

Cookbook for Certification High School

Created by HPS Menu Planner

Table of Contents

Chicken Breast Sandwich

Daily Salad

Brown Rice Pilaf

Barbecue Chicken Salad

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

Chicken Breast Sandwich



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 290.00

Fat 10.00g

SaturatedFat 2.50g

Trans Fat 0.00g

Cholesterol 65.00mg

Sodium 560.00mg

Carbohydrates 27.00g

Fiber 4.00g

Sugar 4.00g

Protein 23.00g

Vitamin A 100.00IU **Vitamin C** 0.00mg

Calcium 63.00mg **Iron** 1.72mg

Daily Salad



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.50
RedVeg	0.25
OtherVeg	0.25
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	15.05
Fat	0.13g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.50mg
Carbohydrates	3.25g
Fiber	1.13g
Sugar	2.00g
Protein	0.98g
Vitamin A 388.50IU	Vitamin C 6.53mg
Calcium 14.58mg	Iron 0.34mg

Brown Rice Pilaf



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 HRTSTN	1 1/2 Gallon		261564
TOMATO PASTE CALIF 26 6-10 GCHC	50 Tablespoon		100196
RICE BRN PARBL WGRAIN 25 GCHC	6 1/2 Pound		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

Description	Measurement	Prep Instructions	DistPart #
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

Meat	0.00
Grain	1.04
Fruit	0.08
GreenVeg	0.13
RedVeg	0.13
OtherVeg	0.13
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	433.14
Fat	6.32g
SaturatedFat	2.00g
Trans Fat	0.00g
Cholesterol	10.00mg
Sodium	396.75mg
Carbohydrates	83.82g
Fiber	3.10g
Sugar	6.22g
Protein	12.37g

Vitamin A	0.02IU	Vitamin C	0.10mg
Calcium	119.66mg	Iron	0.45mg

Barbecue Chicken Salad



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Description	Measurement	Prep Instructions	DistPart #
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

Meat	2.04
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.15
OtherVeg	0.34

Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00
Serving Size: 1.00 Serving

Amount Per Serving

Calories	139.30
Fat	1.17g
SaturatedFat	0.03g
Trans Fat	0.00g
Cholesterol	37.40mg
Sodium	423.02mg
Carbohydrates	13.87g
Fiber	1.11g
Sugar	10.05g
Protein	18.27g

Vitamin A	528.57IU	Vitamin C	5.98mg
Calcium	20.48mg	Iron	0.55mg

Spaghetti and Meat Sauce (Ground Beef and Ground Pork)



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
ONION DCD 1/2 2-5 RSS	6 Pound		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

Description	Measurement	Prep Instructions	DistPart #
Tap Water for Recipes	12 Gallon	UNPREPARED	000001WTR
PASTA SPAG 51 WGRAIN 2-10	6 1/4 Pound		221460
Beef, Fine 85/15	11 Pound		100158
PORK GRND 80/20 2-6 HALP	6 Pound		579042

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

Meat	2.03
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.59
OtherVeg	0.20
Legumes	0.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories 335.32

Fat 14.34g

SaturatedFat 4.74g

Trans Fat 1.31g

Cholesterol 59.93mg

Sodium 330.62mg

Carbohydrates 29.82g

Fiber 3.41g

Sugar 5.53g

Protein 21.09g

Vitamin A 2624.42IU **Vitamin C** 5.50mg

Calcium 28.29mg **Iron** 2.41mg

Hamburger



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
PICKLE DILL SLCD HAMB 2900CT 5GAL GFS	50 Ounce	2 Slices of Pickle	149209
BEEF STK PTY CKD 2.45Z 6-5 JTM	100 Each		661851
KETCHUP CAN 33 FCY 6-10 CRWNCOLL	200 Teaspoon		100129
BUN HAMB SLCD WHEAT WHL 4 10-12 GFS	100 Each		517810

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	2.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.05
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	319.53
Fat	14.40g
SaturatedFat	5.30g
Trans Fat	0.77g
Cholesterol	49.00mg
Sodium	700.27mg
Carbohydrates	30.33g

Fiber	5.00g		
Sugar	6.67g		
Protein	17.10g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	86.00mg	Iron	2.00mg

Marinated Black Bean Salad



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	1 3/5 Gallon		518551
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 GCHC	1 Cup		430795
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, Low-Sodium, Canned	1 5/8 Quart	READY_TO_EAT	100330

Description	Measurement	Prep Instructions	DistPart #
ONION RED DCD 1/4 2-5 RSS	2 Cup		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 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

19: COOKING BEANS

20: 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.

