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Chicken or Turkey Tamale Pie - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Chicken or Turkey Tamale Pie – Chicken or turkey combined with tomato paste, vegetables and spices then topped with a whole grain cornbread and baked.



| Ingredients | 25 Servings | | 50 Servings | |
|---|-------------|--------------------------------|-------------|----------------------------------|
| | Weight | Measure | Weight | Measure |
| Canola oil | | 2 tsp | | 1 Tbsp 1 tsp |
| *Fresh onions, diced 1/4" | 7 oz | 1 1/3 cups | 14 oz | 2 2/3 cups |
| Frozen, cooked diced chicken, thawed, 1/2" pieces | 2 lb 6 oz | 2 qt 1/4 cup | 4 lb 12 oz | 1 gal 1/2 cup |
| Frozen, cooked diced turkey, thawed, 1/2" pieces | 2 lb 6 oz | 2 qt 1/4 cup | 4 lb 12 oz | 1 gal 1/2 cup |
| Frozen corn | 11 oz | 2 cups | 1 lb 6 oz | 1 qt |
| Canned low-sodium black beans, drained, rinsed | 6 oz | 2/3 cup | 12 oz | 1 1/3 cups |
| *Dry black beans, cooked (See Notes Section) | 6 oz | 2/3 cup | 12 oz | 1 1/3 cups |
| 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) |
| Water | | 2 1/2 cups | | 1 qt 1 cup |
| Fresh cilantro, finely chopped | 1 oz | 1 3/4 cups | 2 oz | 3 1/2 cups |
| Bay leaves, dry | | 1 each | | 2 each |
| Garlic powder | | 1 Tbsp | | 2 Tbsp |
| Salt | | 1/2 tsp | | 1 tsp |
| Ground black pepper | | 3/4 tsp | | 1 1/2 tsp |
| Chili powder | | 1/8 cup | | 1/4 cup |
| Ground cumin | | 1 Tbsp 1 1/2 tsp | | 3 Tbsp |
| Paprika | | 1 1/2 tsp | | 1 Tbsp |
| Onion powder | | 1 1/2 tsp | | 1 Tbsp |
| Reduced-fat Cheddar cheese, shredded | 10 oz | 2 1/2 cups | 1 lb 4 oz | 1 qt 1 cup |
| 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. In a large stock pot combine oil and onions. Saute over medium high heat uncovered for 2 minutes. Stir well.
2. Add chicken, corn, black beans, tomato paste, diced tomatoes, water, cilantro, bay leaves, and spices to cooked onions. Stir well. Bring to a boil. Reduce heat to low and simmer uncovered for 15 minutes, stirring occasionally.
3. Turn off heat. Remove bay leaves.
4. If desired, prepare chicken mixture ahead and refrigerate overnight.
5. Critical Control Point: Heat to 165 °F for at least 15 seconds.
6. Fold cheese into chicken mixture.
7. Pour 3 qt 2 cups (about 8 lb) mixture into each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
8. Set aside for step 13.
9. Critical Control Point: Cool to 40 °F or lower within 4 hours.
10. 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.
11. 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 25 servings, mix for 1-2 minutes on medium speed. For 50 servings, mix for 2-3 minutes on medium speed.
12. Cool meat mixture slightly before pouring batter on top.
13. Pour 2 lb 4 oz (3 3/4 cups) batter over cooled meat mixture in each pan and spread into corners of pan.
14. Bake until lightly browned: Conventional oven: 400 °F for 30-35 minutes. Convection oven: 350 °F for 20-25 minutes.
15. Critical Control Point: Hold for hot service at 140 °F or higher.
16. Remove from oven. Cool for 10 minutes.
17. Portion: Cut each pan 5 x 5 (25 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 2 oz equivalent meat/meat alternate, 1/4 cup red/orange vegetable, 1/4 cup additional vegetable, and 1 oz equivalent grains.

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

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 black beans = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ 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 | 238 | Mature onions | 8 oz | 1 lb |
| Total Fat | 8 g | Dry black beans | 6 oz | 12 oz |
| Saturated Fat | 2 g | Meal Components | | |
| Cholesterol | 48 mg | Vegetables | | |
| Sodium | 421 mg | Red & Orange | 1/4 cup | |
| Total Carbohydrate | 25 g | Grains | 1 ounce | |
| Dietary Fiber | 3 g | Meat / Meat Alternate | 2 ounces | |
| Total Sugars | 7 g | For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs. | | |
| Added Sugars included | N/A | | | |
| Protein | 16 g | | | |
| Vitamin D | 12 IU | | | |
| Calcium | 170 mg | | | |
| Iron | 1 mg | | | |
| Potassium | 198 mg | | | |
| N/A - data is not available | | | | |



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What's Cooking? USDA Mixing Bowl

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Salisbury Steak - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Salisbury Steak – Lean ground turkey and beef combined with fresh vegetables, crushed tomatoes and spices, then baked.

