



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

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## Chili con Carne with Beans - USDA Recipe for CACFP

**Makes:** 17 or 33 Servings

Chili Con Carne with Beans – Ground turkey and ground beef-based chili with vegetables, pinto beans and spices, topped with cheese.

QTY Ingredients:

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Raw ground turkey (no more than 15% fat)	3 lb	1 qt 2 cups	6 lb	3 qt
Raw ground beef (no more than 15% fat)	1 lb	2 cups	2 lb	1 qt
*Fresh onions, diced	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp
Garlic powder		2 1/2 tsp		1 Tbsp 2 tsp

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
*Fresh green bell peppers, diced	4 oz	3/4 cup	8 oz	1 1/2 cups
Ground black or white pepper		1 tsp		2 tsp
Chili powder		3 Tbsp		1/4 cup 2 Tbsp
Paprika		1 Tbsp		2 Tbsp
Onion powder		1 Tbsp		2 Tbsp
Ground cumin		1/4 cup	2 oz	1/2 cup
Salt		1 tsp		2 tsp
Ancho chili powder		3 Tbsp		1/4 cup 2 Tbsp
Mexican seasoning mix (See Notes Section)		3 Tbsp		1/4 cup 2 Tbsp
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 13 oz	3 1/2 cups (approx. 1/4 No. 10 can)	3 lb 10 oz	1 qt 3 cups (approx. 1/2 No. 10 can)
Water		1 qt 1/2 cup		2 qt 1 cup
Canned low-sodium pinto beans, drained, rinsed, coarsely chopped	14 oz	1 3/4 cups 2 Tbsp 2 1/4 tsp (approx. 1/4 No. 10 can)	1 lb 12 oz	3 3/4 cups 1 Tbsp 1 1/2 tsp (approx. 1/2 No. 10 can)
*Dry pinto beans, cooked (See Notes Section)	14 oz	1 3/4 cups 2 Tbsp 2 1/4 tsp	1 lb 12 oz	3 3/4 cups 1 Tbsp 1 1/2 tsp
(Optional) Reduced fat cheddar cheese, shredded	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups

## Directions

1. 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.

2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Remove meat from heat. Drain turkey and beef in a colander. Return meat to heat.
4. Add onions, garlic powder, bell peppers, and spices. Heat uncovered for 5 minutes.
5. Add tomato paste, diced tomatoes, and water. Stir well.
6. Bring to a boil uncovered over medium-high heat. Reduce heat. Simmer uncovered for 30 minutes or until thickened. Stir occasionally.
7. Add beans. Simmer uncovered for 10 minutes.
8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
9. Pour 1 gal (about 8 lb 9 oz) into a steam table pan (12" x 20" x 2 1/2"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.
10. Critical Control Point: Hold for hot service at 140 °F or higher.
11. Garnish with cheese (optional).
12. Portion ¾ 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 ¾ 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: ¾ cup provides:

Legume as Meat Alternate: 3 oz equivalent meat/meat alternate and 1/2 cup red/orange vegetable.

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

## My Notes

**Source:** USDA Standardized Recipe Project



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## Chicken or Turkey Pot Pie - USDA Recipe for CACFP

**Makes:** 17 or 33 Servings

Chicken Pot Pie – Diced chicken or turkey combined with vegetables in a cream sauce, then topped with a whole grain biscuit and baked.

