
Kansas School Recipes



Main Dishes

Child Nutrition & Wellness, Kansas State Department of Education

Kansas School Recipes – Main Dishes



Child Nutrition & Wellness Kansas State Department of Education

120 SE 10th Avenue
Topeka, Kansas 66612

785-296-2276

FAX: 785-296-0232

www.kn-eat.org

For further information about this publication, please contact Cheryl Johnson, Director, Child Nutrition & Wellness at the phone number above or email: csjohnson@ksde.org.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write to USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington DC 20250-9410 or call (866) 632-9992 (Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

The following person has been designated to handle inquiries regarding the non-discrimination policies at the Kansas Department of Education: KSDE General Counsel, 120 SE 10th Avenue, Topeka, KS 66612, (785)296-3204.

This publication has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service. The contents of this publication do not necessarily reflect the views or policies of the Department, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

Table of Contents

| | |
|---|----|
| Barbecued Beef on Bun | 1 |
| Beef & Noodles | 3 |
| Beef Nachos | 5 |
| Beef Taco Supreme | 7 |
| Chicken & Noodles | 13 |
| Chicken & Noodles II | 15 |
| Chicken Enchiladas | 17 |
| Chicken Fajitas | 19 |
| Chicken Huntington | 21 |
| Chicken Pasta Bake | 23 |
| Chicken Quesadillas | 25 |
| Chicken Quesadillas II | 27 |
| Chili | 29 |
| Chili II | 31 |
| Chili III | 33 |
| Cream of Broccoli Soup | 35 |
| Ham & Cheese Squares | 37 |
| Ham Loaf | 39 |
| Italian Pasta Bake | 41 |
| Mexicali Chicken | 43 |
| Nachos with Ground Beef | 45 |
| Potato Soup with Diced Ham | 47 |

Salisbury Steak 49

Spaghetti and Meat Sauce..... 53

Taco Crunch Salad..... 55

Tacos 57

Taco Triangles 59

Kansas School Recipes were submitted to Child Nutrition & Wellness, KSDE by schools in Kansas. Recipes have not been tested by CNW. Nutritional analysis and component contribution have been reviewed for accuracy.

This page was intentionally left blank.

Barbecued Beef on Bun

Main Dish

HACCP: #2 Same Day Service

Recipe Source: KSDE

| Ingredients | 50 Servings | | Servings | | Directions |
|---|-----------------|--------------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Beef Round Roast (raw weight) | 10 lb + 8 oz | | | | <ol style="list-style-type: none"> 1. Bake roast to an internal temperature of 145°F. 2. Cool to 70°F or below within 2 hours and to 41°F or below within an additional two hours. (Cut into smaller chunks and/or use an ice bath if needed to ensure adequate cooling.) 3. When cool, shred beef or slice and then cut into 1-inch strips. Set aside for step 5. |
| Dehydrated Onion Garlic Powder Catsup Vinegar Brown Sugar, packed Dry Mustard | 2 lb + 11 oz | ¼ cup 1 tsp 1 qt + ¼ cup | | | <ol style="list-style-type: none"> 4. Combine onion, garlic powder, catsup, vinegar, brown sugar, and dry mustard. Bring to a boil. Reduce heat and simmer, uncovered, for 10-15 minutes, stirring frequently. 5. Stir beef into sauce. Cover and simmer until beef is 165°F or higher (approximately 20 minutes). |
| Hamburger Bun, whole wheat (1.5 oz each) OR prepare following Healthier Kansas Recipe 877, Whole Wheat Rolls, Bread Sticks, Buns | | 50 each | | | <ol style="list-style-type: none"> 6. Serve 3 oz. of beef mixture on bottom half of each hamburger bun. Top with other half of bun. |

Barbecued Beef on Bun, continued

| Serving Size | 1 Serving Provides | Yield |
|-------------------------------------|---|-------------|
| 1 sandwich (1 bun w/ 3 oz beef mix) | 2.06 M/MA + 1.67 G/B (or 2.2 G/B if using a 2 oz bun) | 50 servings |

Variation #1

50 servings: Substitute 12 lb + 5 oz of canned beef or pork with natural juices for the beef round roast. Remove the fat from the cans and add the meat and juice to the barbeque sauce in step 5.

Variation #2

50 servings: Substitute 1 1/2 qts of commercial BBQ sauce for the sauce ingredients in the recipe.

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 300 | Iron | 3.05 mg | Protein | 19.72 g | Protein% | 26.33% |
| Cholesterol | 48 mg | Calcium | 83 mg | Carbohydrate | 34.23 g | Carbohydrate% | 45.56% |
| Sodium | 570 mg | Vitamin A | 228 IU | Total Fat | 9.62 g | Total Fat% | 28.88% |
| Dietary Fiber | 0.74 g | Vitamin A | 25 RE | Saturated Fat | 2.93 g | Saturated Fat% | 8.88% |
| | | Vitamin C | 4 mg | Trans Fat | 0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

Beef & Noodles (Chanute)

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Chanute

| Ingredients | 100 Servings | | Servings | | Directions |
|---|--------------|-----------------------------------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Beef canned in broth Water Beef Base, low-sodium Black Pepper Margarine | | 2¼ #10 can 4 gallons 1 Tbsp | | | 1. Drain canned beef and reserve juice. Chop beef and place in refrigerator until step 5. 2. Combine beef broth and water to equal amount of water called for in recipe. Reserve 1 quart of beef and water mixture to mix with gravy in step 5. 3. Add beef base, pepper and margarine. |
| Frozen Noodles, uncooked Brown Gravy Mix Dry Milk | 6 lb + 8 oz | 5½ pkgs. 1 cup | | | 4. Add frozen noodles to broth mixture and cook until tender and plump. 5. In large bowl, mix dry gravy mix and dry milk together. Add dry gravy mix to reserved broth and whisk together to remove lumps. 6. Add gravy mixture to broth and noodles, stirring until well mixed and free of lumps. 7. Cook until it thickens and the correct temperature (135° F) is reached. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|--------------|
| ¾ cup | 1.09 M/MA + 1.15 G/B | 100 portions |

Nutrients Per Serving

| | | | | | | | |
|---------------|---------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 223 | Iron | 1.37 mg | Protein | 12.29 g | Protein% | 22.01% |
| Cholesterol | 61 mg | Calcium | 14 mg | Carbohydrate | 28.45 g | Carbohydrate% | 50.93% |
| Sodium | 1694 mg | Vitamin A | 97 IU | Total Fat | 5.58 g | Total Fat% | 22.49% |
| Dietary Fiber | 0.54 g | Vitamin A | 23 RE | Saturated Fat | 1.94 g | Saturated Fat% | 7.66% |
| | | Vitamin C | 0.1 mg | Trans Fat | 0.34* g | Trans Fat% | 1.35% |

*- Denotes missing nutrient values

This page was intentionally left blank.

