



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

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