



United States Department of Agriculture  
 What's Cooking? USDA Mixing Bowl

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**Foods as Purchased for**                      **17 Servings**                      **33 Servings**



## Beef Shepherd's Pie - USDA Recipe for CACFP

**Makes:** 17 or 33 Servings

Beef Shepherd's Pie – Lean ground beef and turkey combined with beef broth, spices and mixed vegetables, then topped with mashed potatoes and baked.

QTY Ingredients:

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Raw ground turkey (no more than 15% fat)	2 lb 8 oz	1 qt 1 cup	5 lb	2 qt 2 cups
Raw ground beef (no more than 15% fat)	2 lb	1 qt	4 lb	2 qt
*Fresh onions, diced	4 oz	3/4 cup 1 1/2 tsp	8 oz	1 1/2 cups 1 Tbsp
Frozen peas and carrots, thawed	1 lb 8 oz	1 qt 3/4 cup 1 Tbsp 1 3/4 tsp	3 lb	2 qt 1 1/2 cups 3 Tbsp 1/2 tsp
Low-sodium beef broth		1 qt		2 qt
Cornstarch	2 oz	1/3 cup 1 Tbsp 1 1/4 tsp	4 oz	3/4 cup 1 Tbsp 1 1/2 tsp
Water		1/2 cup		1 cup

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Ground thyme		1 1/2 tsp		1 Tbsp
Ground black or white pepper		1 tsp		2 tsp
Onion powder		1 tsp		2 tsp
Paprika		1/2 tsp		1 tsp
Salt		1 1/2 tsp		1 Tbsp
Water		1 qt 2 cups		3 qt
Nonfat milk		3 cups		1 qt 2 cups
Instant potato flakes	1 lb	2 qt	2 lb	1 gal
Margarine, trans fat-free	3 oz	1/3 cup 2 tsp	6 oz	2/3 cup 1 Tbsp 1 tsp
Salt		1 tsp		2 tsp

## Directions

1. Place ground turkey and ground beef in a large stock pot. Heat over medium-high heat uncovered for 5-8 minutes. Stir often until meat is well done.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.
4. Add onions. Sauté uncovered for 5-8 minutes over medium heat or until onions are translucent.
5. Add frozen peas and carrots. Stir well. Set aside for step 9.
6. Gravy: Heat broth in a medium stock pot over medium heat for 5 minutes. Bring to a rolling boil.
7. Combine cornstarch and cold water in a small bowl. Stir well. Set aside for step 8.
8. Add cornstarch mixture, thyme, pepper, onion powder, paprika, salt, and pepper to stock pot, stirring constantly. Bring to a slow boil. Remove from heat. Set aside for step 9.
9. Combine meat mixture and gravy in a large bowl.

**10.** Pour 1 gal (about 8 lb 5 oz) meat and gravy mixture into a steam table pan (12" x 20" x 2 1/2"). Set aside for step 13. For 17 servings, use 1 pan. For 33 servings, use 2 pans.

**11.** Heat water to a rolling boil.

**12.** Pour water, milk, potato flakes, margarine, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed. Mashed potatoes should appear stiff. DO NOT OVERMIX. For 17 servings, mix for 2-3 minutes. For 33 servings, mix for 4-5 minutes.

**13.** Spread 2 qt 2 cups (about 5 lb 5 oz) mashed potatoes over each pan of meat and gravy mixture.

**14.** Bake: Conventional oven: 375 °F for 45 minutes. Convection oven: 350 °F for 30 minutes.

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

**16.** Critical Control Point: Hold for hot service at 140 °F or higher.

## Notes

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

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: One piece provides 3 oz equivalent meat/meat alternate, 3/4 cup starchy vegetable, and 3/16 cup additional vegetable.

CACFP Crediting Information: One piece provides 3 oz meat/meat alternate and 1 cup vegetable.



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### Chicken Tetrazzini USDA Recipe for CACFP

**Makes:** 17 or 33 Servings

Chicken Tetrazzini – Chicken combined with pasta, fresh vegetables, chicken broth and Cajun spices.