Beef Nachos

Main Dish

HACCP: #2 Same Day Service

Recipe Source: KSDE

| Ingredients | 50 Servings | | Servings | | Directions |
|--|---------------|---|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Beef ground, 80/20, raw to cook, drain Chili powder Cumin, ground Paprika Onion Powder Water | 8 lb + 12 oz | 2 Tbsp 1 Tbsp + 1½ tsp 1 ½ tsp 1 ½ tsp 4 cups | | | 1. Cook ground beef to an internal temperature of 160°F. Drain and rinse using 1 gallon of hot water for every 10 pounds of beef. 2. Add chili powder, ground cumin, paprika, and onion powder. 3. Add water and simmer for 15 minutes. |
| Cheese Sauce, canned* | | ½ #10 can | | | 4. Heat cheese sauce thoroughly. |
| Tortilla Chips, low-sodium Salsa, mild | 2 lbs + 5 oz. | 1 qt+ 2¼ cup | | | 5. To serve, top 3/4 oz. (1/2 cup) of chips with 2 oz. meat and 1 oz. of cheese sauce. Serve 1/8 cup of salsa on the side using a 1 oz. ladle. |

| Serving Size | 1 Serving Provides | Yield |
|--|------------------------------|-------------|
| 2 oz meat + 1 oz cheese + 1 oz salsa over ¾ oz chips | 2 M/MA + 0.82 G/B + 0.13 F/V | 50 portions |

Beef Nachos, continued

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 270 | Iron | 1.89 mg | Protein | 18.96 g | Protein% | 28.10% |
| Cholesterol | 60 mg | Calcium | 59 mg | Carbohydrate | 19.09 g | Carbohydrate% | 28.28% |
| Sodium | 459 mg | Vitamin A | 237 IU | Total Fat | 12.17 g | Total Fat% | 40.58% |
| Dietary Fiber | 2.13 g | Vitamin A | 37 RE | Saturated Fat | 4.22 g | Saturated Fat% | 14.07% |
| | | Vitamin C | 0.3 mg | Trans Fat | 0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

* Avoid high-fat cheese sauce. This analysis includes cheese sauce with less than 7 grams of fat per 1/4 cup.

Beef Taco Supreme

Recipe Source: USDA Tool Kit D-45
(Modified)

Main Dish

HACCP: #2 Same Day Service

| Ingredients | 50 Servings | | Servings | | Directions |
|---|-------------------------|-----------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Ground Beef 80/20, raw Taco Seasoning Mix, mild Water | 5 lbs + 14 oz. 3 oz. | 2½ cups | | | 1. Cook ground beef to an internal temperature of 160°F. 2. Drain and rinse the ground beef using 1/2 gallon of hot water for every 5 pounds of beef. 3. Sprinkle the taco seasoning mix over the ground beef. 4. Add water and simmer for 15 minutes. Hold above 140°F. |
| Salsa, mild Tomato Paste Water Taco Seasoning Mix | 2 oz. | 3¾ cups 3½ cups 1 qt. | | | 5. In a bowl, combine salsa, tomato paste, water, and taco seasoning mix. Set aside for step 9. |
| Flour Tortillas, 8" | | 40 (1.75 oz. each) | | | 6. Cut each tortilla in half. Set aside for step 9. |
| American Cheese, shredded Mozzarella Cheese, part-skim, shredded | 1 lb. 1 lb. | | | | 7. Blend cheeses and set aside for step 9. |
| | | | | | 8. Coat or spray bottom of 12" x 20" x 2 1/2" steam table pans (1 pan for every 25 servings) with vegetable oil. |

Beef Taco Supreme, continued

| Ingredients | 50 Servings | | ____ Servings | | Directions |
|-------------|-------------|---------|---------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | <p>9. For 50 servings, prepare each pan as follows: For the bottom layer, arrange 16 tortilla halves in each pan. On top of the tortillas, distribute 1 lb. 3 oz. (3 1/2 cups) of the meat mixture. Top with 1 lb. 3 oz. (2 cups) of the taco sauce and then sprinkle with 6 oz. (1 1/2 cups) grated cheese. For the middle layer, arrange 12 tortilla halves on top of the cheese. Add 1 lb. 3 oz. (3 1/2 cups) of the meat mixture. Top with 1 lb. 3 oz. (2 cups) of the taco sauce and sprinkle with 6 oz. (1 1/2 cups) grated cheese. For the top layer, arrange 12 tortilla halves on top of the cheese. Spread with 1 lb. 3 oz. (2 cups) of taco sauce. Sprinkle with 4 oz. (1 cup) of grated cheese.</p> |
| | | | | | <p>10. Bake covered until thoroughly heated. Conventional Oven: 350°F for 30 minutes Convection Oven: 325°F for 20 minutes. 11. Let rest 5 minutes before portioning. Cut each pan 5x5.</p> |

| Serving Size | 1 Serving Provides | Yield |
|-------------------|---------------------------------|-----------------------------|
| 1 piece (5x5 cut) | 2 oz M/MA + 1.56 G/B + 0.35 F/V | 50 servings (16 lb + 13 oz) |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 291 | Iron | 2.17 mg | Protein | 18.67 g | Protein% | 25.68% |
| Cholesterol | 51 mg | Calcium | 144 mg | Carbohydrate | 23.05 g | Carbohydrate% | 31.72% |
| Sodium | 748 mg | Vitamin A | 864 IU | Total Fat | 13.63 g | Total Fat% | 42.19% |
| Dietary Fiber | 2.48 g | Vitamin A | 182 RE | Saturated Fat | 5.55 g | Saturated Fat% | 17.19% |
| | | Vitamin C | 10.51 mg | Trans Fat | 0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

