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## Tuscan Grilled Cheese Sandwich - USDA Recipe for CACFP

**Makes:** 25 or 50 Servings

We added tomatoes, spinach and Italian spices to a classic grilled cheese to create our Tuscan Grilled Cheese Sandwich. Sure to become a favorite!



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Margarine, trans fat-free	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup
Garlic powder		1 tsp		2 tsp
Dried basil		1/2 tsp		1 tsp
Dried oregano		1/2 tsp		1 tsp
Whole-grain bread, sliced	3 lb 2 oz	50 each	6 lb 4 oz	100 each
Low-fat mozzarella cheese, sliced	12 1/2 oz	25 each	1 lb 9 oz	50 each
*Fresh baby spinach, leaves	1 lb	1 qt 2 cups 3 Tbsp	2 lb	3 qt 1/4 cup 2 Tbsp
*Fresh tomatoes, sliced	1 lb 9 oz	25 each	3 lb 2 oz	50 each

### Directions

1. Melt margarine in a large stock pot.
2. Add garlic, basil, and oregano. Stir well. Set aside for step 8.
3. Place bread slices on a sheet pan (18" x 26" x 1") heavily coated with butter flavored pan release spray. For 25 servings, use 2 pans (20 slices on 1 pan and 5 slices on 1 pan). For 50 servings, use 3 pans (20 slices on 2 pans and 10 slices on 1 pan).
4. Place (about .5 oz) cheese slice on top of each slice of bread.
5. Place 2/3 cup (about 0.6 oz) spinach on top of cheese.
6. Place (about 1 oz) tomato slice on top of spinach.
7. Place 1 slice of bread on top of each sandwich.
8. Brush the top of each sandwich with margarine mixture.
9. Bake until lightly browned: Conventional oven: 400 °F for 15-20 minutes. Convection oven: 350 °F for 10-15 minutes.

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

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

12. Serve 1 sandwich.

## 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 sandwich provides .5 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 sandwich provides .5 oz meat/meat alternate, 1/4 cup vegetable, and 2 servings grains/breads.

## My Notes

**Source:** USDA Standardized Recipes Project

## Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	143	Spinach	1 lb	2 lb
Total Fat	5 g	Tomatoes	1 lb 14 oz	3 lb 12 oz
Saturated Fat	2 g	<b>Meal Components</b>		
Cholesterol	7 mg	Vegetables		
Sodium	301 mg	Dark Green	1/8 cup	
Total Carbohydrate	21 g	Red & Orange	1/8 cup	
Dietary Fiber	6 g	Grains	2 ounces	
Total Sugars	3 g	Meat / Meat Alternate	1/2 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	9 g			
Vitamin D	15 IU			
Calcium	162 mg			
Iron	1 mg			
Potassium	69 mg			
N/A - data is not available				



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## Bean Soup - USDA Recipe for CACFP

**Makes:** 25 or 50 Servings

Our Bean Soup recipe is a hearty combination of vegetable broth, tomatoes, beans and green chili peppers.



### 25 Servings

### 50 Servings

Ingredients	Weight	Measure	Weight	Measure
Canola oil		2 Tbsp 1 1/2 tsp		1/4 cup 1 Tbsp
*Fresh onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt
*Fresh garlic, minced	5 1/3 oz	1/4 cup 3 Tbsp 1 1/2 tsp	10 2/3 oz	3/4 cup 3 Tbsp
*Fresh red bell peppers	10 oz	1 3/4 cups 2 Tbsp	1 lb 4 oz	3 3/4 cups
Canned green chilies	10 oz	1 3/4 cups 1 3/4 tsp (approx. 1/4 No. 10 can)	1 lb 4 oz	3 1/2 cups 1 Tbsp 1/2 tsp (approx. 1/2 No. 10 can)
Sugar		2 1/2 tsp		1 Tbsp 2 tsp
Ground black pepper		1/2 tsp		1 tsp
Dried oregano		2 1/2 tsp		1 Tbsp 2 tsp
Old Bay Seasoning (See notes section)		2 Tbsp 1 1/2 tsp		1/4 cup 1 Tbsp
Low-sodium vegetable broth		3 cups		1 qt 2 cups
Water		1 qt 3 cups		3 qt 2 cups
Canned no-salt-added diced tomatoes, undrained	1 lb 12 oz	3 1/3 cups (approx. 1/4 No. 10 can)	3 lb 8 oz	1 qt 2 2/3 cups (approx. 1/2 No. 10 can)
Canned low-sodium great northern beans drained, rinsed,	4 lb 2 oz	1 qt 3 3/4 cups 1 Tbsp 2 1/8 tsp (approx. 1 No. 10 can)	8 lb 4 oz	3 qt 3 1/2 cups 3 Tbsp 1 1/4 tsp (approx. 2 No. 10 cans)
*Dry great northern beans, cooked (See Notes Section)	4 lb 2 oz	1 qt 3 3/4 cups 1 Tbsp 2 1/8 tsp	8 lb 4 oz	3 qt 3 1/2 cups 3 Tbsp 1 1/4 tsp

