ONION DCD 1/2 2-5 RSS	2 1/4 Pound		426059
SPICE GINGER GRND 16Z TRDE	1 1/3 Tablespoon		513695
GARLIC MINCED IN WTR 12-32Z	1/4 Cup		907713
PEPPERS RED DCD 3/8 2-3 RSS	1 1/4 Quart		581992
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	3 7/8 Cup	READY_TO_EAT None	501031
SAUCE TOMATO MW 6-10 GCHC	3 5/8 Cup		306347
SALT IODIZED 25 CARG	1 1/3 Tablespoon		108286
SPICE PEPR RED CAYENNE GRND 16Z TRDE	1/2 Teaspoon		225088
SPICE PAPRIKA 16Z TRDE	1/2 Teaspoon		518331
SPICE CURRY POWDER 17Z TRDE	1/4 Cup		224804
BASE VEG LO SOD 12-1 KNOR	1 Gallon	Mix with 1 Gallon of Water and Bring to a Boil	157686
RICE BRN PARBL WGRAIN 25 GCHC	1 3/77 Gallon	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	516371
PEAS & CARROT 12-2.5 GFS	2 19/48 Quart		119458
CILANTRO CLEANED 4-1 RSS	1 3/4 Quart		219550

# Preparation Instructions

## Directions:

Heat oil in a large stock pot.

Add onions, ginger, garlic, and bell peppers. Saute uncovered over medium heat for about 3 minutes or until translucent.

Add diced tomatoes, tomato sauce, salt, pepper, paprika, and curry powder. Heat uncovered over medium heat for 5 minutes, or until liquid is reduced and tomatoes begin to soften, stirring frequently.

Add stock. Stir well. Set aside for step 6.

Place 1 qt 2 Tbsp 1 1/2 tsp brown rice (1 lb 10 oz) in each steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Pour 2 qt (about 4 lb) tomato mixture over each pan. Stir well. Cover pans tightly.

## Bake:

Conventional oven: 350 °F for 45 minutes. Convection oven: 350 °F for 40 minutes.

Critical Control Point: Heat to 135 °F or higher.

Remove from oven. Fluff rice. Set aside for step 11.

Steam vegetables for 1 minute to ensure that peas are bright in color.

Fold 2 1/3 cups 1 Tbsp (about 12 oz) vegetables in rice mixture.

Hold for hot service at 135 °F or higher.

Garnish with cilantro.

Portion with No. 8 scoop (1/2 cup).

## Notes:

- 1: \*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
- 2: Cooking Process #2: Same Day Service
- 3: Serving
- 4: NSLP/SBP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.
- 5: CACFP Crediting Information: 1/2 cup (No. 8 scoop) provides 1/4 cup vegetable and 1 serving grains/breads.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.33
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.04
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	132.87		
<b>Fat</b>	0.68g		
<b>SaturatedFat</b>	0.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	183.61mg		
<b>Carbohydrates</b>	29.35g		
<b>Fiber</b>	2.08g		
<b>Sugar</b>	2.06g		
<b>Protein</b>	3.11g		
<b>Vitamin A</b>	285.02IU	<b>Vitamin C</b>	12.10mg



**Calcium**

7.41mg

**Iron**

0.72mg

# Sauteed Spinach and Tomatoes

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12056

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	3/4 Cup		733061
ONION DCD 1/2 2-5 RSS	2 Pound		426059
PEPPERS RED DCD 3/8 2-3 RSS	1 1/2 Quart		581992
GARLIC MINCED IN WTR 12-32Z	1/2 Cup		907713
GINGER FRSH 5 P/L	1/2 Cup		552321
SPICE PEPR RED CRUSHED 12Z TRDE	1 1/3 Tablespoon		430196
SPINACH LEAF FLAT CLND 4-2.5 RSS	4 25/32 Gallon		329401
TOMATO PASTE CALIF 26 6-10 GCHC	3 11/24 Cup		100196
SALT IODIZED 25 CARG	2 Tablespoon		108286

## Preparation Instructions

Directions:

Heat margarine over medium heat in a large stock pot.