Beef Tamale Pie

Recipe Source: Culinary Camp Recipes
2005 (USD 503 Parsons)

Main Dish

HACCP: #2 Same Day Service

| Ingredients | 105 Servings | | Servings | | Directions |
|---|---|--|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Beef ground, extra lean, raw | 12 lbs. | | | | 1. Brown ground beef and drain. **Ground beef mixture may be prepared ahead and refrigerated overnight. Bake an additional 10 minutes to accommodate for the chilled meat. |
| Onions, dehydrated flakes Garlic powder Black Pepper Chili powder Ground cumin Paprika Onion powder Brown Sugar Tomatoes, crushed, canned | 2½ oz. 3 oz. | 3 Tbsp. 1 Tbsp. ½ cup ¼ cup + 1½ tsp. 1½ Tbsp. 1½ Tbsp. 1¾ # 10 can | | | 2. Combine onions, spices and brown sugar. Add to browned meat. Mix in well. 3. Add tomatoes and blend well. Bring to a boil. Reduce heat and simmer for 20 to 25 minutes. 4. Portion 6 lb. (3 qt.) meat mixture into each steam table pan (12" x 20" x 2-1/2") steam table pan. Set aside. |
| Cornmeal, enriched, yellow Flour, all-purpose Baking powder, double-acting Sugar, granulated Salt | 2 lb. + 3 oz. 2 lb. + 5 oz. 3½ oz. 10 oz 1 oz | | | | 5. For cornbread topping: blend flour, cornmeal, sugar, baking powder, dry milk and salt for 1 minute in mixer on low speed. |

Beef Tamale Pie, continued

| Ingredients | 105 Servings | | Servings | | Directions |
|---|--------------|--|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Milk, dry, nonfat | 7 oz. | | | | |
| Egg, fresh, whole Water, cold Salad oil | | 8 large 1 qt. + 3 cups 1¼ cup | | | 6. Mix water, eggs and oil. Add to dry ingredients. Blend on medium speed only until dry ingredients are moistened, 2 to 3 minutes. Batter will be lumpy. |
| Cheese, American, shredded | 3 lb. | | | | 7. Sprinkle 1 lb. or 4 cups cheese over each pan. |
| | | | | | 8. Pour 2 quarts of cornbread over meat and cheese and spread into corners of pan. 9. Bake until lightly brown in: Conventional oven at 400°F for 30-35 minutes. Convection oven at 350°F for 20-30 minutes. 10. Cut each pan 7X5. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|---------------------------------|--------------|
| 1 piece | 1.92 M/MA + 1.05 G/B + 0.20 F/V | 105 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 257 | Iron | 2.57 mg | Protein | 14.61 g | Protein% | 22.77% |
| Cholesterol | 54 mg | Calcium | 171 mg | Carbohydrate | 24.00 g | Carbohydrate% | 37.41% |
| Sodium | 543 mg | Vitamin A | 564 IU | Total Fat | 11.46 g | Total Fat% | 40.20% |
| Dietary Fiber | 1.26 g | Vitamin A | 119 RE | Saturated Fat | 4.75 g | Saturated Fat% | 16.66% |
| | | Vitamin C | 6.26 mg | Trans Fat | 0.24* g | Trans Fat% | 0.82% |

* - Denotes missing nutrient values

Bierocks

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 443 Dodge City)

| Ingredients | 100 Servings | | Servings | | Directions |
|--|-----------------|---|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Beef ground, 85/15, raw | 10 lb. | | | | 1. Cook the ground beef and drain well. |
| Cabbage, raw | 2 lb. + 13¾ oz. | | | | 2. Wash and shred the cabbage, set aside |
| Sauerkraut, canned | | ⅔ # 10 can | | | 3. Rinse and separate the sauerkraut. |
| Garlic Powder Salt Black Pepper Onions chopped Cheddar Cheese, low fat | | 2 Tbsp. + 1 tsp. 2 Tbsp. + 1 tsp. 2 Tbsp. + 1 tsp. ½ cup + 3½ tsp. 5 lb. + 12 oz. | | | 4. Mix all the ingredients with the ground beef except the cheese. Heat thoroughly. 5. Just prior to placing mixture on dough ball add cheese. |
| Bread dough, white | 9 lb + 6 oz** | | | | 6. Pinch 1.5 oz. dough ball per serving and flatten into a 5 inch round. Using a #16 dipper, put one dipperful of meat mixture onto each flattened dough ball. Seal the dough around the meat mixture, secure well. |

Bierocks, continued

| Ingredients | 100 Servings | | Servings | | Directions |
|-------------|--------------|---------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| | | | | | 7. Place on paper-lined sheet pan sealed side down. Place them 4 x 6 across the pan. Place on cookie rack until ready to bake. 8. Bake in a 400°F convection oven for 15 to 20 minutes or at 400°F combination oven for 10 to 15 minutes. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|---------------------------------|--------------|
| 1 each | 2.07 M/MA + 0.21 F/V + 1.67 G/B | 100 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 258 | Iron | 2.08 mg | Protein | 16.79 g | Protein% | 26.06% |
| Cholesterol | 41 mg | Calcium | 311 mg | Carbohydrate | 23.39 g | Carbohydrate% | 36.30% |
| Sodium | 773 mg | Vitamin A | 461 IU | Total Fat | 11.23 g | Total Fat% | 39.20% |
| Dietary Fiber | 2.57 g | Vitamin A | 94 RE | Saturated Fat | 4.16 g | Saturated Fat% | 14.51% |
| | | Vitamin C | 9.5 mg | Trans Fat | 0.0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