**QTY Ingredients:**

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Water		1 gal 2 qt		3 gal
Salt		1 tsp		2 tsp
Whole-grain penne pasta	1 lb 3 oz	1 qt 1 1/3 cups	2 lb 6 oz	2 qt 2 2/3 cups
Canola oil		1/4 cup		1/2 cup
*Fresh carrots, diced	8 oz	1 3/4 cups	1 lb	3 1/2 cups
*Fresh celery, diced	4 oz	1/3 cup 1 1/2 tsp	8 oz	2/3 cup 1 Tbsp
*Fresh green peppers, diced	2 oz	1/3 cup 2 tsp	4 oz	2/3 cup 1 Tbsp 1 tsp

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
*Fresh mushrooms, sliced	10 oz	2 3/4 cups 2 Tbsp 3/4 tsp	1 lb 4 oz	1 qt 1 3/4 cups 1 1/2 tsp
Canned pimientos, diced, drained	4 oz	1/2 cup 2 1/3 tsp	8 oz	1 cup 1 Tbsp 1 2/3 tsp (about 1/8 No. 10 can)
Margarine, trans fat-free	4 oz	1/2 cup	8 oz	1 cup
Whole-wheat flour	4 oz	3/4 cup 2 Tbsp 1 tsp	8 oz	1 3/4 cups 2 tsp
Nonfat milk		1 qt 2 1/2 cups		3 qt 1 cup
Canned low-sodium tomato paste	12 oz	1 1/4 cups 2 1/4 tsp (about 1/8 No. 10 can)	1 lb 8 oz	2 1/2 cups 1 Tbsp 1 1/2 tsp (about 1/4 No. 10 can)
Low-sodium chicken broth		1 qt 1/2 cup		2 qt 1 cup
*Fresh onions, diced	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp
Ground black or white pepper		1/2 tsp		1 tsp
Onion powder		1 tsp		2 tsp
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Cajun Seasoning		2 tsp		1 Tbsp 1 tsp
Frozen, cooked diced chicken, 1/2" pieces	3 lb 2 oz	2 qt 2 3/4 cups 1 2/3 tsp	6 lb 4 oz	1 gal 1 qt 1 1/2 cups 1 Tbsp 1/3 tsp
Parmesan cheese, grated	2 oz	2/3 cup 2 tsp	4 oz	1 1/3 cups 1 Tbsp 1 tsp

## Directions

1. Heat water to a rolling boil.
2. Add salt.
3. Slowly add pasta. 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 10.
4. Heat oil in a large stock pot.

5. Add carrots, celery, green peppers, mushrooms, and pimientos. Saute uncovered over medium-high heat for 5 minutes or until tender. Set aside for step 10.
6. Melt margarine in a medium stock pot.
7. Add flour. Heat uncovered for 5 minutes.
8. Slowly add milk. Simmer uncovered stirring frequently until mixture thickens.
9. Add tomato paste, chicken broth, onions, pepper, onion powder, garlic powder, and cajun seasoning. Simmer uncovered for 5 minutes.
10. Combine chicken, pasta, vegetable mixture, and tomato mixture in a large bowl. Stir well.
11. Pour 2 gal 2 cups (about 14 lb 2 oz) chicken mixture into a steam table pan (12" x 20" x 2 1/2"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.
12. Sprinkle 2/3 cup 2 tsp (about 2 oz) cheese over each pan.
13. Bake: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 20 minutes.
14. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
15. Critical Control Point: Hold for hot service at 140 °F or higher.
16. Portion 1 1/2 cup.

## Notes

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

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1 ½ cup provides 3 oz equivalent meat/meat alternate, 3/8 cup red/orange vegetable, 3/16 cup other vegetable, and 1.5 oz equivalent grains.

CACFP Crediting Information: 1 ½ cup provides 3 oz meat/meat alternate, 9/16 cup vegetable, and 1.5 serving grains/bread.