## Directions

1. Heat oil in a large stock pot.
2. Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and old bay seasoning. Simmer uncovered over medium-high heat for 2 minutes, stirring occasionally.
3. Add vegetable broth, water, tomatoes, and 2 qt 2 Tbsp 1 tsp (about 3 lb 1 oz) beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 10-12 minutes. Recommended to cook in batches of 25. Set aside for step 6.

4. Critical Control Point: Heat to 140 °F or higher.
5. Puree remaining beans with a bermixer in a large bowl for 3-5 minutes until mixture has a smooth consistency. Set aside for step 6.
6. Add 3 cups (about 1 lb 1 oz) pureed beans to soup mixture. Stir well until soup has a thick consistency.
7. Pour 1 gal 1 qt (about 9 lb 5 1/2 oz) soup into a half steam table pan (12 3/4" x 10 1/2" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
8. Critical Control Point: Hold for hot service at 140 °F or higher
9. Portion with 8 fl oz spoodle (1 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

**\*Use the 30% reduced sodium version of Old Bay Seasoning to further reduce the sodium in the recipe.**

## Serving

NSLP/SBP Crediting Information: 1 cup provides:

Legume as Meat/Meat Alternate: 1 oz eq meat/meat alternate, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.

OR

Legume as Vegetable: 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.

CACFP Crediting Information: 1 cup provides:

Legume as Meat/Meat alternate: 1 oz meat/meat alternate, and 5/8 cup vegetable.

OR

Legume as Vegetable: 5/8 cup vegetable.

## How to Cook Dry Beans

Special tip for preparing dry beans:

### SOAKING BEANS

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.

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.

### COOKING BEANS

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.

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

OR

Chill for later use.

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

1 lb dry great northern beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

## My Notes

**Source:** USDA Standardized Recipe Project

## Nutrition Information

Nutrients	Amount
Calories	132
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	389 mg
Total Carbohydrate	21 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	0 IU
Calcium	53 mg
Iron	1 mg
Potassium	315 mg
N/A - data is not available	

Marketing Guide		
Foods as Purchased for	25 Servings	50 Servings
Mature onions	12 oz	1 lb 8 oz
Red Bell Pepper	13 oz	1 lb 10 oz
Dry great northern beans	4 lb 2 oz	8 lb 4 oz

### Meal Components

#### Vegetables

Red & Orange	1/8 cup
Beans & Peas	1/4 cup

Meat / Meat Alternate	1 ounce
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[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)



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<b>Foods as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Mature onions	8 oz	1 lb
Red bell peppers	5 oz	10 oz
Green bell peppers	5 oz	10 oz



## Beef Tamale Pie - USDA Recipe for CACFP

**Makes:** 12.5 or 25 Servings

Beef Tamale Pie – Lean ground beef combined with tomato paste, vegetables and spices then topped with a whole grain cornbread and baked.

QTY Ingredients:

<b>Ingredients</b>	<b>12.5 Servings</b>		<b>25 Servings</b>	
	<b>Weight</b>	<b>Measure</b>	<b>Weight</b>	<b>Measure</b>
Garlic powder		1 Tbsp		2 Tbsp
Ground black pepper		3/4 tsp		1 1/2 tsp
Salt		1 1/2 tsp		1 Tbsp



Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Chili powder		1/8 cup		1/4 cup
Ground cumin		1 1/2 Tbsp		3 Tbsp
Paprika		1 1/2 tsp		1 Tbsp
Onion powder		1 1/2 tsp		1 Tbsp
Raw ground beef (no more than 15% fat)	2 lb 15 oz	1 qt 2 cups	5 lb 14 oz	3 qt
*Fresh onions, chopped	7 oz	1 1/3 cups	14 oz	2 2/3 cups
*Fresh green bell peppers	4 oz	3/4 cup	8 oz	1 1/2 cups
*Fresh red bell peppers	4 oz	3/4 cup	8 oz	1 1/2 cups
Frozen corn	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups
Fresh cilantro, finely chopped	1 oz	1 3/4 cups	2 oz	3 1/2 cups
Water		2 1/2 cups		1 qt 1 cup
Canned no-salt-added tomato paste	14 oz	1 1/2 cups (1/8 No. 10 can)	1 lb 12 oz	3 cups (1/4 No. 10 can)
Canned no-salt-added diced tomatoes, undrained	1 lb 10 oz	3 cups 2 Tbsp (1/4 No. 10 can)	3 lb 4 oz	1 qt 2 1/4 cups (1/2 No. 10 can)
Whole-wheat flour	8 oz	1 1/2 cups	1 lb	3 cups
White whole-grain cornmeal	8 oz	1 1/4 cups	1 lb	2 1/2 cups
Sugar	3 oz	1/3 cup 2 Tbsp	6 oz	1 cup
baking powder		1 Tbsp 1 tsp		1/4 cup
Salt		3/4 tsp		1 1/2 tsp
Frozen whole eggs, thawed	3 oz	1/3 cup	6 oz	2/3 cup
Nonfat milk		1 3/4 cups		3 1/2 cups
Canola oil		1/4 cup		1/2 cup

## Directions

1. Combine all spices in a bowl. Stir well.
2. Place ground beef and half of spices in a medium stock pot. Heat over medium high heat uncovered for 5-8 minutes. Stir often until meat is well done.
3. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
4. Remove beef from heat. Drain beef in a colander. Set aside for step 7.
5. Return pot back to heat. Add onions, peppers, corn, cilantro, and remaining spices. Stir for 30 seconds.
6. Add water. After one minute reduce heat to low.
7. Add tomato paste, diced tomatoes, and drained ground beef. Stir well. Simmer uncovered over low heat for 10-15 minutes.
8. If desired, prepare ground beef mixture ahead and refrigerate overnight.
9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
10. Pour 3 qt 2 cups (about 7 lb 6 oz) mixture into each steam table pan (12" x 20" x 2 1/2"). For 12.5 servings, use 1 pan. For 25 servings, use 2 pans.
11. Set aside for step 16.
12. Critical Control Point: Cool to 40 °F or lower within 4 hours.
13. For cornbread topping: 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.
14. 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 12.5 servings, mix for 1-2 minutes on medium speed. For 25 servings, mix for 2-3 minutes on medium speed.
15. Cool meat mixture slightly before pouring batter on top.

**16.** Pour 2 lb 4 oz (3 3/4 cups) batter over cooled meat mixture in each pan and spread into corners of pan.

**17.** Bake until lightly browned: Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 20-25 minutes.

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

**19.** Remove from oven. Cool for 10 minutes.

**20.** Portion 12.5 pieces per pan.

## 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 #3: Complex Food Preparation

### Serving

NSLP/SBP Crediting Information: 1 piece provides 3 oz equivalent meat/meat alternate, 3/4 cup red/orange vegetable, and 2 oz equivalent grains.

CACFP Crediting Information: 1 piece provides 3 oz meat/meat alternate, 3/4 cup vegetable, and 2 oz serving grains/bread.

## My Notes

**Source:** USDA Standardized Recipe Project



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## Salmon Patties - USDA Recipe for CACFP

**Makes:** 12.5 or 25 Servings

QTY Ingredients:

Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Canned salmon, drained	3 lb	1 qt 2 1/2 cups (3 1/4 14 3/4 oz cans)	6 lb	3 qt 1 cup (6 1/2 14 3/4 oz cans)
Salmon seasoning (See Notes Section)		1 Tbsp		2 Tbsp
Coriander seeds, whole		2 tsp		1 Tbsp 1 tsp
Lemon juice	4 oz	1/2 cup	8 oz	1 cup
Egg whites	4 oz	1/2 cup	8 oz	1 cup
Panko Bread Crumbs	6 oz	1 1/2 cups	12 oz	3 cups

Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Fresh cilantro		2 tsp		1 Tbsp 1 tsp
*Fresh red bell peppers, diced	4 oz	3/4 cup	8 oz	1 1/2 cups
Old Bay Seasoning		1 tsp		2 tsp
Low-fat mayonnaise	5 1/3 oz	1/2 cup	10 2/3 oz	1 cup

## Directions

1. Combine salmon, salmon seasoning, coriander seeds, lemon juice, egg whites, bread crumbs, cilantro, bell peppers, old bay seasoning, and mayonnaise in a large bowl. Stir well.
2. Using a No. 16 scoop, portion 1/2 cup (about 2 3/4 oz) onto a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. Flatten 25 meat patties into an oval shape in each pan. For 12.5 servings, use 1 pan. For 50 servings, use 2 pans.
3. Bake: Conventional oven: 400 °F for 10 minutes. Convection oven: 375 °F for 8 minutes.
4. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Critical Control Point: Hold for hot service at 140 °F or higher.
6. Serve 2 patties.