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 ¼ cups dry or 4 ½ cups cooked beans.

SLE Components

Amount Per Serving

Meat	0.32
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.13
OtherVeg	0.15
Legumes	0.26
Starch	0.03

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	137.82		
Fat	4.06g		
SaturatedFat	2.08g		
Trans Fat	0.00g		
Cholesterol	9.60mg		
Sodium	205.90mg		
Carbohydrates	19.36g		
Fiber	5.02g		
Sugar	6.36g		
Protein	5.85g		
Vitamin A	244.97IU	Vitamin C	14.49mg
Calcium	9.50mg	Iron	0.22mg

Black Bean Hummus



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN BLK TRTL DRY LOW SOD 6-10 COMM	50 Cup		518551
BEAN GARBANZO LO SOD 6-10 P/L	50 Cup	Boil Beans First	597991
LEMON JUICE 100 12-32FLZ GCHC	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

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

17: COOKING BEANS

18: 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.

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.10
Legumes	1.00

Starch

0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	239.63		
Fat	2.68g		
SaturatedFat	0.24g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	352.07mg		
Carbohydrates	41.55g		
Fiber	12.17g		
Sugar	1.00g		
Protein	12.51g		
Vitamin A	0.72IU	Vitamin C	7.68mg
Calcium	59.66mg	Iron	1.81mg

Kati-Kati Baked Chicken



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SPICE GARLIC POWDER 21Z TRDE	1/2 Cup		224839
SUGAR CANISTER 24-20Z GCHC	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

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

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

Jollof Rice



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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

Description	Measurement	Prep Instructions	DistPart #
RICE BRN PARBL WGRAIN 25 GCHC	7 1/2 Pound	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

Meat	0.00
Grain	1.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.16

OtherVeg	0.21
Legumes	0.00
Starch	0.00

Nutrition Facts			
Servings Per Recipe: 100.00			
Serving Size: 1.00 Serving			
Amount Per Serving			
Calories	359.71		
Fat	3.01g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	183.61mg		
Carbohydrates	76.58g		
Fiber	2.75g		
Sugar	1.91g		
Protein	8.59g		
Vitamin A	212.62IU	Vitamin C	11.75mg
Calcium	7.41mg	Iron	0.24mg

Sauteed Spinach and Tomatoes



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE SLD 30-1 GCHC	3/4 Cup		733061
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	6 1/2 Quart		329401
TOMATO PASTE CALIF 26 6-10 GCHC	3 1/2 Cup		100196
SALT IODIZED 25 CARG	2 Tablespoon		108286
ONION DCD IQF 6-4 GFS	12 Cup		261521

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

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.13
RedVeg	0.20
OtherVeg	0.12
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	28.56		
Fat	1.34g		
SaturatedFat	0.54g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	167.96mg		
Carbohydrates	3.93g		
Fiber	0.84g		
Sugar	2.02g		
Protein	0.67g		
Vitamin A	361.97IU	Vitamin C	14.21mg
Calcium	13.64mg	Iron	0.59mg

Gingerbread



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
WHOLE WHEAT FLOUR STONE GROUND	1 7/8 Quart		330094
FLOUR WHEAT HI-GLUTEN UNBLCHD 50	1 13/16 Pound		683491
BAKING SODA 36Z GCHC	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

Meat	0.11
Grain	1.01
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	163.06		
Fat	3.31g		
SaturatedFat	1.22g		
Trans Fat	0.00g		
Cholesterol	24.21mg		
Sodium	205.47mg		
Carbohydrates	30.58g		
Fiber	1.16g		
Sugar	18.61g		
Protein	3.33g		
Vitamin A	159.60IU	Vitamin C	0.00mg
Calcium	42.78mg	Iron	1.75mg

Vegetable Chili



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
OIL LIQ CORN NT 6-1GAL GFS	1/2 Cup		107662
ONION DCD 1/2 2-5 RSS	2 1/2 Pound		426059
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	23 3/10 Cup		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 GCHC	27 1/2 Cup		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

Description	Measurement	Prep Instructions	DistPart #
CHEESE CHED MLD SHRD 4-5 LOL	3 Quart		150250
No. 3 Bulgur Wheat	12 1/4 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: 3/4 cup (6 oz ladle) provides:

5: Legume as Meat Alternate: 2 oz equivalent meat alternate, 1/4 cup red/orange vegetable, and 1/4 oz equivalent grains.