Add onions, bell peppers, garlic, ginger, and red pepper flakes. Saute uncovered for 3 minutes over medium heat until tender and translucent. Stir frequently.

Add spinach in batches (1 lb per batch). Add additional batch once current batch begins to wilt.

Add tomato paste before adding the last batch of spinach. Add salt. Stir well. Heat uncovered for an additional 5 minutes or more until spinach reduces.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with No. 16 scoop (1/3 cup).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1/3 cup (No. 16 scoop) provides 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other

5: vegetable

6: CACFP Crediting Information: 1/3 cup (No. 16 scoop) provides 3/8 cup vegetable.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.38
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	31.94
<b>Fat</b>	1.34g
<b>SaturatedFat</b>	0.54g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	179.62mg
<b>Carbohydrates</b>	4.31g
<b>Fiber</b>	1.16g
<b>Sugar</b>	1.51g
<b>Protein</b>	1.45g
<b>Vitamin A</b> 500.36IU	<b>Vitamin C</b> 15.88mg
<b>Calcium</b> 27.66mg	<b>Iron</b> 1.02mg

# Gingerbread

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12057

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 2/3 Quart		330094
FLOUR WHEAT HI-GLUTEN UNBLCHD 50	1 13/16 Pound		683491
BAKING SODA 36Z GFS	2 2/3 Tablespoon		513849
SPICE GINGER GRND 16Z TRDE	3/8 Cup		513695
SPICE CINNAMON GRND 15Z TRDE	2 2/3 Tablespoon		224723
SPICE CLOVES GRND 16Z TRDE	2 Teaspoon		224774
MARGARINE SLD 30-1 GCHC	1 1/3 Cup		733061
SUGAR BROWN MED 25 GFS	3 Cup	UNSPECIFIED	108626
MOLASSES 4-1GAL P/L	1 1/3 Quart		234303
Tap Water for Recipes	1 1/3 Quart	UNPREPARED	000001WTR
EGG WHL LIQ 6-5 GFS	2 2/3 Cup		284122

## Preparation Instructions

Directions:

Place flour, baking soda, ginger, cinnamon, and cloves in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer. Set aside for step 4.

Combine margarine, sugar, molasses, and boiling water in a large bowl. Stir until margarine is melted.

Add eggs.

Add molasses mixture to dry ingredients and stir until lumps are removed.

(Optional) Add lemon or orange zest.

Pour 1 qt 2 cups (about 3 lb) batter into a half steam table pan (12" x 10" x 2 1/2") lightly coated with pan release spray.

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Bake until edges are dark and middle is firm to touch:

Conventional oven: 350 °F for 35-45 minutes. Convection oven: 325 °F for 30-35 minutes.

Portion: Cut each pan 5 x 5 (25 pieces per pan).

Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP/SBP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/breads.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.53
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

<b>Amount Per Serving</b>			
<b>Calories</b>	159.63		
<b>Fat</b>	3.36g		
<b>SaturatedFat</b>	1.21g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	29.90mg		
<b>Sodium</b>	206.17mg		
<b>Carbohydrates</b>	29.88g		
<b>Fiber</b>	1.05g		
<b>Sugar</b>	18.61g		
<b>Protein</b>	3.18g		
<b>Vitamin A</b>	188.08IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	41.58mg	<b>Iron</b>	1.72mg