## 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

**If Salmon Seasoning is unavailable, please use the following ingredients to create spice blend:**

Combine 2 tsp sugar, 1 1/2 tsp salt, 1 tsp ground coriander, 1 tsp granulated onion, 1 tsp garlic powder, 1/2 tsp ground mustard, 1/2 tsp paprika, and 1/2 tsp white pepper.

### **Serving**

NSLP/SBP Crediting Information: Two patties provide 3.5 oz equivalent meat/meat alternate.

CACFP Crediting Information: Two patties provide 3.5 oz equivalent meat/meat alternate.

## My Notes

**Source:** USDA Standardized Recipe Project



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## Orzo Pasta with Green Peas - USDA Recipe for CACFP

**Makes:** 25 or 50 Servings

Basil, lemon zest and low-fat parmesan cheese are the perfect complement to green peas and orzo pasta. This freshly, flavorful dish will perk up any meal!



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canola oil		1/2 cup		1 cup
*Fresh onions, diced	8 oz	1 cup 1 Tbsp	1 lb	2 cups 2 Tbsp
Whole-wheat orzo pasta	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt
Water		1 qt 3 cups		3 qt 2 cups
Canned low-fat evaporated milk		1/2 cup (1/3 12 fl oz can)		1 cup (2/3 12 fl oz can)
Low-sodium chicken base		3 Tbsp		1/4 cup 2 Tbsp
Low-fat parmesan cheese, grated	6 oz	2 1/8 cups	12 oz	1 qt 1/4 cup
Pimentos, chopped	5 oz	2/3 cup 2/3 tsp	10 oz	1 1/3 cups 1 1/3 tsp (approx. 1/8 No. 10 can)
Frozen green baby peas, thawed, drained	4 oz	3/4 cup	8 oz	1 1/2 cups
Fresh basil leaves, julienne		1/4 cup		1/2 cup
Lemon zest		2 tsp		1 Tbsp 1 tsp

### Directions

1. Heat oil in a large stock pot.
2. Add onions. Cook uncovered over high heat for 2-4 minutes or until onions are translucent.
3. Add pasta and 3 1/2 cups water. Cook uncovered over high heat for 3-5 minutes or until water has almost been absorbed by pasta. Set remaining water aside for step 4. Recommended to cook in batches of 25.
4. Add remaining water, milk, and chicken base. Cook uncovered over medium heat for 3-6 minutes.
5. Add cheese, pimentos, and peas. Cook uncovered over medium heat for 4 minutes.
6. Fold in basil and lemon zest.
7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

8. Pour 3 qt (about 6 lb) pasta mixture into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.

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

10. Portion with No. 8 scoop (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: 1/2 cup (No. 8 scoop) provides 1 oz equivalent grains.

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

## My Notes



## Nutrition Information

Nutrients	Amount
Calories	169
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	7 mg
Sodium	203 mg
Total Carbohydrate	23 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	5 IU
Calcium	98 mg
Iron	1 mg
Potassium	150 mg
N/A - data is not available	

Marketing Guide		
Foods as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz

Meal Components	
Grains	1 ounce

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)



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## Barbecued Chicken - USDA Recipe for CACFP

**Makes:** 25 or 50 Servings

Barbecue chicken – Chicken coated in a sweet tangy barbecue sauce and baked.

QTY Ingredients:

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
*Fresh onions, chopped	3 oz	1/2 cup 2 Tbsp	6 oz	1 1/4 cups
Paprika		1 Tbsp		2 Tbsp
Chili powder		1 1/2 tsp		1 Tbsp
Catsup	1 lb 12 oz	2 3/4 cups 1 Tbsp (1/4 No. 10 can)	3 lb 9 oz	1 qt 1 3/4 cups (1/2 No. 10 can)
Garlic powder		1/2 tsp		1 tsp
Brown sugar, packed	6 oz	3/4 cup	12 oz	1 1/2 cups
Worcestershire sauce		1/4 cup		1/2 cup
Ground black pepper		1 tsp		2 tsp
Salt-free seasoning		2 Tbsp		1/4 cup

Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure

Chicken fresh or frozen, 3 oz portion

## Directions

1. Barbecue sauce: In a stockpot, combine onions, paprika, chili powder, catsup, garlic powder, brown sugar, Worcestershire sauce, black pepper, and salt-free seasoning. Simmer uncovered over medium heat for 15-20 minutes. Stir occasionally.
2. Set aside for step 4.
3. Place chicken on sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. For 25 servings, use 1 1/2 pans. For 50 servings, use 3 pans.
4. Brush barbecue sauce over chicken.
5. Bake uncovered: Conventional oven: 425 °F for 45 minutes. Convection oven: 375 °F for 30 minutes.
6. Bake until chicken browns slightly around the edges. If the chicken browns too quickly, cover with foil to slow the browning process.
7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
8. Transfer to steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
9. Critical Control Point: Hold for hot service at 140 °F or higher.
10. Serve 1 portion, 1 (3 oz) breast or 5 oz of bone in chicken.

