



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

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Turkey and Beef Macaroni - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Turkey and Beef Macaroni – Lean ground turkey and beef blended into tomato sauce with tomatoes and onions then combined with whole grain macaroni and sprinkled with cheese.

QTY Ingredients:

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Water		1 gal 2 qt		3 gal
Salt		2 tsp		1 Tbsp 1 tsp
Whole-grain elbow macaroni	1 lb 9 oz	1 qt 1 3/4 cups	3 lb 2 oz	2 qt 3 1/2 cups
Raw ground turkey (no more than 15% fat)	2 lb 8 oz	1 qt 1 cup	5 lb	2 qt 2 cups

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Raw ground beef (no more than 15% fat)	1 lb 12 oz	3 1/2 cups	3 lb 8 oz	1 qt 3 cups
*Fresh onions, chopped	7 oz	1 1/3 cups	1 1/4 tsp	14 oz
Canned no-salt-added tomato paste	1 lb 8 oz	2 1/2 cups	1 Tbsp 1	1 qt 1 cup 3 Tbsp (approx. 1/2 No. 10 can)
Canned no-salt-added diced tomatoes, undrained	1 lb 9 1/2 oz	3 cups	1 Tbsp (1/4 No. 10 can)	3 lb 3 oz
Beef stock, non-MSG		1 qt		2 qt
Ground black or white pepper		3/4 tsp		1 1/2 tsp
Garlic powder		1 1/2 tsp		1 Tbsp
Chili powder		1 Tbsp		2 Tbsp
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp
Paprika		3/4 tsp		1 1/2 tsp
Onion powder		3/4 tsp		1 1/2 tsp
Ancho chili powder		1 Tbsp		2 Tbsp
Mexican seasoning mix (See Notes Section)		1 Tbsp		2 Tbsp
(Optional) Low-fat cheddar cheese, shredded	7 oz	1 3/4 cups	14 oz	3 1/2 cups

Directions

1. Heat water to a rolling boil.
2. Add salt.

3. Slowly add macaroni. 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 8.
4. Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.
7. Add onions. Heat uncovered for 5 minutes.
8. Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5-10 minutes.
9. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
10. Pour 1 gal 3 qt 2 cups (about 11 lb 10 oz) turkey and beef macaroni into a steam table pan (12" x 20" x 2 1/2"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.
11. (Optional) Sprinkle 1 3/4 cups (about 7 oz) shredded cheese evenly over each pan.
12. Critical Control Point: Hold for hot service at 140 °F or higher.
13. 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

Mexican Seasoning Mix 3/4 cup (about 4 1/2 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Serving

NSLP/SBP Crediting Information: 1.5 cup provides 3 oz equivalent meat/meat alternate, 3/4 cup red/orange vegetable, and 1.5 oz equivalent grains.



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Cream of Potato Soup - USDA Recipe for CACFP

Makes: 25 or 50 Servings

Our Cream of Potato Soup is a creamy, comforting combination of potatoes and spices in a creamy broth.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
*Fresh white potatoes, unpeeled, cubed 2" Or *Fresh red potatoes, unpeeled, cubed 2"	4 lb	1 gal 2/3 cup	8 lb	2 gal 1 1/3 cups
Water		1 qt 2 cups		3 qt
Salt		1/2 tsp		1 tsp
Margarine, trans fat-free	4 oz	1/2 cup	8 oz	1 cup
Whole-wheat flour	2 1/2 oz	1/2 cup 1 Tbsp	5 oz	1 cup 2 Tbsp
Low-fat (1%) milk		2 qt 1 1/4 cups		1 gal 2 1/2 cups
Old Bay Seasoning		1 Tbsp 2 tsp		3 Tbsp 1 tsp
Salt		1 tsp		2 tsp
Ground black or white pepper		1 tsp		2 tsp
Frozen corn, thawed, drained	7 1/2 oz	3 1/2 cups 1 1/2 tsp 15 oz		1 qt 3 cups 1 Tbsp
*Fresh green onions, tops and bottoms, minced	3 oz	1/3 cup 2 tsp	6 oz	2/3 cup 1 Tbsp 1 tsp
Water		1 cup		2 cups
Chicken base		1 Tbsp 1 tsp		2 Tbsp 2 tsp

Directions

1. Place potatoes in a large stock pot.
2. Add water and salt. Simmer uncovered over medium-high heat until potatoes are soft.
3. Drain potatoes in a colander. Set aside for step 6.
4. In a large stock pot, add margarine and flour. Stir well until mixture forms into a paste.
5. Add milk. Stir constantly. Simmer uncovered over medium heat for 8-10 minutes.
6. Add potatoes. Puree ingredients in stock pot with a bermixer for 3-5 minutes until mixture has a smooth consistency.
7. Add old bay seasoning, salt, pepper, corn, green onions, water, and chicken base. Simmer uncovered over medium heat for 3-5 minutes.