QTY Ingredients:

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Frozen, cooked diced chicken, thawed 1/2" pieces	3 lb 3 oz	2 qt 3 cups	6 lb 6 oz	1 gal 1 qt 2 cups
Frozen, cooked diced turkey, thawed 1/2" pieces	3 lb 3 oz	2 qt 3 cups	6 lb 6 oz	1 gal 1 qt 2 cups
Frozen peas and carrots	1 lb 12 oz	1 qt 1 2/3 cups	3 lb 8 oz	2 qt 3 1/3 cups
Canned low-sodium peas and carrots, drained, rinsed	1 lb 12 oz	1 qt 1 2/3 cups	3 lb 8 oz	2 qt 3 1/3 cups

Ingredients	17 Servings		33 Servings	
	Weight	Measure	Weight	Measure
Margarine, trans fat-free	4 oz	1/2 cup	8 oz	1 cup
*Fresh celery, diced 1/4"	10 oz	2 cups	1 lb 4 oz	1 qt
*Fresh onions, diced 1/4"	10 oz	2 cups	1 lb 4 oz	1 qt
Whole-wheat flour	5 oz	1 1/4 cups	10 oz	2 1/2 cups
Low-sodium chicken broth		3 1/2 cups		1 qt 3 cups
Half and half, fat-free		1 qt		2 qt
Ground black pepper		3/4 tsp		1 1/2 tsp
Poultry seasoning		3/4 tsp		1 1/2 tsp
Salt		1 tsp		2 tsp
Whole-wheat flour	1 lb 1 oz	1 qt	2 lb 2 oz	2 qt
baking powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Baking soda		1/2 tsp		1 tsp
Canola oil	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup
Yogurt, plain, low-fat	1 lb	2 cups	2 lb	1 qt

## Directions

1. Filling: Place 3 lb 3 oz (2 qt 3 cups) chicken in a steam table pan (12" x 20" x 2 1/2"). For 17 servings, use 1 pan. For 33 servings, use 2 pans.
2. Add peas and carrots to each steam table pan. Spread evenly. For frozen vegetables, add 1 lb 12 oz (1 qt 1 2/3 cups) per steam table pan.
3. If using canned peas and carrots, add 1 lb 12 oz (1 qt 1 2/3 cups) per steam table pan.
4. Melt margarine in a large stock pot over medium heat. Add celery, onion, and flour. Cook for 3 minutes. Flour will begin to turn light brown in color. Stir often.

5. Slowly stir in broth, half and half, pepper, and poultry seasoning. Stir often until mixture becomes slightly thickened for 10 minutes.
6. Pour approximately 2 qt 1 cup gravy mixture over chicken and vegetables in each steam table pan. Gravy mixture will thicken in step 10. Stir gently. Set aside for step 9.
7. Drop biscuits: Combine salt, flour, baking powder, and baking soda in a large bowl.
8. Add oil and yogurt. Stir well until dough forms.
9. Place heaping 1/8 cup, drop biscuits on top of chicken mixture. Leave about 1/2" - 1" space between each biscuit. Portion 17 biscuits per steam table pan.
10. Bake: Conventional oven: 450 °F for 30 minutes. Convection oven: 400 °F for 20 minutes.
11. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
12. Critical Control Point: Hold for hot service at 140 °F or higher.
13. Portion 1 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 portion (1 cup) provides 3 oz equivalent meat/meat alternate, 3/16 cup starchy, 1/8 cup additional vegetable, and 2 oz equivalent grains.

## My Notes

**Source:** USDA Standardized Recipe Project



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## Pork Stir Fry USDA Recipe for CACFP

**Makes:** 12.5 or 25 Servings

**Pork Stir Fry –** Marinated pork loin and lean pork shoulder and vegetables served over brown rice.

QTY Ingredients:

Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Water		1 qt 2 cups		3 qt
Brown rice, long-grain, regular, dry, parboiled	1 lb 11 oz	1 qt 3 Tbsp	3 lb 6 oz	2 qt 1/4 cup 2 Tbsp
Raw boneless pork loin, lean, 1/2" cubes	1 lb 9 1/2 oz	3 1/2 cups	3 lb 3 oz	1 qt 3 cups
Pork shoulder, lean	1 lb 4 oz	2 3/4 cups	2 lb 8 oz	1 qt 1 1/2 cups