QTY Ingredients:

| Ingredients | 17 Servings | | 33 Servings | |
|---------------------------------------|-------------|----------------|-------------|--------------|
| | Weight | Measure | Weight | Measure |
| Margarine, trans fat-free | 2 oz | 1/4 cup | 4 oz | 1/2 cup |
| Whole-wheat flour | 2 1/2 oz | 1/2 cup 1 Tbsp | 5 oz | 1 cup 2 Tbsp |
| *Fresh mushrooms, diced | 2 oz | 1/2 cup 1 Tbsp | 4 oz | 1 cup 2 Tbsp |
| Canned no-salt-added crushed tomatoes | 4 oz | 1/2 cup | 8 oz | 1 cup |
| Onion powder | | 1 tsp | | 2 tsp |

| Ingredients | 17 Servings | | 33 Servings | |
|--|-------------|------------------|-------------|-------------------|
| | Weight | Measure | Weight | Measure |
| Ground black or white pepper | | 1 1/4 tsp | | 2 1/2 tsp |
| Salt | | 2 1/2 tsp | | 1 Tbsp 2 tsp |
| Low-sodium chicken stock | | 1 qt 1/4 cup | | 2 qt 1/2 cup |
| Dijon mustard | | 1 Tbsp | | 2 Tbsp |
| Raw ground turkey (no more than 15% fat) | 2 lb 6 oz | 1 qt 3/4 cup | 4 lb 12 oz | 1 qt 1 1/2 cups |
| Raw ground beef (no more than 15% fat) | 1 lb 10 oz | 3 1/4 cups | 3 lb 4 oz | 1 qt 2 1/2 cups |
| Oats, rolled, dry | 7 oz | 2 2/3 cups | 14 oz | 1 qt 1 1/3 cups |
| Egg whites | 4 oz | 1/2 cup | 8 oz | 1 cup |
| Low-sodium beef broth | | 1/2 cup | | 1 cup |
| Instant nonfat dry milk | | 3 Tbsp | 3 oz | 1/4 cup 2 Tbsp |
| *Fresh onions, chopped | 6 oz | 1 cup 2 1/2 Tbsp | 12 oz | 2 1/4 cups 1 Tbsp |
| Dried parsley | | 1/8 cup | | 1/4 cup |

Directions

1. Gravy: Melt margarine in a large stock pot.
2. Add flour. Cook uncovered over medium heat for 8-10 minutes. Stir frequently until golden brown. Recommended to cook in batches of 17.
3. Add mushrooms, tomatoes, onion powder, 1/2 tsp pepper, and 1/2 tsp salt. Cook for 2 minutes.
4. Slowly add chicken stock, and bring to a boil. Reduce heat to medium.
5. Add dijon mustard, stirring constantly until thickened. Set aside for step 13.
6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

7. Critical Control Point: Hold for hot service at 140 °F or higher.
8. Pour remaining salt, remaining pepper, ground turkey, ground beef, oats, egg whites, beef broth, dry milk, onions, and parsley into a commercial mixer (batch as needed). using a paddle attachment, mix on low speed for 4 minutes. DO NOT OVERMIX.
9. Portion meat patties onto a sheet pan. Flatten 17 meat patties into oval patties in each pan. For 17 servings, use 1 pan. For 33 servings, use 2 pans.
10. Bake: Conventional oven: 350 °F for 25-30 minutes. Convection oven: 300 °F for 15-25 minutes.
11. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
12. Transfer steaks to a steam table pan. For 17 servings, use 1 pan. For 33 servings, use 2 pans.
13. Pour 1 qt (about 1 lb 11 oz) gravy over each pan.
14. Critical Control Point: Hold for hot service at 140 °F or higher.
15. Serve one steak.

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 steak provides 3 oz equivalent meat/meat alternate.

My Notes

Source: USDA Standardized Recipe Project



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Winter Greens - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Winter Greens – Kale and collard greens combined with garlic and onions and cooked in a vegetable based broth.



| Ingredients | 25 Servings | | 50 Servings | |
|--------------------------------------|-------------|------------------|-------------|-------------------------|
| | Weight | Measure | Weight | Measure |
| Canola oil | | 1/4 cup | | 1/2 cup |
| *Fresh onions, diced | 13 oz | 2 1/2 cups 2 tsp | 1 lb 10 oz | 1 qt 1 cup 1 Tbsp 1 tsp |
| Sugar | 4 oz | 1/2 cup | 8 oz | 1 cup |
| Garlic, minced | 3 oz | 1/4 cup | 6 oz | 1/2 cup |
| Red Pepper Flakes | | 1 tsp | | 2 tsp |
| *Fresh kale, chopped (stems removed) | 4 lb 4 oz | 4 gal 1 qt | 8 lb 8 oz | 8 gal 2 qt |
| Vegetable base | | 3 Tbsp | | 1/4 cup 2 Tbsp |
| Water | | 3 qt | | 1 gal 2 qt |
| (Optional) *Fresh jalapenos | | 2 each | | 4 each |