Chicken & Noodles

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 443 Dodge City)

| Ingredients | 100 Servings | | Servings | | Directions |
|---|-----------------------------|------------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken meat, thigh, boneless, skinless, raw Chicken meat, breast, boneless skinless, raw Water | 4 lb. + 9 oz. 10 lb. | 3¼ gals. + 2¾ cups | | | 1. The day before serving, cook the chicken in water until done. Remove the chicken from the water and put into shallow pans. Save the broth. While the chicken is still warm, chop into little pieces. Place the chicken and the broth directly into the refrigerator. |
| Chicken Base, dry Black pepper Garlic powder | 5.5 oz. | 1 Tbsp. 1 Tbsp.+ 5/8 tsp. | | | 2. Day of serving: place the chicken into the brazier and reheat with the chicken broth. Add spices and let come to a boil. |
| Egg Noodles, raw, enriched | 6 lb. + 9 oz. | | | | 3. Add noodles, one bag at a time, stirring well. Simmer for 30 minutes, or until the noodles are done. Stir occasionally. If needed, add more water. 4. Portion with an 8 oz. ladle. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|--------------|
| 1 cup | 1.69 M/MA + 1.16 G/B | 100 servings |

Chicken & Noodles, continued

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 207 | Iron | 1.65 mg | Protein | 18.64 g | Protein% | 36.08% |
| Cholesterol | 69 mg | Calcium | 20.27 mg | Carbohydrate | 22.45 g | Carbohydrate% | 43.46% |
| Sodium | 181 mg | Vitamin A | 30 IU | Total Fat | 4.33 g | Total Fat% | 18.84% |
| Dietary Fiber | 1.03 g | Vitamin A | 8.2 RE | Saturated Fat | 1.24 g | Saturated Fat% | 5.42% |
| | | Vitamin C | 0.05 mg | Trans Fat | 0.02* g | Trans Fat% | 0.08% |

*- Denotes missing nutrient values

Chicken & Noodles II

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Taste of Kansas 2, 2002

| Ingredients | 100 Servings | | Servings | | Directions |
|---|--------------------|--|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Water, hot Chicken, diced, cooked Chicken base | 11 lb 14¼ oz. | 5 gallons + 2 quarts | | | 1. Put water into stock pot or steam-jacketed kettle. 2. Add chicken and base. Mix well and bring to a boil. |
| Poultry Seasoning Sage, rubbed (ground) Pepper, white Onion, dehydrated | | ¾ tsp. ½ tsp. ¼ tsp. 3½ Tbsp. | | | 3. Add seasonings and mix in with a wire whisk. Simmer 30 minutes. |
| Egg noodles, dry, enriched | 6 lbs.+ 10½ oz. | | | | 4. Add noodles and cook until just tender (about 20 minutes). 5. Add water if too thick. Add cornstarch and water if too thin. |
| Allspice, ground | | ⅛ tsp. | | | 6. Mix allspice in carefully with a wire whisk. 7. Hold and serve at 140oF or above. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|--------------|
| ¾ cup | 1.76 M/MA + 1.18 G/B | 100 servings |

Chicken & Noodles II, continued

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 205 | Iron | 1.90 mg | Protein | 20.47 g | Protein% | 39.86% |
| Cholesterol | 75 mg | Calcium | 15.49 mg | Carbohydrate | 22.47 g | Carbohydrate% | 43.75% |
| Sodium | 400 mg | Vitamin A | 19.3 IU | Total Fat | 4.13 g | Total Fat% | 18.08% |
| Dietary Fiber | 1.02 g | Vitamin A | 5.5 RE | Saturated Fat | 0.96 g | Saturated Fat% | 4.20% |
| | | Vitamin C | 0.14 mg | Trans Fat | 0.02* g | Trans Fat% | 0.08% |

*- Denotes missing nutrient values

Chicken Enchiladas

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Taste of Kansas 1
(submitted in 2000 by USD 200 Greeley)

| Ingredients | 50 Servings | | Servings | | Directions |
|--|---|---------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken, cooked, diced, frozen, thawed Cheddar Cheese, shredded Tortillas, 7" | 4 lbs.+ 11 oz. 7.5 oz. | 50 each | | | 1. Wrap approximately 1/3 cup chicken and 2 tsp. cheese in each tortilla. 2. Place the filled tortillas side by side on a prepared sheet pan Variation: Shredded roast beef can be used in place of diced chicken. |
| Cream of Mushroom Soup Sour Cream Green Chili Peppers, mild, canned, diced, drained Water Cheddar Cheese, shredded | 1 lb. + 5 oz. 12.5 oz. 4.2 oz. 1 lb.+ 14 oz. | 2 cups | | | 3. Combine mushroom soup, sour cream, green chilies, water, and cheese. |
| | | | | | 4. Spoon the soup mixture over the enchiladas. 5. Heat to an internal temperature of 160°F. Convection Oven: 300°F for 18-20 minutes. Conventional Oven: 350°F for 30 minutes. Place in warmer until serving time. |

Chicken Enchiladas, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|-------------|
| 1 each | 2.25 M/MA + 1.67 G/B | 50 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 287 | Iron | 1.47 mg | Protein | 22.29 g | Protein% | 31.08% |
| Cholesterol | 69 mg | Calcium | 205 mg | Carbohydrate | 21.27 g | Carbohydrate% | 29.65% |
| Sodium | 377 mg | Vitamin A | 263 IU | Total Fat | 12.97 g | Total Fat% | 40.68% |
| Dietary Fiber | 0.25 g | Vitamin A | 69 RE | Saturated Fat | 6.15 g | Saturated Fat% | 19.30% |
| | | Vitamin C | 0.81 mg | Trans Fat | 0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

Chicken Fajitas

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 443 Dodge City)

| Ingredients | 100 Servings | | Servings | | Directions |
|---|----------------------------------|-----------------------------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Chicken meat, breast, boneless skinless, raw Chicken meat, thigh, boneless, skinless, raw Fajita Seasoning Water Onions, fresh Green Pepper, raw | 15 lb. 5 lb. 4 oz. | 1/3 cup + 5 tsp. | | | 1. Cook the chicken meat the day before serving. Drain. While hot, chop the meat into bite sized pieces. 2. Pour the water and the fajita seasoning mix over the chicken and let marinate overnight. 3. Slice the onions and the green peppers. Refrigerate. |
| American Cheese | 3 lb. + 12 oz. | | | | 4. On the day of serving, combine the chicken meat, onions, and green peppers into the brazier and heat thoroughly. When temperature reaches 165°F put into tubs and add cheddar cheese. Mix. |
| Flour tortillas (1.5 oz minimum) | 100 | | | | 5. Dip one dipper (#16) onto each tortilla. Roll up into individual foil wrappers and place into 4" steam pans. Immediately place into hot boxes. Fajitas may have to be placed in the ovens for a few minutes if they need to be reheated. |