Ingredients	12.5 Servings		25 Servings	
	Weight	Measure	Weight	Measure
Low-sodium soy sauce		1/8 cup		1/4 cup
Hoisin sauce		3 Tbsp	3 oz	1/4 cup 2 Tbsp
Cornstarch	3 1/2 oz	3/4 cup	7 oz	1 1/2 cups
Fresh ginger, chopped		2 Tbsp	2 oz	1/4 cup
Garlic, minced		2 Tbsp	3 oz	1/4 cup
Ground black or white pepper		1 tsp		2 tsp
Red Pepper Flakes		1 tsp		2 tsp
Rice Vinegar		2 Tbsp		1/4 cup
Salt		3/4 tsp		1 1/2 tsp
Sugar	7 oz	3/4 cup 2 Tbsp	14 oz	1 3/4 cups
Low-sodium chicken broth		1 qt		2 qt
*Fresh broccoli, chopped	2 lb	3 qt 3 Tbsp	4 lb	1 gal 2 qt 1/4 cup 2 Tbsp
Canola oil		1/4 cup		1/2 cup
Frozen edamame, thawed	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups
*Fresh carrots, shredded coarsely	1 lb 7 oz	1 qt 3 cups	2 lb 14 oz	3 qt 2 cups
*Fresh onions, chopped	11 oz	2 cups 2 Tbsp 1 1/8 tsp	1 lb 6 oz	1 qt 1/4 cup 2 1/4 tsp
Water		2 cups		1 qt

## Directions

1. Boil water.

2. Place 1 qt 3 Tbsp brown rice (1 lb 11 oz) in each steam table pan (12" x 20" x 2 1/2"). For 12.5 servings, use 1 pan. For 25 servings, use 2 pans.

- 3.** Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
- 4.** Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
- 5.** Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
- 6.** Critical Control Point: Heat to 140 °F or higher.
- 7.** Critical Control Point: Hold for hot service at 140 °F or higher.
- 8.** Set aside for step 23.
- 9.** Combine pork, soy sauce, hoisin sauce, 1/3 cup 2 tsp cornstarch, 1 Tbsp ginger, 1 Tbsp garlic, black pepper, red pepper flakes, rice vinegar, salt, and sugar in a large bowl. Stir well. Cover tightly. Recommended to cook in batches of 12.5.
- 10.** Allow pork mixture to marinate for 12-24 hours. Set remaining ginger and garlic aside for step 18. Set remaining cornstarch aside for step 19.
- 11.** Place marinated pork in a large stock pot uncovered over high heat for 2-3 minutes. Stir constantly.
- 12.** Add 2 cups chicken broth. Heat to a rolling boil allowing mixture to thicken. Set remaining chicken broth aside for step 19.
- 13.** Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
- 14.** Critical Control Point: Hold for hot service at 140 °F or hgher.
- 15.** Transfer 1 qt 3 cups (about 2 lb 15 oz) pork mixture to a steam table pan (12" x 20" x 2 1/2"). Set aside for step 22. For 12.5 servings, use 1 pan. For 25 servings, use 2 pans.
- 16.** Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside for step 18.
- 17.** Heat oil in a large stock pot.
- 18.** Add boiled broccoli, edamame, carrots, onions, and remaining ginger and garlic. Saute uncovered for 2-3 minutes, stirring occasionally.

19. Add remaining chicken broth. Heat to a rolling boil. Add remaining cornstarch.
20. Add water. Stir well. Allow mixture to thicken.
21. Critical Control Point: Heat to 140 °F or higher.
22. Pour 1-gallon (7 lb 14 oz) vegetable mixture over pork mixture into each steam table pan (12" x 20' x 2 1/2"). Stir well. For 12.5 servings, use 1 pan. For 25 servings, use 2 pans.
23. Portion pork and vegetable mixture with 1.5 cup. Portion rice with 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 #3: Complex Food Preparation

### Serving

NSLP/SBP Crediting Information: 1.5 cup serving of pork and vegetable mixture and 1 cup serving of rice provides:

Legume as Meat/Meat Alternate: 4 oz equivalent meat/meat alternate, 1/4 cup dark green vegetable, 1/2 cup red/orange vegetable, 1/4 cup additional vegetable, and 2 oz equivalent grains.