Directions

1. Heat oil in a large stock pot uncovered over high heat.
2. Add onions. Cook uncovered for 5 minutes, stirring constantly.
3. Add sugar. Cook uncovered for 2-3 minutes, stirring constantly. Onions will begin to caramelize.
4. Add garlic and pepper flakes.
5. Reduce heat to medium. Add kale and vegetable base. Cook uncovered for 2-3 minutes.
6. Add water. Stir well.
7. Add 2 jalapenos (optional).
8. Bring to a boil, and turn down to a simmer. Cook uncovered over medium heat for 30-45 minutes until greens are tender.
9. Critical Control Point: Heat to 140 °F or higher.

10. Pour 1 gal (about 6 lb 14 oz) kale into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
11. Critical Control Point: Hold for hot service at 140 °F or higher.
12. Remove jalapenos before serving.
13. 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: One portion provides 1 cup dark green vegetable.

CACFP Crediting Information: One portion provides 1 cup vegetable.

*Please note that this recipe contains differing crediting and serving size amounts. This is due to the shrinkage of the kale after it has been cooked.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

| Nutrients | Amount | Marketing Guide | | |
|-----------------------------|--------|---|--------------------|--------------------|
| Calories | 76 | Foods as Purchased for | 25 Servings | 50 Servings |
| Total Fat | 3 g | Mature onions | 15 oz | 1 lb 14 oz |
| Saturated Fat | 0 g | Kale | 5 lb 14 oz | 11 lb 12 oz |
| Cholesterol | 0 mg | Meal Components | | |
| Sodium | 323 mg | Vegetables | | |
| Total Carbohydrate | 11 g | Dark Green | 1 cup | |
| Dietary Fiber | 2 g | For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs. | | |
| Total Sugars | 6 g | | | |
| Added Sugars included | N/A | | | |
| Protein | 2 g | | | |
| Vitamin D | 0 IU | | | |
| Calcium | 65 mg | | | |
| Iron | 1 mg | | | |
| Potassium | 210 mg | | | |
| N/A - data is not available | | | | |



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Tuna and Noodles - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Tuna and Noodles – Tuna and fresh vegetables cooked in a chicken broth base with spices and served over whole grain noodles.

QTY Ingredients:

| Ingredients | 17 Servings | | 33 Servings | |
|-------------------------------|-------------|-----------------|-------------|-----------------------|
| | Weight | Measure | Weight | Measure |
| Water | | 1 gal | | 2 gal |
| Egg noodles, whole-grain, dry | 1 lb 4 oz | 3 qt 2 3/4 cups | 2 lb 8 oz | 1 gal 3 qt 1 1/2 cups |
| Margarine, trans fat-free | 4 oz | 1/2 cup | 8 oz | 1 cup |
| *Fresh celery, chopped | 8 oz | 1 1/2 cups | 1 lb | 3 cups |
| *Fresh onions, chopped | 7 oz | 1 1/3 cups | 14 oz | 2 2/3 cups |

| Ingredients | 17 Servings | | 33 Servings | |
|---|-----------------------------|-----------------|-------------|---------------------------------|
| | Weight | Measure | Weight | Measure |
| *Fresh green bell peppers, diced 1/4" | 6 oz | 1 1/8 cups | 12 oz | 2 1/4 cups |
| Whole-wheat flour | 4 oz | 1 cup | 8 oz | 2 cups |
| Nonfat milk | | 1 qt | | 2 qt |
| Low-sodium chicken broth | | 1 qt | | 2 qt |
| Ground black pepper | | 3/4 tsp | | 1 1/2 tsp |
| Dried parsley | | 1/4 cup | | 1/2 cup |
| Canned chunk style, water packed albacore tuna, drained, flaked | 3 lb 3 oz (1 66 1/2 oz can) | 2 qt 1 1/2 cups | 6 lb 6 oz | 1 gal 3 cups (2 66 1/2 oz cans) |
| Canned low-sodium corn, drained | 8 oz | 1 1/4 cups | 1 lb | 2 1/2 cups |
| Lemon juice | | 1/3 cup | | 2/3 cup |

Directions

1. Heat water to a rolling boil.
2. 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.
3. Heat margarine in a large stock pot. Add celery, onions, and bell peppers. Cook uncovered over medium heat for 5-6 minutes.
4. Add flour and stir until smooth.
5. Add milk, broth, pepper, and parsley. Cook uncovered over medium heat. Stir occasionally for 8-10 minutes to thicken mixture.
6. Add cooked pasta, tuna, corn, and lemon juice. Stir gently. Cook uncovered over medium heat for 6-8 minutes.
7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.