Chicken Fajitas, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|--------------|
| 1 each | 2.92 M/MA + 1.67 G/B | 100 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 207 | Iron | 1.65 mg | Protein | 18.64 g | Protein% | 36.08% |
| Cholesterol | 69 mg | Calcium | 20.27 mg | Carbohydrate | 22.45 g | Carbohydrate% | 43.46% |
| Sodium | 181 mg | Vitamin A | 30 IU | Total Fat | 4.33 g | Total Fat% | 18.84% |
| Dietary Fiber | 1.03 g | Vitamin A | 8.2 RE | Saturated Fat | 1.24 g | Saturated Fat% | 5.42% |
| | | Vitamin C | 0.05 mg | Trans Fat | 0.02* g | Trans Fat% | 0.08% |

*- Denotes missing nutrient values

Chicken Huntington

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 435 Abilene)

| Ingredients | 100 Servings | | Servings | | Directions |
|---|------------------------------|----------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken, diced, cooked Chicken, canned (50 oz.) | 2 lbs. | 3 cans | | | 1. Wash can tops, open and check chicken for bones and black strings. |
| Macaroni, dry, enriched | 4 lbs. | | | | 2. Cook shell macaroni in water until tender. Drain and rinse. |
| Milk, dry, nonfat Water Flour, all-purpose Margarine Salt | 1 lb. 1 lb. 6½ oz. | 1 gallon | | | 3. Prepare white sauce in steam jacketed kettle by mixing flour, margarine and salt and adding milk dissolved in water. |
| Cheese, American, shredded | 3 lbs. + 2 oz. | | | | 4. Add shell macaroni, chickens, and shredded cheese to white sauce and blend well. 5. Spray 6" deep pans with pan release and pour in macaroni-chicken mixture. |
| Bread crumbs, dry, grated Margarine | 12 oz. | 1 qt. + 3 cups | | | 6. Sprinkle mixture of bread crumbs and melted margarine on top. 7. Bake in 325°F convection oven for 45-60 minutes. 8. Serve using a #12 disher. |

Chicken Huntington, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|--------------|
| 1 each | 1.90 M/MA + 1.42 G/B | 100 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|-----------|---------------|---------|----------------|--------|
| Calories | 273 | Iron | 1.34 mg | Protein | 18.15 g | Protein% | 26.64% |
| Cholesterol | 42 mg | Calcium | 155.17 mg | Carbohydrate | 25.90 g | Carbohydrate% | 38.01% |
| Sodium | 590 mg | Vitamin A | 431 IU | Total Fat | 10.54 g | Total Fat% | 34.81% |
| Dietary Fiber | 1.05 g | Vitamin A | 115 RE | Saturated Fat | 3.87 g | Saturated Fat% | 12.76% |
| | | Vitamin C | 0.26 mg | Trans Fat | 0.78* g | Trans Fat% | 2.58% |

*- Denotes missing nutrient values

Chicken Pasta Bake

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 503 Parsons)

| Ingredients | 100 Servings | | Servings | | Directions |
|---|--|-------------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Rotini spirals, dry uncooked Water, boiling Salt Oil | 3 lb. | 3 gals. 1 Tbsp. 2 Tbsp. | | | 1. Cook rotini spirals as directed with water, salt and oil to the al dente stage (tender but firm). Drain water to stop the cooking process. |
| Margarine Onions, raw Peppers, green, sweet | 4 oz. 1 lb., EP 4 oz., EP | | | | 2. Sauté onions and peppers in margarine. |
| Chicken bouillon, dry Water, boiling White Sauce mix | 3 oz. 1 lb. + 12 oz. | 3 qt. + 1 cup | | | 3. Heat water and chicken bouillon to boiling. Add sauce mix stirring with wire whip, continue cooking until thickened. |
| Turkey, cooked Pimento, canned Parsley, dried Cream of Mushroom condensed soup | 6 lb. 4 oz. 3 lb. + 2 oz. | 1 Tbsp. | | | 4. Add condensed mushroom soup, dried parsley, canned pimento and chopped turkey. Heat meat sauce on low until temperature reaches 160°F. |

Chicken Pasta Bake

| Ingredients | 100 Servings | | _____ Servings | | Directions |
|------------------|--------------|---------|----------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Cheese, American | 1 lb. | | | | 5. Turn off heat source and stir cooked rotini pasta into sauce carefully. Dip product up into pans (4 quarts per pan per 12 x 20 x 2" pan). Sprinkle 8 oz. American cheese over top of pasta. 6. Bake at 300°F (convection oven) until internal temperature reaches 180°F and cheese is bubbly. 7. Serve with a #8 disher. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|-------|
| ½ cup | 1.12 M/MA + 0.53 G/B | 100 |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 168 | Iron | 0.68 mg | Protein | 6.36 g | Protein% | 15.10% |
| Cholesterol | 20 mg | Calcium | 30 mg | Carbohydrate | 18.60 g | Carbohydrate% | 44.15% |
| Sodium | 693 mg | Vitamin A | 120 IU | Total Fat | 7.64 g | Total Fat% | 40.79% |
| Dietary Fiber | 0.85 g | Vitamin A | 26 RE | Saturated Fat | 2.76 g | Saturated Fat% | 14.74% |
| | | Vitamin C | 2.23 mg | Trans Fat | 0.17* g | Trans Fat% | 0.90% |

*- Denotes missing nutrient values

Chicken Quesadillas

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 443 Dodge City)

| Ingredients | 100 Servings | | Servings | | Directions |
|--|--------------------------------------|----------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Chicken meat, boneless cooked Fajita Seasoning | 5.5 lb.* 1 oz. | | | | 1. Chop chicken meat into ¼ inch pieces. Toss with fajita seasoning. |
| Cheddar Cheese, low-fat Mozzarella Cheese, low-fat Flour Tortillas (1.5 oz minimum) | 3 lb. + 8 oz. 3 lb. + 8 oz. | 100 each | | | 2. Mix cheese together. 3. Put 1.1 oz. cheese and 0.88 oz. onto warm tortilla and fold. 4. Place in sheet pan that is lined with sheet pan liner. Spray with pan release. Cover. 5. Batch cook to serving line. Heat in convection oven at 350°F for 10 minutes or until cheese is melted. 6. Keep covered until served to prevent getting hard. |

| Serving Size | 1 Serving Provides | Yield |
|-------------------|--------------------|--------------|
| 1 filled tortilla | 2 M/MA + 1.67 G/B | 100 servings |

* If raw chicken meat is used, use 7.5 lb/100 servings. Cook in boiling water or steamer before assembling quesadillas.