## My Notes

**Source:** USDA Standardized Recipe Project



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## Volcanic Meatloaf - USDA Recipe for CACFP

**Makes:** 20 or 40 Servings

Volcanic Meatloaf – Red lentils, mozzarella cheese, tomato sauce and spices are folded into lean ground beef, formed into individual loaves and baked. May serve with ketchup and mustard.

QTY Ingredients:

Ingredients	20 Servings		40 Servings	
	Weight	Measure	Weight	Measure
Water		3 cups		1 qt 2 cups
*Lentils, red, dry	10 1/2 oz	1 2/3 cups	1 lb 5 oz	3 1/3 cups
Raw ground beef (no more than 15% fat)	3 lb 2 oz	1 qt 2 cups	6 lb 4 oz	3 qt
Nonfat milk		1 3/4 cups		3 1/2 cups
Egg whites	5 1/2 oz	2/3 cup	11 oz	1 1/3 cups
Oats, rolled, quick, dry	4 oz	1 1/8 cups	8 oz	2 1/4 cups
Canned no-salt-added tomato paste	3 1/2 oz	1/3 cup	7 oz	2/3 cup
yellow mustard	6 1/2 oz	3/4 cup	13 oz	1 1/2 cups

Ingredients	20 Servings		40 Servings	
	Weight	Measure	Weight	Measure
Dried parsley		3 Tbsp		1/4 cup
Granulated garlic		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Dehydrated onion flakes		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Celery seed		1 1/2 Tbsp		3 Tbsp
Ground black pepper		2 1/4 tsp		1 1/2 Tbsp
Low-fat mozzarella cheese, low-moisture, part-skim, shredded	6 1/2 oz	1 3/4 cups	13 oz	2 1/2 cups

## Directions

1. Rinse lentils and sort out any unwanted materials. Drain well. Combine lentils and water in a stock pot. Bring to a boil. Reduce heat and simmer, uncovered, until lentils are tender, about 20 minutes.
2. Critical Control Point: Cool to 70 °F or lower within 2 hours and 40 °F or lower within 6 hours.
3. In a large mixer, add ground beef, milk, eggs, oats, tomato paste, mustard, parsley, granulated garlic, onions, celery seed, pepper and cheese. Fold in lentils. Mix well.
4. Portion onto a parchment lined sheet pan lightly coated with pan release spray. For 20 servings, use 1 pan. Make 20 meatloaves. For 40 servings, use 2 pans. Make 40 meatloaves.
5. Bake: Conventional oven: 400 °F for 25-30 minutes. Convection Oven: 375 °F for 15-20 minutes.
6. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
7. Critical Control Point: Hold for hot service at 135 °F or higher.
8. If desired serve with catsup and mustard.
9. Serve 1 meatloaf.

## 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 meatloaf provides: Legume as Meat Alternate: 3 oz equivalent meat/meat alternate.

## My Notes

**Source:** USDA Standardized Recipe Project



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## Potatoes Au Gratin - USDA Recipe for CACFP