# Vegetable Chili

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12115

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL LIQ CORN NT 6-1GAL GFS	1/2 Cup		107662
ONION DCD 1/4 2-5 RSS	2 1/2 Pound		198307
PEPPERS GREEN DCD 1/2 2-3 RSS	3 3/4 Cup		283959
SPICE CHILI POWDER HOT 17Z TRDE	1 1/2 Cup		224707
SPICE CUMIN GRND 5 TRDE	1/2 Cup		777072
SPICE GARLIC GRANULATED 24Z TRDE	2 2/3 Tablespoon		513881
SPICE ONION POWDER 19Z TRDE	1 1/3 Tablespoon		126993
SAUCE HOT 4-1GAL CRWNCOLL	1/2 Cup		264471
SUGAR BROWN MED 25 GFS	1 Cup	UNSPECIFIED	108626
TOMATO CRSHD 6-10 ANGM	1 1/2 Gallon		444588
TOMATO DCD IN JUICE 6-10 REDG - Red Gold - M	1 1/16 Quart	READY_TO_EAT None	501031
BEAN KIDNEY RED LT 6-10 GFS	1 11/16 Gallon		118788
Tap Water for Recipes	1 Cup	UNPREPARED	000001WTR
YOGURT PLN FF NAT 6-32Z YOPL	2 Quart	READY_TO_EAT Ready to eat	705850
CHEESE CHED MLD SHRD 4-5 LOL	1 9/16 Gallon		150250
No. 3 Bulgur Wheat	6 Cup		12291968KD

## Preparation Instructions

Directions:

Heat the oil in a steam-jacketed kettle.

Add the onions and sauté 3 minutes, until translucent.

Add the green peppers and sauté 2 minutes, until tender.

Add the chili powder, cumin, granulated garlic, onion powder, hot sauce (optional), brown sugar, and tomatoes. Simmer 15 minutes, uncovered.

Add the kidney beans, bulgur, and water. Simmer 15 minutes, uncovered.

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.

CCP: Hold for hot service at 135° F or higher. Portion with 6 oz ladle (¾ cup).

Sprinkle ¼ cup of Cheddar cheese on top of each portion when served.

Notes:

1: Comments:

2: \*See Marketing Guide.

3: Serving Information:

4: ¾ cup (6 oz ladle) provides:

5: Legume as Meat Alternate: 2 oz equivalent meat alternate, ¼ cup red/orange vegetable, and ¼ oz equivalent grains.

6: OR

7: Legume as Vegetable: 1 oz equivalent meat alternate, 1/8 cup legume vegetable, ¼ cup red/orange vegetable, 1/8 cup other vegetable, and ¼ oz equivalent grains.

8: Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

9: Special Tip:

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

11: A new nutrient analysis will be coming. Updated July 2014. Restandarization in progress.

## SLE Components

Amount Per Serving

<b>Meat</b>	1.24
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.06
<b>Legumes</b>	0.54
<b>Starch</b>	0.00

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	242.99		
<b>Fat</b>	10.14g		
<b>SaturatedFat</b>	6.16g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	30.55mg		
<b>Sodium</b>	519.68mg		
<b>Carbohydrates</b>	26.46g		
<b>Fiber</b>	7.01g		
<b>Sugar</b>	7.77g		
<b>Protein</b>	13.97g		
<b>Vitamin A</b>	301.44IU	<b>Vitamin C</b>	4.78mg
<b>Calcium</b>	273.74mg	<b>Iron</b>	2.64mg

# Cornbread

<b>Servings:</b>	100.00	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12116

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 1/2 Quart		330094
CORNMEAL WHT SELF RISING 25 GENM	1 1/4 Quart	<b>BAKE</b> Refer to your desired recipe or formula for preparation instructions.	198060
SUGAR CANE GRANUL 25 GFS	2 Cup		108642
BAKING POWDER DBL ACTION 6-5 RDSTR	1 Ounce		683700
SALT IODIZED 25 CARG	1 Tablespoon		108286
EGG WHL LIQ 6-5 GFS	1 1/3 Cup		284122
MILK PWD INST FF 50 MMPA	1 3/4 Quart		113336
OIL CANOLA 9-48FLZ P/L	1 Cup		330252
PEPPERS RED DCD 3/8 2-3 RSS	3 Cup		581992
CORN WHL KERNEL R/SOD 6-10 P/L	2 1/2 Cup		222011

## Preparation Instructions

### Directions:

Combine flour, cornmeal, sugar, baking powder, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix for 1 minute on low speed.