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 224 | Iron | 1.15 mg | Protein | 18.93 g | Protein% | 33.83% |
| Cholesterol | 38 mg | Calcium | 326 mg | Carbohydrate | 20.96 g | Carbohydrate% | 37.46% |
| Sodium | 433 mg | Vitamin A | 337 IU | Total Fat | 7.71 g | Total Fat% | 31.00% |
| Dietary Fiber | 0.03 g | Vitamin A | 67 RE | Saturated Fat | 2.99 g | Saturated Fat% | 12.01% |
| | | Vitamin C | 0.04 mg | Trans Fat | 0* g | Trans Fat% | 0% |

* - Denotes missing nutrient values

This page was intentionally left blank.

Chicken Quesadillas II

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 469 Lansing)

| Ingredients | 50 Servings | | Servings | | Directions |
|--|--------------------------------------|----------------------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Chicken Fajita Strips, fully cooked | 6 lb. | | | | 1. Place chicken in steamer and heat to 140°F. Drain well and save drained juice. |
| Mozzarella Cheese, low fat Cheddar Cheese | 1 lb. + 8 oz. 1 lb. + 8 oz. | | | | 2. Stir in cheeses until melted and creamy (if needed add a little of the reserved chicken broth to make a creamy consistency). |
| Onions, fresh Tomatoes, fresh Peppers, sweet, red, raw | 8 oz. 1 lb. + 8 oz. 1 lb. | | | | 3. Heat onion, tomatoes, peppers in steamer for approximately 2 minutes (will still be crunchy). Drain well. Add to chicken cheese mixture. |
| Tortillas, flour, 1 oz. (1.5 oz minimum) Margarine | | 50 each ½ cup | | | 4. Place ½ cup of chicken mixture on each tortilla and then fold tortilla over once. Arrange 24 quesadillas on 18 x 26 inch sheet pan. Brush lightly with margarine. 5. Place in 325°F convection oven for five to six minutes. 6. If desired, serve with shredded lettuce and tomatoes. Serve with taco or picante sauce. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|---------------------------------|-------|
| 1 quesadilla | 2.88 M/MA + 1.67 G/B + 0.13 F/V | 50 |

Chicken Quesadillas II, continued

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 270 | Iron | 0.78 mg | Protein | 19.63 g | Protein% | 29.09% |
| Cholesterol | 70 mg | Calcium | 233 mg | Carbohydrate | 16.91 g | Carbohydrate% | 25.07% |
| Sodium | 622 mg | Vitamin A | 668 IU | Total Fat | 14.19 g | Total Fat% | 47.31% |
| Dietary Fiber | 0.43 g | Vitamin A | 127 RE | Saturated Fat | 5.70 g | Saturated Fat% | 19.00% |
| | | Vitamin C | 13.65 mg | Trans Fat | 0.34* g | Trans Fat% | 1.12% |

*- Denotes missing nutrient values

Chili

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 443 Dodge City)

| Ingredients | 100 Servings | | Servings | | Directions |
|--|---|---|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Beef ground, 85/15, raw Turkey, ground | 13 lb + 6 oz. 3 lb + 5 $\frac{1}{3}$ oz. | | | | 1. Brown ground beef and ground turkey. Chop into $\frac{1}{4}$ to $\frac{1}{2}$ -inch pieces while browning. Drain. |
| Tomato paste, canned Chili powder Salt Black Pepper Cumin Onions, chopped Chili beans Tomato juice, canned Tomatoes, crushed, canned | | $\frac{1}{4}$ # 10 can 1 cup 2 Tbsp. 2 tsp. 1 tsp. 1 Tbsp. 1 tsp. $\frac{3}{4}$ cup 1 Tbsp. 2 #10 cans 2 $\frac{2}{3}$ cups $\frac{1}{4}$ # 10 can | | | 2. Add all remaining ingredients and mix well. Simmer for at least one hour. May need to add more liquid if too thick. 3. Portion out with a 4 oz. dipper. |

Chili, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|--|--------------|
| 4 oz | 2.55 M/MA + 0.18 F/V (Beans counted as M/MA) OR 1.91 M/MA + .42 F/V (Beans counted as F/V.) | 100 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 190 | Iron | 2.34 mg | Protein | 16.42 g | Protein% | 34.55% |
| Cholesterol | 47 mg | Calcium | 23.38 mg | Carbohydrate | 12.78 g | Carbohydrate% | 26.89% |
| Sodium | 498 mg | Vitamin A | 836 IU | Total Fat | 7.66 g | Total Fat% | 36.25% |
| Dietary Fiber | 3.80 g | Vitamin A | 138 RE | Saturated Fat | 2.85 g | Saturated Fat% | 13.5% |
| | | Vitamin C | 8.35 mg | Trans Fat | 0.04* g | Trans Fat% | 0.20% |