**Makes:** 25 or 50 Servings

Potatoes au Gratin – Fresh white potatoes cooked with milk, cheddar cheese and spices.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
*Fresh Yukon Gold potatoes, unpeeled, cubed 2" Or *Fresh red potatoes, unpeeled, sliced	4 lb 2 oz	1 gal	8 lb 4 oz	2 gal
Margarine, trans fat-free	2 oz	1/4 cup	4 oz	1/2 cup
*Fresh onions, chopped	8 oz	1 1/2 cups 1 Tbsp	1 lb	3 cups 2 Tbsp
Whole-wheat flour	5 oz	1 ucp 1 Tbsp 2 2/3 tsp	10 oz	2 cups 3 Tbsp 2 1/3 tsp
Nonfat milk		2 qt 3 cup		1 gal 1 qt 2 cups
Salt		1 tsp		2 tsp
Ground black or white pepper		1/2 tsp		1 tsp
Nutmeg, ground		1/2 tsp		1 tsp
Garlic powder		1 Tbsp		2 Tbsp
Italian Seasoning		1 Tbsp		2 Tbsp
Onion powder		1 Tbsp		2 Tbsp
Low-fat cheddar cheese	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup

### Directions

- Place 1 gal (about 4 lb 2 oz) potatoes in a steam table pan (12" x 20" x 2 1/2") lightly coated with pan release spray. Set aside for step 8. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
- Sauce: Melt margarine in a medium stock pot.
- Add onions. Cook uncovered over medium-high heat for 1-2 minutes until onions become translucent, stirring occasionally. Reduce heat to medium.
- Add flour. Cook uncovered over medium heat for 30 seconds, stirring constantly to moisten flour.
- Add 1 qt 1 1/2 cups milk. Cook uncovered over medium heat for 3-5 minutes allowing bubbles to form around the edge of the pot. Set remaining milk for step 6. Recommended to cook in batches of 25.

6. Add remaining milk, salt, pepper, nutmeg, garlic powder, Italian seasoning, and onion powder.
7. Cook uncovered over medium heat for 5-10 minutes until sauce begins to simmer, stirring occasionally. Simmer for 1 minute. Set aside for step 8.
8. Pour 2 qt 1 ½ cups (about 5 lb) sauce over potatoes in steam table pan (12" x 20" x 2 ½"). Spread evenly. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
9. Sprinkle 2 ½ cups (about 10 oz) cheese over each pan.
10. Bake: Conventional oven: 350 °F for 45-60 minutes. Convection oven: 325 °F for 35-45 minutes.
11. Critical Control Point: Heat to 140 °F or higher.
12. Critical Control Point: Hold for hot service at 140 °F or higher.
13. Portion: Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 ¾" square).

## 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 .25 oz equivalent meat/meat alternate, 1/2 cup starchy vegetable, and .25 oz equivalent grains.

CACFP Crediting Information: One piece provides .25 oz meat/meat alternate, 1/2 cup vegetable, and .25 serving grains/bread.

## My Notes

**Source:** USDA Standardized Recipe Project



## Nutrition Information

Nutrients	Amount	Marketing Guide		
		Foods as Purchased for	25 Servings	50 Servings
Calories	158	Mature onions	10 oz	1 lb 4 oz
Total Fat	3 g	Potatoes	5 lb 10 oz	11 lb 4 oz
Saturated Fat	2 g	<b>Meal Components</b>		
Cholesterol	9 mg	Vegetables		
Sodium	241 mg	Starchy	1/2 cup	
Total Carbohydrate	24 g	Grains	1/4 ounce	
Dietary Fiber	2 g	Meat / Meat Alternate	1/4 ounce	
Total Sugars	7 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	9 g			
Vitamin D	62 IU			
Calcium	247 mg			
Iron	1 mg			
Potassium	531 mg			
N/A - data is not available				



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## Minestrone Soup - USDA Recipe for CACFP