8. Transfer tuna mixture to a steam table pan (12" x 20" x 4"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.

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

10. Portion 1.5 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: 1.5 cup provides 3 oz equivalent meat/meat alternate, 3/16 cup other vegetable, and 1.5 oz equivalent grains.

My Notes

Source: USDA Standardized Recipe Project



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Chicken or Turkey Vegetable Soup - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our Chicken/Turkey Vegetable Soup is a delicious combination of chicken or turkey with diced tomatoes in a flavorful broth.



| Ingredients | 25 Servings | | 50 Servings | |
|--|-------------|--|-------------|------------------------------------|
| | Weight | Measure | Weight | Measure |
| Frozen, cooked diced chicken, thawed 1/2" pieces | 13 oz | 2 3/4 cups 2 2/3 tsp | 1 lb 10 oz | 1 qt 1 1/2 cups 1 Tbsp 2 1/3 tsp |
| Frozen, cooked diced turkey, thawed, 1/2" pieces | 12 oz | 2 1/2 cups 1 Tbsp 1 1/4 tsp | 1 lb 8 oz | 1 qt 1 cup 2 Tbsp 2 1/2 tsp |
| Low-sodium chicken broth | | 2 qt | | 1 gal |
| Canned no-salt-added diced tomatoes, undrained | 3 lb 3 oz | 1 qt 1 1/2 cups (approx. 1/2 No. 10 can) | 6 lb 6 oz | 2 qt 3 cups (approx. 1 No. 10 can) |
| *Fresh celery, chopped | 5 oz | 1 cup | 10 oz | 2 cups |
| *Fresh onions, chopped | 8 oz | 1/2 cup | 1 lb | 1 cup |
| Ground black or white pepper | | 1/2 tsp | | 1 tsp |
| Dried parsley | | 1/8 cup | | 1/4 cup |
| Garlic powder | | 1 Tbsp | | 2 Tbsp |
| Sugar | | 2 tsp | | 1 Tbsp 1 tsp |
| Onion powder | | 1 Tbsp | | 2 Tbsp |
| Old Bay Seasoning | | 1 Tbsp | | 2 Tbsp |
| Salt-free seasoning | | 1 Tbsp | | 2 Tbsp |
| Dried oregano | | 1 Tbsp | | 2 Tbsp |
| Frozen corn, thawed, drained | 8 oz | 1 1/4 cups 2 Tbsp 1 tsp | 1 lb | 2 3/4 cups 2 tsp |
| Frozen peas and carrots, thawed, drained | 1 lb 2 oz | 3 1/2 cups 2 Tbsp | 2 lb 4 oz | 1 qt 3 1/4 cups |
| Frozen green beans | 7 1/2 oz | 1 1/4 cups 2 Tbsp 1 tsp | 15 oz | 2 3/4 cups 2 tsp |

Directions

1. In a large stock pot, add chicken, chicken broth, tomatoes, celery, onions, pepper, parsley, garlic powder, sugar, onion powder, old bay spice, salt-free seasoning, and dried oregano. Cook uncovered over medium-high heat for 2 minutes. Bring to a boil.
2. Reduce heat to medium and cover. Simmer for 20 minutes.
3. Add corn, peas and carrots, and green beans. Cover and simmer over medium heat for 15 minutes or until vegetables are tender.

4. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Pour 1 gal (about 10 lb) soup into a half steam table pan (12 ¾" x 10 ½" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
6. Critical Control Point: Hold for hot service at 140 °F or higher.
7. 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

Serving

NSLP/SBP Crediting Information: One cup (8 fl oz spoodle) provides .5 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 cup additional vegetable.

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

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

| Nutrients | Amount | Marketing Guide | 25 | 50 |
|-----------------------------|--------|---|-----------------|-----------------|
| | | Foods as Purchased for | Servings | Servings |
| Calories | 69 | Mature onions | 9 oz | 1 lb 2 oz |
| Total Fat | 1 g | Celery | 6 oz | 12 oz |
| Saturated Fat | 0 g | Meal Components | | |
| Cholesterol | 11 mg | Vegetables | | |
| Sodium | 310 mg | Red & Orange | 1/8 cup | |
| Total Carbohydrate | 9 g | Other | 1/8 cup | |
| Dietary Fiber | 2 g | Meat / Meat Alternate | 1/2 ounce | |
| Total Sugars | 4 g | For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs. | | |
| Added Sugars included | N/A | | | |
| Protein | 6 g | | | |
| Vitamin D | 0 IU | | | |
| Calcium | 18 mg | | | |
| Iron | 0 mg | | | |
| Potassium | 111 mg | | | |
| N/A - data is not available | | | | |