# **Cookbook for ELV**

**Created by HPS Menu Planner** 

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### **Baked Beans**



Servings:	25.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33789

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEAN PINTO 6- 10 GCHC	1 #10 CAN		261475
Baked Beans Sauce	1 Serving	Wash hands thoroughly. Mix all ingredients in mixer or by hand. Refrigerate until ready to use but store no longer than 30 days. CCP: Store at 41 degrees or below until use. SAUCE FOR: 1 CAN 2 CANS 3 CANS 4 CANS 5 CANS 6 CANS DEHYDRATED ONION 1/3 OZ. 2/3 OZ. 1 OZ. 1 1/3 OZ. 1 2/3 OZ. 2 OZ. CHICKEN BASE 1 T. 2 T. 3 T. 4 T. 5 T. 6 T. BROWN SUGAR 3/4 CUP 1 1/2 CUP 2 1/4 CUP 3 CUP 3 3/4 CUP 4 1/2 CUP CATSUP 3/4 CUP 1 1/2 CUP 2 1/4 CUP 3 CUP 3 3/4 CUP 4 1/2 CUP PREPARED MUSTARD 1 tsp. 1 1/2 tsp. 2 tsp. 2 1/2 tsp. 3 tsp. 3 1/2 tsp. SALT 3/4 tsp. 1 1/2 tsp. 2 1/4 tsp. 3 tsp. 3 3/4 tsp. 4 1/2 tsp.	R-33788

### **Preparation Instructions**

Distribute mixed beans and sauce into hotel pans, heat to 165°F and hold in warmer at a minimum of 140°F. CCP

- 1. Spray steamtable pan with Cooking Spray.
- 2. Pour Beans into pan.
- 3. Add sauce per recipe and mix well.
- 4. Bake at 325\* for 1 1/4 hours.
- 5. Serve 1/2 cup Legume, in portion souffle cups.

Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Critical Control Point: Hold for hot service at 135 °F or higher. Portion with 4 fl oz slotted spoodle (1/2 cup).

### **Meal Components (SLE)**

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.500
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 25.00 Serving Size: 0.50 Cup

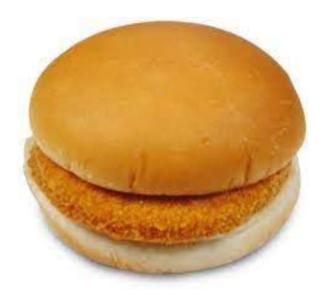
Amount Per Serving			
Calories		146.99	
Fat		0.05g	
SaturatedFa	at	0.02g	
Trans Fat		0.00g	
Cholestero		0.44mg	
Sodium		182.51mg	
Carbohydra	ates	27.56g	
Fiber		5.17g	
Sugar		6.82g	
Protein		7.37g	
Vitamin A	0.00IU	Vitamin C	0.01mg
Calcium	43.65mg	Iron	2.07mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

## **Nutrition - Per 100g**

No 100g Conversion Available

# **Breaded Chicken Patty Sandwich**



Servings:	200.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-33779

# Ingredients

Description	Measurement	Prep Instructions	DistPart #
CHIX PTY BRD WGRAIN CKD 3.05Z 6-5	200 Each	BAKE FROM FROZEN: CONVENTIONAL OVEN FOR 15-20 MINUTES AT 350F; CONVECTION OVEN FOR 8-10 MINUTES AT 350F.	501861
BUN HAMB SLCD WHEAT WHL 4 10-12 GCHC	200 Each	ready to eat, no baking necessary	517810

# **Preparation Instructions**

To Prepare:

place bottom of hamburger bun on tray, add cooked chicken patty and place top of bun on top of chicken patty Condiments- choice of one

- 1 ketchup packet
- 1 mustard packet
- 1 mayo packet
- 1 BBQ sauce cup

### **Meal Components (SLE)**

Amount Per Serving

Meat	2.000
Grain	2.500
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

#### **Nutrition Facts**

Servings Per Recipe: 200.00 Serving Size: 1.00 Serving

Amount Per	r Serving		
Calories		340.00	
Fat		11.50g	
SaturatedFa	at	2.00g	
Trans Fat		0.00g	
Cholesterol		35.00mg	
Sodium		580.00mg	
Carbohydra	ites	38.00g	
Fiber		5.00g	
Sugar		4.00g	
Protein		21.00g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	50.00mg	Iron	2.80mg

<sup>\*</sup>All reporting of TransFat is for information only, and is not used for evaluation purposes

#### **Nutrition - Per 100g**

No 100g Conversion Available