**Makes:** 25 or 50 Servings

Fresh vegetables that include, spinach, zucchini, carrots and cabbage come together with Mexican spices and whole grain macaroni to make our hearty and delicious Minestrone Soup.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		1/2 cup		1 cup
*Fresh onions, diced	4 1/2 oz	1/4 cup 1 1/2 tsp	9 oz	1/2 cup 1 Tbsp
*Fresh carrots, diced	11 oz	2 1/3 cups 1 Tbsp	1 lb 6 oz	1 qt 2/3 cup 2 Tbsp
*Fresh cabbage, minced	3 oz	1 1/4 cups	6 oz	2 1/2 cups
*Fresh celery, chopped	4 oz	3/4 cup 1 tsp	8 oz	1 1/2 cups 2 tsp
*Fresh spinach, chopped	4 oz	1 1/2 cups 2 Tbsp	8 oz	3 1/4 cups
*Fresh zucchini, chopped	4 oz	2/3 cup 2 tsp	8 oz	1 1/3 cups 1 Tbsp 1 tsp
Low-sodium beef base		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Water		2 qt 1 cup		1 gal 2 cups
Canned low-sodium tomato paste	8 oz	3/4 cup 2 Tbsp	1 lb	1 3/4 cups (approx. 1/8 No. 10 can)
Ground black pepper		1/2 tsp		1 tsp
Dried oregano		1/8 tsp		1/4 tsp
Garlic powder		2 Tbsp 1 tsp	2 1/2 oz	1/4 cup 2 tsp
Salt		1/2 tsp		1 tsp
Dried marjoram		1/8 tsp		1/4 tsp
Onion powder		1 Tbsp		2 Tbsp
Ancho chili powder		1 Tbsp		2 Tbsp
Mexican seasoning mix (See Notes Section)		1 Tbsp		2 Tbsp
Dried parsley		1/4 tsp		1/2 tsp
Canned Great Northern beans, drained	2 lb 2 1/4 oz	1 qt 1 Tbsp (1/2 No. 10 can)	4 lb 4 1/2 oz	2 qt 2 Tbsp (1 No. 10 can)
*Dry great northern beans, cooked (See Notes Section)	2 lb 2 1/4 oz	1 qt 1 Tbsp	4 lb 4 1/2 oz	2 qt 2 Tbsp
Whole-grain elbow macaroni	6 oz	1 1/3 cups 1 Tbsp	12 oz	2 2/3 cups 2 Tbsp

### Directions

1. In a large stock pot, add water, onions, carrots, cabbage, celery, spinach, and zucchini. Simmer uncovered over medium-high heat for 15 minutes or until tender.

2. Add beef base, water, tomato paste, pepper, oregano, garlic powder, salt, marjoram, onion powder, ancho chili powder, and parsley. Simmer uncovered over medium-high heat for 30 minutes.
3. Add beans and macaroni. Simmer uncovered over medium-high heat for 20 minutes.
4. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
5. Pour 1 gal (about 8 lb 11 oz) minestrone 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.
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

### 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 cup (8 fl oz spoodle) provides:

Legume as Meat/Meat Alternate: .5 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup additional vegetable.

OR

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

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides:

Legume as Meat/Meat Alternate: .5 oz meat/meat alternate and 1/4 cup vegetable.

OR

Legume as Vegetable: 1/2 cup vegetable

### 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  $\frac{3}{4}$  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 great northern beans = about 2  $\frac{1}{2}$  cups dry or 6  $\frac{1}{4}$  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	78	Mature onions	6 oz	12 oz
Total Fat	0 g	Celery	5 oz	10 oz
Saturated Fat	0 g	Zucchini	5 oz	10 oz
Cholesterol	0 mg	Cabbage	3 oz	6 oz
Sodium	170 mg	Spinach	4 oz	8 oz
Total Carbohydrate	15 g	Carrots	1 lb	2 lb
Dietary Fiber	3 g	Dry great northern beans	2 lb 2 1/4 oz	4 lb 4 1/2 oz
Total Sugars	2 g	<b>Meal Components</b>		
Added Sugars included	N/A	Vegetables		
Protein	5 g	Red & Orange	1/8 cup	
Vitamin D	0 IU	Beans & Peas	1/8 cup	
Calcium	42 mg	Meat / Meat Alternate	1/2 ounce	
Iron	1 mg	<a href="#">For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.</a>		
Potassium	245 mg			
N/A - data is not available				