*- Denotes missing nutrient values

Chili II

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 313 Buhler)

| Ingredients | 460 Servings | | Servings | | Directions |
|---|---|--|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Ground Beef, raw Salt | 90 lb. | 1 cup | | | 1. Divide ground beef into 8 pans – 11 ¼ lbs. per pan or 12 x 20 x 4 steam table pan. Cook in pan. Chop beef about 20 minutes into cooking process and add salt (2 T. per pan). Cook till done and drain. |
| Chili powder Garlic powder Dry mustard Dry onions Cumin | 7 oz. 4 oz. 4 oz. 1 lb. + 12 oz. 7 oz. | | | | 2. Add spices to cooked beef with the following amounts per pan: chili powder 7/8 oz.; garlic powder ½ oz.; dry mustard ½ oz.; dry onions 3.5 oz.; cumin 7/8 oz. Combine, cover in plastic wrap and chill, assuring that the product is chilled to 40°F within 4 hours. |
| Tomatoes crushed or whole, canned Tomato paste Catsup Water Chili beans | | 4¼ # 10 cans 1 #10 can 1 #10 can 4¾ gallons 11 # 10 cans | | | 3. Blend tomatoes in blender the day before so that there are no visible chunks of tomato. 4. Mix tomatoes, catsup, tomato paste and water in steam jacket kettle. Add chili beans and seasoned meat. Heat to a boil and reduce heat. Simmer 1 hour. 5. Serve using a rounded 4 ounce spoodle or ladle. |

Chili II, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|--|--------------|
| 2/3 cup | 2.25 M/MA + .50 F/V (Beans counted as F/V) OR 3.01 M/MA + 0.22 FV (Beans counted as M/MA) | 460 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 284 | Iron | 3.20 mg | Protein | 23.19 g | Protein% | 32.68% |
| Cholesterol | 66 mg | Calcium | 38.21 mg | Carbohydrate | 18.36 g | Carbohydrate% | 25.88% |
| Sodium | 724 mg | Vitamin A | 763 IU | Total Fat | 12.51 g | Total Fat% | 39.65% |
| Dietary Fiber | 4.38 g | Vitamin A | 135 RE | Saturated Fat | 4.88 g | Saturated Fat% | 15.47% |
| | | Vitamin C | 10.24 mg | Trans Fat | 0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

Chili III

Recipe Source: Taste of Kansas 2,
2002

Main Dish

HACCP: #2 Same Day Service

| Ingredients | 100 Servings | | Servings | | Directions |
|---|-------------------|---|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Ground Beef 85/15, raw | 16 lbs.+ 7 oz. | | | | 1. Cook the ground beef to an internal temperature of 160°F. Drain and rinse. |
| Tomato Puree Water Salt Pepper, black Onions, dehydrated flakes Chili powder Garlic powder Cumin Sugar, granulated | 9 lb.+ 7¾ oz. | 1.4 #10 cans 5¾ qt. 2 Tbsp. 1½ Tbsp. 1 cup 1½ cup 1½ Tbsp. ⅓ cup ⅓ cup | | | 2. In a separate pot, mix the puree, water and seasonings and heat. |
| Chili beans, canned | 14 lb.+ 14 oz. | 2.2 #10 cans | | | 3. Add chili beans and ground beef to tomato mixture. 4. Simmer for 1 hour. |

Chili III, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|---|--------------|
| 1 cup | 1.89 M/MA + 0.6 F/V (Beans counted as F/V) OR 2.59 M/MA+ 0.17 FV (Beans counted as M/MA) | 100 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 208 | Iron | 3.26 mg | Protein | 16.80 g | Protein% | 32.25% |
| Cholesterol | 44 mg | Calcium | 34.51 mg | Carbohydrate | 16.86 g | Carbohydrate% | 32.38% |
| Sodium | 459 mg | Vitamin A | 1017 IU | Total Fat | 7.95 g | Total Fat% | 34.36% |
| Dietary Fiber | 4.69 g | Vitamin A | 170 RE | Saturated Fat | 3.07 g | Saturated Fat% | 13.26% |
| | | Vitamin C | 7.00 mg | Trans Fat | 0.00* g | Trans Fat% | 0.00% |

*- Denotes missing nutrient values

Cream of Broccoli Soup

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 435 Abilene)

| Ingredients | 48 Servings | | Servings | | Directions |
|--|-------------|-----------------------------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Broccoli, frozen, chopped | 5 lb | 3 qt. | | | 1. Thaw chopped broccoli in refrigerator overnight. |
| Gravy mix, biscuit, dry Water, cold | | 2 bags (24 oz.) 2 qt. | | | 2. In large bowl, mix the gravy mix with the cold water using a wire whip. Set aside. |
| Water, boiling Chicken base, Minors | | 6 qt. ½ jar | | | 3. Boil water in 4-5 gallon stock pot. Add chicken base. 4. Add gravy mix to boiling water and cook until thickened. 5. Add thawed broccoli (uncooked) to cream mixture. Stir. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|-------------|
| 1 cup | 0.25 F/V | 48 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 164 | Iron | 1.35 mg | Protein | 1.73 g | Protein% | 4.22% |
| Cholesterol | 2 mg | Calcium | 25.42 mg | Carbohydrate | 16.83 g | Carbohydrate% | 41.12% |
| Sodium | 950 mg | Vitamin A | 403 IU | Total Fat | 9.41 g | Total Fat% | 51.71% |
| Dietary Fiber | 1.17 g | Vitamin A | 80.7 RE | Saturated Fat | 2.85 g | Saturated Fat% | 15.68% |
| | | Vitamin C | 22 mg | Trans Fat | 4.25* g | Trans Fat% | 23.38% |

*- Denotes missing nutrient values

This page was intentionally left blank.

Ham & Cheese Squares

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 503 Parsons)

| Ingredients | 100 Servings | | Servings | | Directions |
|---|---|---------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| <u>Bread Dough:</u> Flour, all-purpose Flour, whole wheat Milk, dry Sugar, granulated Salt Yeast Eggs, fresh Shortening | 5 lb. + 4 oz. 3 lb. + 5 oz. 3 oz. 14 oz. 1¾ oz. 3 ¾ oz. 1 lb. | 4 large | | | 1. Place all dry ingredients (flour, dry milk, sugar, salt and yeast) in mixer bowl. Using a dough hook, mix on low speed 2 minutes. 2. Add eggs and water and mix on low speed for 1 minute. 3. Add shortening and mix on low speed for 2 minutes. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. Allow to rest before portioning. 4. Portion 40 oz. dough and roll out to fit 18 x 26 x 1 sheet pan |
| <u>Filling:</u> Ham, sliced American Cheese "Butter" oil | 5 lb. 5 lb. 6⅔ fl. oz. | | | | 5. Lay out 1½ lb. shaved ham slices on bread dough. 6. Lay out 1½ lb. sliced American cheese on bread dough. 7. Portion out 40 oz. dough and roll to fit the 18 x 26 pan and lay on top of cheese. Stretch to fit to edge and crimp. 8. Prick top layer of dough with a large meat fork to allow for air expansion. Brush dough with butter oil. 9. Bake in 325°F convection oven until golden brown. Cool slightly before cutting. Cut each pan in 5 X 6. |