6: OR

7: Legume as Vegetable: 1 oz equivalent meat alternate, 1/8 cup legume vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 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

Meat	0.72
Grain	0.25
Fruit	0.00
GreenVeg	0.00
RedVeg	0.28
OtherVeg	0.11
Legumes	0.28
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	195.88
Fat	5.50g
SaturatedFat	3.06g
Trans Fat	0.00g
Cholesterol	15.00mg
Sodium	418.85mg
Carbohydrates	28.13g
Fiber	7.56g
Sugar	7.73g

Protein	10.74g
Vitamin A 165.11IU	Vitamin C 4.78mg
Calcium 169.22mg	Iron 2.57mg

Cornbread



Servings:	100.00	Category:	Grain
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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 13/20 Quart	BAKE 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

Meat	0.05
Grain	2.09
Fruit	0.00
GreenVeg	0.00
RedVeg	0.03
OtherVeg	0.00
Legumes	0.00
Starch	0.03

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving			
Calories	118.39		
Fat	0.98g		
SaturatedFat	0.16g		
Trans Fat	0.00g		
Cholesterol	13.74mg		
Sodium	315.66mg		
Carbohydrates	22.21g		
Fiber	1.57g		
Sugar	8.85g		
Protein	5.35g		
Vitamin A	121.84IU	Vitamin C	7.55mg
Calcium	142.07mg	Iron	0.77mg

Vegetable Sticks



Servings:	100.00	Category:	Vegetable
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	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	3 1/2 Pound		781592

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.25
OtherVeg	0.81
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	9.40
Fat	0.05g
SaturatedFat	0.00g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	39.23mg
Carbohydrates	3.37g
Fiber	1.82g
Sugar	2.37g
Protein	0.20g

Vitamin A	3569.30IU	Vitamin C	5.22mg
Calcium	64.44mg	Iron	0.23mg

Taco Soup



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	8 1/2 Pound		100158
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 1/2 2-5 RSS	5 Pound		426059
Tap Water for Recipes	1 Gallon	UNPREPARED	000001WTR
DRESSING MIX RNCH 18-3.2Z HVALL	1 Cup		192716
TOMATO CRSHD 6-10 ANGM	23 3/10 Cup		444588
Salsa, Low-Sodium, Canned	2 Quart	READY_TO_EAT	100330
CORN WHL KERNEL STD GRADE 6-10 KE	10 Cup		244805
BEAN KIDNEY 6-10 COMM	25 9/10 Cup		173860

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

Meat	1.01
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.31
OtherVeg	0.15
Legumes	0.26
Starch	0.10

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	190.96		
Fat	6.29g		
SaturatedFat	2.03g		
Trans Fat	1.01g		
Cholesterol	26.39mg		
Sodium	584.22mg		
Carbohydrates	22.26g		
Fiber	5.96g		
Sugar	6.21g		
Protein	12.16g		
Vitamin A	31.92IU	Vitamin C	0.01mg
Calcium	6.20mg	Iron	1.31mg

Peanut Butter and Jelly Sandwich



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BREAD WHL WHE PULLMAN SLCD 12-22Z GFS	200 Each		710650
JELLY APPLE-GRAPE 6-10 GCHC	100 Tablespoon		100927
PEANUT BUTTER SMOOTH 35 GFS	200 Tablespoon		279013

Preparation Instructions

No Preparation Instructions available.

SLE Components

Amount Per Serving

Meat	1.00
Grain	2.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving

Calories	380.00
Fat	17.00g
SaturatedFat	2.50g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	305.00mg
Carbohydrates	42.00g
Fiber	6.00g
Sugar	16.00g

Protein	13.00g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	76.00mg	Iron	2.72mg