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## Pizza Cup with Ground Pork Topping - USDA Recipe for CACFP

**Makes:** 25 or 50 Servings

Pizza Cup with Pork Topping – Whole grain pizza dough and lean ground pork baked in a muffin tin and topped with cheese. Pizza sauce is served on the side for dipping.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Raw ground pork (no more than 15% fat)	1 lb 1 oz	2 1/8 cups	2 lb 2 oz	1 qt 1/4 cup
Whole-wheat flour	1 lb	3 1/2 cups	2 lb	1 qt 3 cups
Enriched bread flour	13 oz	3 cups	1 lb 10 oz	1 qt 2 cups
Active dry yeast	2 oz	1/4 cup	4 oz	1/2 cup
Sugar	2 oz	1/4 cup	4 oz	1/2 cup
Salt		1 tsp		2 tsp
Dried oregano		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Water		2 1/2 cups		1 qt 1 cup
Canola oil		2 Tbsp		1/4 cup
*Fresh red bell peppers	12 oz	2 1/4 cups	1 lb 8 oz	1 qt 1/2 cup
*Fresh onions, chopped	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	15 oz	1 qt 1/2 cup 1 Tbsp 1 tsp	1 lb 14 oz	2 qt 1 cup 2 Tbsp 2 tsp
Canned no-salt-added tomato paste	8 oz	3/4 cup 1 Tbsp 2 tsp	1 lb	1 1/2 cups 3 Tbsp 1 tsp (approx. 1/8 No. 10 can)
Canned no-salt-added tomato sauce	1 lb 12 oz	3 cups 2 Tbsp 2 tsp (1/4 No. 10 can)	3 lb 8 oz	1 qt 2 1/4 cups 1 Tbsp 1 tsp (1/2 No. 10 can)
Garlic powder		1 Tbsp		2 Tbsp
Dried basil		1 tsp		2 tsp
Ground black or white pepper		1/2 tsp		1 tsp
Marjoram		1 tsp		2 tsp

### Directions

1. Place ground pork in a large stock pot. Brown ground pork uncovered over medium high heat. Stir frequently.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Remove pork from heat. Drain pork in colander. Set aside for step 6.

4. Place 1 1/2 cups flour, yeast, sugar, salt, and 2 tsp oregano in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer.
5. Add water and oil. Mix well for 2 minutes on medium speed. Add remaining flour to dough. Consistency should be stiff and sticky.
6. Add peppers, onions, cheese, and ground pork to dough. Mix well for 2 minutes on low speed.
7. Cover dough in a large bowl and let rest for 10 minutes.
8. Lightly coat a muffin pan (20 1/2" x 14") with pan release spray. Using a No. 30 scoop, portion 1/4 cup (about 2 oz) batter into each muffin cup. For 25 servings, use 3 muffin pans. For 50 servings, use 6 muffin pans.
9. Bake until golden brown: Conventional oven: 375 °F for 17-20 minutes. Convection oven: 325 °F for 10-15 minutes.
10. Critical Control Point: Hold for hot service at 140 °F or higher.
11. While muffins are baking, begin making sauce.
12. Combine tomato paste, tomato sauce, remaining oregano, garlic, basil, pepper, and marjoram in a large stock pot. Simmer uncovered over medium-high heat for 8-10 minutes. Stir occasionally.
13. Critical Control Point: Heat to 140 °F.
14. Critical Control Point: Hold for hot service at 140 °F.
15. Set tomato sauce aside for step 17.
16. Remove pizza muffins from oven. Set aside for step 18.
17. Using a No. 30 scoop, provide students with 2 Tbsp (about 1 1/3 oz) tomato sauce in an individual souffle cup.
18. Serve 2 pizza muffins.

## Notes

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

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: Two pizza muffins provide 1 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, 1/8 cup additional vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: Two pizza muffins provide 1 oz meat/meat alternate, 3/8 cup vegetable, and 2 servings grains/bread.