## 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 portion provides 3 oz equivalent meat/meat alternate.

**My Notes**

**Source:** USDA Standardized Recipe Project



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## Baked Beans w/Canned Vegetarian Beans - USDA Recipe for CACFP

**Makes:** 25 or 50 Servings

Baked Beans w/Canned Vegetarian Beans – Vegetarian beans with tomato paste and pineapple chunks.



### 25 Servings

### 50 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned vegetarian beans	7 lb 5 oz	3 qt 3/4 cup (approx. 1 1/8 No. 10 cans)	14 lb 10 oz	1 gal 2 qt 1 1/2 cups (approx. 2 1/4 No. 10 cans)
*Fresh onions, chopped	12 oz	3/4 cup	1 lb 8 oz	1 1/2 cups
*Fresh green bell peppers, diced	8 oz	1 1/2 cups	1 lb	3 cups
Ground mustard		1 Tbsp		2 Tbsp
yellow mustard	2 2/3 oz	1/4 cup	5 1/3 oz	1/2 cup
Brown sugar	1 lb	2 cups	2 lb	1 qt
Granulated sugar	8 oz	1 cup	1 lb	2 cups
Canned tomato paste	5 oz	1/2 cup 2 tsp	10 oz	1 cup 1 Tbsp 1 tsp (approx. 1/8 No. 10 can)
Pineapple tidbits	1 lb 4 oz	2 1/2 cups (approx. 1/3 No. 10 can)	2 lb 8 oz	1 qt 1 cup (approx. 2/3 No. 10 can)
Apple cider vinegar		1 Tbsp 1/2 tsp		2 Tbsp 1 tsp
Liquid smoke		1 Tbsp		2 Tbsp
Black pepper		1/2 tsp		1 tsp
Cinnamon		1 1/2 tsp		1 Tbsp
Allspice		1/2 tsp		1 tsp

## Directions

1. Combine beans, onions, bell peppers, ground mustard, yellow mustard, brown sugar, granulated sugar, tomato paste, pineapple tidbits, apple cider vinegar, liquid smoke, black pepper, cinnamon, and allspice in a large bowl. Stir well.
2. Pour 1 gal (9 lb 7 oz) baked beans into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
3. Bake: Conventional oven: 375 °F for 20-25 minutes. Convection oven: 350 °F for 15 minutes.
4. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
5. Critical Control Point: Hold for hot service at 140 °F or higher.

6. Portion with 4 fl oz slotted spoodle (1/2 cup).

## Notes

NSLP/SBP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) is the equivalent of 5 oz of baked beans. One portion provides:

Legume as Meat/Meat Alternate: 2 oz equivalent meat/meat alternate and 1/8 cup additional vegetable.

OR

Legume as Vegetable: 1/2 cup legume vegetable and 1/8 cup additional vegetable.

CACFP Crediting Information: 1/2 cup (4 fl oz slotted spoodle) is the equivalent of 5 oz of baked beans. One portion provides:

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

OR

Legume as Vegetable: 5/8 cup vegetable.

\*Please note that this recipe contains differing crediting and serving size amounts. This is due to the volume of the baked beans once they have been cooked.

## My Notes

**Source:** USDA Standardized Recipe Project

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>	<b>Marketing Guide</b>		
		<b>Foods as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Calories	263	Mature onions	14 oz	1 lb 12 oz
Total Fat	0 g	Green bell peppers	10 oz	1 lb 4 oz
Saturated Fat	0 g	<b>Meal Components</b>		
Cholesterol	0 mg	Vegetables		
Sodium	183 mg	Beans & Peas	1/2 cup	
Total Carbohydrate	60 g	Other	1/8 cup	
Dietary Fiber	8 g	Meat / Meat Alternate	2 ounces	
Total Sugars	37 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	8 g			
Vitamin D	0 IU			
Calcium	64 mg			
Iron	2 mg			
Potassium	349 mg			
N/A - data is not available				