Combine eggs, milk, and oil in a large bowl. Stir well.

Add egg mixture to dry ingredients. Mix until dry ingredients are moistened. **DO NOT OVERMIX.**

For 50 servings, mix for 2-3 minutes on medium speed. For 100 servings, mix for 2-3 minutes on medium speed.

Pour batter on a sheet pan lightly coated with pan release spray.

For 50 servings, pour 4 lb 8 oz (1 qt 3 1/2 cups) batter on 1 half-sheet pan (18" x 13" x 1"). For 100 servings, pour 9 lb (3 qt 3 cups) batter on 1 full sheet pan (18" x 26" x 1").

Bake until lightly browned:

Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 20-25 minutes.



Remove from oven. Cool for 10 minutes.

Portion:

For 50 servings, cut each pan 5 x 10 (50 pieces per pan). For 100 servings, cut each pan 10 x 10 (100 pieces per pan).

Variation: Add peppers and corn to step 3. Continue with step 4.

Notes:

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

2: Cooking Process #2: Same Day Service

3: Serving

4: NSLP Crediting Information: 1 piece provides 1 oz equivalent grains.

5: CACFP Crediting Information: 1 piece provides 1 serving grains/bread.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.48
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.03

## Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

### Amount Per Serving

<b>Calories</b>	109.01
<b>Fat</b>	0.93g
<b>SaturatedFat</b>	0.16g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	16.58mg
<b>Sodium</b>	281.04mg
<b>Carbohydrates</b>	20.34g
<b>Fiber</b>	1.40g
<b>Sugar</b>	8.85g
<b>Protein</b>	5.17g
<b>Vitamin A</b> 136.03IU	<b>Vitamin C</b> 7.55mg
<b>Calcium</b> 133.97mg	<b>Iron</b> 0.69mg

# Vegetable Sticks

<b>Servings:</b>	100.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12117

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
CARROT BABY WHL CLEANED 12-2 RSS	25 Cup		510637
CUCUMBER SELECT 24CT MRKN	25 Cup		418439
CELERY STIX 4-3 RSS	25 Cup		781592

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.42
<b>OtherVeg</b>	0.50
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	19.32		
<b>Fat</b>	0.12g		
<b>SaturatedFat</b>	0.03g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	52.68mg		
<b>Carbohydrates</b>	4.42g		
<b>Fiber</b>	1.62g		
<b>Sugar</b>	2.42g		
<b>Protein</b>	0.51g		
<b>Vitamin A</b>	5039.59IU	<b>Vitamin C</b>	2.25mg
<b>Calcium</b>	25.82mg	<b>Iron</b>	0.42mg

# Taco Soup

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12118

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STKBRGR GRND 85/15 4-5 HALP	8 1/2 Pound		425790
SPICE CHILI POWDER HOT 17Z TRDE	1 Cup		224707
SPICE CUMIN GRND 15Z TRDE	1 1/4 Cup		273945
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SPICE ONION POWDER 19Z TRDE	2 2/3 Tablespoon		126993
SPICE PEPR RED CRUSHED 3.75 TRDE	1 1/3 Tablespoon		513768
SPICE PEPR BLK REST GRIND 16Z TRDE	2 2/3 Tablespoon		225061
ONION DCD 1/4 2-5 RSS	4 1/2 Pound		198307
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z HVALL	1 Cup		192716
TOMATO CRSHD 6-10 ANGM	1 5/8 Gallon		444588
SALSA 103Z 6-10 REDG	4 Pound	READY_TO_EAT None	452841
CORN WHL KERNEL STD GRADE 6-10 KE	2 1/2 Quart		244805
BEAN KIDNEY RED LT 6-10 GFS	2 5/16 Gallon		118788

## Preparation Instructions

Directions:

Brown ground beef uncovered over medium high heat in a large stock pot.

Add spices. Stir well.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Remove beef mixture and set aside for step 7.