## My Notes



**Source:** USDA Standardized Recipe Project

## Nutrition Information

Nutrients	Amount	Marketing Guide		
Calories	244	<b>Foods as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Total Fat	7 g	Mature onions	10 oz	1 lb 4 oz
Saturated Fat	3 g	Red bell peppers	15 oz	1 lb 14 oz
Cholesterol	19 mg	<b>Meal Components</b>		
Sodium	320 mg	Vegetables		
Total Carbohydrate	33 g	Red & Orange	1/4 cup	
Dietary Fiber	4 g	Grains	2 ounces	
Total Sugars	5 g	Meat / Meat Alternate	1 ounce	
Added Sugars included	N/A	<a href="#">For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.</a>		
Protein	13 g			
Vitamin D	5 IU			
Calcium	142 mg			
Iron	2 mg			
Potassium	401 mg			
N/A - data is not available				



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## Chicken Burrito - USDA Recipe for CACFP

**Makes:** 25 or 50 Servings

Chicken Burrito – Chicken breast, combined with salsa, vegetables, brown rice, Mexican spices and lime juice wrapped in a whole grain tortilla.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		2 1/2 cups		1 qt 1 cup
Brown rice, long-grain, regular, dry	12 1/2 oz	1 3/4 cups	1 lb 9 oz	3 1/2 cups
*Fresh cilantro, finely diced		1/4 cup		1/2 cup
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb 11 oz	1 qt 2 1/4 cups	3 lb 6 oz	3 qt 1 cup
Canned no-salt-added pinto beans, drained, rinsed	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups
Or *Dry pinto beans, cooked (See Notes Section)	1 lb 10 oz	3 cups	3 lb 4 oz	1 qt 2 cups
Low-fat cheddar cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups
Ground oregano		1/2 tsp		1 tsp
Ground cumin		3/4 tsp		1 1/2 tsp
Canned low-sodium salsa	1 lb 13 oz	3 1/4 cups	3 lb 10 oz	1 qt 2 1/2 cups
Whole-grain tortillas, 8" (1.5 oz each)		25		50

### Directions

1. Boil water.
2. Place brown rice in a steam table pan (12" x 10" x 2 1/2"). Pour boiling water over brown rice. Stir. Cover pan tightly. For 25 servings, use 1 pan. For 50 servings, use 1 pan.
3. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
4. Remove cooked rice from oven and let stand covered for 5 minutes. Fold in cilantro. Set aside.
5. Combine chicken, beans, cheese, oregano, cumin, and salsa in a large bowl. Stir well. Yields: For 25 servings, about 3 qt (about 5 lb 12 oz). For 50 servings, about 1 gal 2 qt (11 lb 8 oz).
6. Assembly:
7. Using a No. 20 scoop (1/8 cup), spread rice on center of tortilla.
8. Using a No. 8 scoop (1/2 cup), place chicken mixture on top of rice.
9. Roll in the form of a burrito and seal.
10. Place burritos seam side down on steam table pan (12" x 20" x 2 1/2") lined with parchment paper. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

11. Cover and bake: Conventional oven: 350 °F for 10 minutes. Convection oven: 350 °F for 10 minutes.
12. Critical Control Point: Heat to 165 °F for at least 15 seconds.
13. Critical Control Point: Hold for hot service at 140 °F or higher.
14. Serve 1 burrito.

## Notes

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

Cooking Process #2: Same Day Service

### **Serving**

NSLP/SBP Crediting Information: 1 burrito provides:

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

OR

Legume as Vegetable: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 burrito provides:

Legume as Meat Alternate: 2 oz meat/meat alternate, 1/8 cup vegetable, and 2 grains/bread.

OR

Legume as Vegetable: 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 2 grains/bread.

### **How to Cook Dry Beans**

Special tip for preparing dry beans:

#### **SOAKING BEANS**

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

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

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

#### **COOKING BEANS**

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

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

OR

Chill for later use.

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

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

## My Notes

**Source:** USDA Standardized Recipe Project

## Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	296	Dry pinto beans	10 oz	1 lb 4 oz
Total Fat	6 g	<b>Meal Components</b>		
Saturated Fat	2 g	Vegetables		
Cholesterol	26 mg	Red & Orange	1/8 cup	
Sodium	504 mg	Beans & Peas	1/8 cup	
Total Carbohydrate	42 g	Grains	2 ounces	
Dietary Fiber	4 g	Meat / Meat Alternate	1 1/2 ounces	
Total Sugars	3 g	<a href="#">For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.</a>		
Added Sugars included	N/A			
Protein	19 g			
Vitamin D	2 IU			
Calcium	173 mg			
Iron	4 mg			
Potassium	283 mg			
N/A - data is not available				