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

9. Pour 1 gal 1 qt 1 cup (about 10 lb 10 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.

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

11. 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: 8 fl oz spoodle (1 cup) provides 3/8 cup starchy vegetable and 1/8 cup additional vegetable.

CACFP Crediting Information: 8 fl oz spoodle (1 cup) provides 1/2 cup vegetable.

My Notes

Source: USDA Standardized Recipe Project

Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	127	Mature green onions	4 oz	8 oz
Total Fat	3 g	Potatoes	4 lb 2 oz	8 lb 4 oz
Saturated Fat	1 g	Meal Components		
Cholesterol	4 mg	Vegetables		
Sodium	304 mg	Starchy	3/8 cup	
Total Carbohydrate	20 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.		
Dietary Fiber	2 g			
Total Sugars	5 g			
Added Sugars included	N/A			
Protein	5 g			
Vitamin D	36 IU			
Calcium	129 mg			
Iron	1 mg			
Potassium	526 mg			
N/A - data is not available				



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Beef Stew - USDA Recipe for CACFP

Makes: 17 or 33 Servings

Beef Stew – Lean chuck stew meat, onions, potatoes, carrots and peas cooked with spices in a beef broth.

QTY Ingredients:

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Whole-wheat flour	6 oz	1 1/2 cups	12 oz	3 cups
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp
Paprika		1 1/2 tsp		1 Tbsp
Ground black pepper		3/4 tsp		1 1/2 tsp
Dried thyme		1/2 tsp		1 tsp
Beef stew meat, raw, lean, cubed 1/2"	5 lb 2 oz		10 lb 4 oz	

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Canola oil		1/4 cup		1/2 cup
*Fresh onions, diced 1/4"	8 oz	1 1/2 cups	1 lb	3 cups
Low-sodium beef broth		3 qt		1 gal 2 qt
Frozen carrots, sliced	2 lb 3 oz	1 qt 1 1/4 cups	4 lb 6 oz	2 qt 2 1/2 cups
*Fresh celery, diced 1/2"	13 oz	2 1/2 cups	1 lb 10 oz	1 qt 1 cup
*Fresh red potatoes, unpeeled, diced 1"	1 lb 12 oz	1 qt 1/4 cup	3 lb 8 oz	2 qt 1/2 cup
Frozen green peas	1 lb 10 oz	1 qt	3 lb 4 oz	2 qt

Directions

1. Combine flour with spices in a large bowl. Stir well.
2. Coat beef cubes with half of flour mixture. Stir well.
3. Set aside remaining flour mixture for step 5.
4. Heat oil in a pan over medium high heat. Cook beef until golden brown, stirring often for about 5 minutes. Recommended to cook in batches of 25. Remove beef. Set aside for step 6. For 17 servings, use a large stock pot. For 33 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove.
5. In the same pan, add onions and remaining flour mixture. Reduce heat to low. Cook for 2 minutes, stirring constantly.
6. Add beef broth to the stock pot. Scrape bottom of pot and stir well. Bring to a boil. Add beef cubes. Stir well. Reduce heat to low. Cover and simmer for about 2 hours or until beef is tender.
7. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
8. Add carrots, celery, and potatoes to stock pot. Cook for about 15 minutes or until vegetables are tender.

9. Fold in green peas and cook for 3 minutes. DO NOT OVERCOOK.
10. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
11. Pour beef stew into steam table pan (12" x 20" x 4"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.
12. Critical Control Point: Hold for hot service at 140 °F or higher.
13. Portion 1.5 cup.

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient 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 red/orange vegetable, 3/8 cup starchy vegetable, 3/16 cup other vegetable, and 3/16 cup additional vegetable.

My Notes

Source: USDA Standardized Recipe Project