Using the same pot, cook onions uncovered over medium heat for 5-7 minutes or until soft. Reduce heat to low.

Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low

heat for 2 minutes.

Add seasoned beef and stir. Simmer uncovered for an additional 15-20 minutes.

Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

Transfer to a steam table pan (12" x 20" x 2 1/2").

For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Serve immediately or cover and place in a warmer until ready for service.

Critical Control Point: Hold for hot service at 135 °F or higher.

Portion with 8 fl oz spoodle (1 cup).

Notes:

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

2: .

3: Cooking Process #2: Same Day Service

4: Serving

5: NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides:

6: Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, ¼ cup

7: red/orange vegetable, and ¼ cup additional

8: vegetable.

9: Legume as Vegetable: 1 oz equivalent meat/meat

10: alternate, ¼ cup legume vegetable, ¼ cup red/orange vegetable, and

11: ¼ cup additional vegetable.

12: CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

13: Legume as Meat Alternate: 2 oz meat/meat alternate and ½ cup

14: vegetable.

15: Legume as Vegetable: 1 oz meat/meat alternate and ¾

16: cup vegetable.

17: How to Cook Dry Beans

18: Special tip for preparing dry beans:

19: SOAKING BEANS

20: 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.

21: QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and

22: boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

23: COOKING BEANS

24: Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

25: Critical Control Point: Hold for hot service at 135 °F or higher.

26: OR

27: Chill for later use.

28: Critical Control Point: Cool to 70 °F within 2 hours and to 41 °F or lower within 4 hours.

29: 1 lb dry kidney beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

## SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	0.00

<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.11
<b>OtherVeg</b>	0.05
<b>Legumes</b>	0.74
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00  
Serving Size: 1.00 Serving

---

**Amount Per Serving**

<b>Calories</b>	144.27
<b>Fat</b>	0.20g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	664.47mg
<b>Carbohydrates</b>	30.34g
<b>Fiber</b>	8.71g
<b>Sugar</b>	6.03g
<b>Protein</b>	7.45g

---

<b>Vitamin A</b>	107.87IU	<b>Vitamin C</b>	1.58mg
<b>Calcium</b>	52.82mg	<b>Iron</b>	3.51mg

# Peanut Butter and Jelly Sandwich

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12480

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	200 Each		710650
JELLY APPLE-GRAPE 6-10 GFS	200 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	200 Tablespoon		279013

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	0.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	420.00		
<b>Fat</b>	17.00g		
<b>SaturatedFat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	310.00mg		
<b>Carbohydrates</b>	57.00g		
<b>Fiber</b>	5.00g		
<b>Sugar</b>	28.00g		
<b>Protein</b>	12.00g		
<b>Vitamin A</b>	0.00IU	<b>Vitamin C</b>	0.00mg
<b>Calcium</b>	60.00mg	<b>Iron</b>	2.16mg

# Peanut Butter and Jelly Sandwich W/Yogurt

<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Serving	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-12504

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	200 Each		710650
JELLY APPLE-GRAPE 6-10 GFS	200 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	200 Tablespoon		279013
YOGURT DANIMAL STRAWB N/F 48-4Z DANN	100 Each	READY_TO_EAT READY_TO_EAT	885750

## Preparation Instructions

No Preparation Instructions available.

### SLE Components

Amount Per Serving

<b>Meat</b>	1.00
<b>Grain</b>	2.00
<b>Fruit</b>	0.00
<b>GreenVeg</b>	0.00
<b>RedVeg</b>	0.00
<b>OtherVeg</b>	0.00
<b>Legumes</b>	0.00
<b>Starch</b>	0.00

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

#### Amount Per Serving

<b>Calories</b>	490.00
<b>Fat</b>	17.00g
<b>SaturatedFat</b>	3.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	370.00mg
<b>Carbohydrates</b>	71.00g
<b>Fiber</b>	5.00g
<b>Sugar</b>	38.00g
<b>Protein</b>	16.00g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 210.00mg	<b>Iron</b> 2.16mg