Ham & Cheese Squares, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|--------------|
| 1 square | 1.54 M/MA + 2.65 G/B | 100 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 330 | Iron | 1.92 mg | Protein | 13.70 g | Protein% | 16.60% |
| Cholesterol | 47 mg | Calcium | 146 mg | Carbohydrate | 34.67 g | Carbohydrate% | 42.01% |
| Sodium | 816 mg | Vitamin A | 320 IU | Total Fat | 15.22 g | Total Fat% | 41.51% |
| Dietary Fiber | 2.48 g | Vitamin A | 90 RE | Saturated Fat | 7.32 g | Saturated Fat% | 19.96% |
| | | Vitamin C | 4.3 mg | Trans Fat | 0.57* g | Trans Fat% | 1.55% |

* - Denotes missing nutrient values

Ham Loaf

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Food for Fifty

| Ingredients | 100 Servings | | Servings | | Directions |
|--|-------------------------|-----------------------------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Ham, cured, ground Beef, ground Pork, ground Milk* Eggs, whole Pepper | 8 lb. 8 lb. 8 lb. | 2 qt. 24 large 2 tsp. | | | 1. Combine all ingredients in mixer bowl. Mix on low speed only until ingredients are blended. DO NOT OVERMIX. 2. Press mixture into loaves in 12 X 20 X 4 inch steam table pans, 4 loaves per pan. |
| <u>Glaze:</u> Brown Sugar Vinegar Mustard, dry | 2 lb. | 2 cup 3 Tbsp. | | | 3. Bake 2 hours at 350° F. Cover top of loaves with glaze during last 30 minutes of cooking. 4. Cut loaves into 25 slices per loaf. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|--------------------|--------------|
| 5 oz slice | 3.37 M/MA | 100 servings |

* The fat content can be decreased by using a low-fat variety of the milk in the recipe.

Variation:

The same recipe may be made into ham balls by measuring with # 8 disher and shaped into balls. Place on baking pans. Brush with glaze and bake. Suggest that internal temperature of 160°F be used to determine doneness.

Ham Loaf, continued

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 275 | Iron | 1.64 mg | Protein | 22.83 g | Protein% | 33.16% |
| Cholesterol | 124 mg | Calcium | 46.42 mg | Carbohydrate | 10.42 g | Carbohydrate% | 15.14% |
| Sodium | 428 mg | Vitamin A | 81.1 IU | Total Fat | 15.37 g | Total Fat% | 50.22% |
| Dietary Fiber | 0.06 g | Vitamin A | 29.7 RE | Saturated Fat | 5.86 g | Saturated Fat% | 19.14% |
| | | Vitamin C | 0.49 mg | Trans Fat | 0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

Italian Pasta Bake

Main Dish

HACCP: #2 Same Day Service

Recipe Source: USDA D-22

| Ingredients | 50 Servings | | _____ Servings | | Directions |
|---|---|---|----------------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Water | | 3 gallons | | | 1. Heat water to rolling boil. |
| Pasta, dry | 2 lb. + 13 oz. | | | | 2. Slowly add pasta. Stir constantly until water returns to a boil. Cook for approximately 8 minutes or until tender, stirring occasionally. Do not overcook. Drain well. Set aside for step 5. |
| Beef ground (80/20), raw Onions, dehydrated flakes | 8 lb. + 10 oz. | ½ cup | | | 3. Cook ground beef to an internal temperature of 160°F. Drain and rinse using 1 gallon of hot water for every 10 pounds of beef. 4. Add onions and cook for 5 minutes. |
| Tomato Paste Tomatoes, diced, canned Tomato puree Water Black pepper Garlic powder Basil, fresh | 1 lb. + 12 oz. 3 lb. + 3 oz. 1lb + 13 oz. | ¼ #10 can ½ #10 can ¼ #10 can 1 ½ qt. 1 ½ tsp. 1 Tbsp. 3 Tbsp. 2 tsp. | | | 5. Add tomato paste, tomatoes, tomato puree, water, pepper, garlic powder, seasonings, and cooked pasta (from step 2). Cook over medium heat, uncovered, until heated through, 5-10 minutes. 6. Pour into steamtable pans. |

Italian Pasta Bake, continued

| Ingredients | 50 Servings | | Servings | | Directions |
|---|----------------|---|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Oregano leaves, dried Marjoram, dried Thyme leaf, dried | | 3 Tbsp. + 2 tsp. 2Tbsp. + 2tsp. 1½ tsp. | | | 6. Add tomato paste, tomatoes, tomato puree, water, pepper, garlic powder, seasonings, and cooked pasta (from step 2). Cook over medium heat, uncovered, until heated through, 5-10 minutes. 6. Pour into steamtable pans. |
| American Cheese Mozzarella Cheese | 1 lb. 1 lb. | | | | 7. Blend cheeses and then sprinkle evenly over pans. 8. Hold hot (140°F or above) for service. |
| | | | | | 9. Portion 3/4 cup per serving (using a 6 oz. ladle). |

| Serving Size | 1 Serving Provides | Yield |
|--------------|------------------------------|-------------|
| ¾ cup | 2.62 M/MA + 1 G/B + 0.48 F/V | 50 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 314 | Iron | 3.46 mg | Protein | 23.13 g | Protein% | 29.51% |
| Cholesterol | 64 mg | Calcium | 104 mg | Carbohydrate | 26.25 g | Carbohydrate% | 33.50% |
| Sodium | 200 mg | Vitamin A | 603 IU | Total Fat | 12.67 g | Total Fat% | 36.36% |
| Dietary Fiber | 2.35 g | Vitamin A | 137 RE | Saturated Fat | 5.31 g | Saturated Fat% | 15.25% |
| | | Vitamin C | 14.28 mg | Trans Fat | 0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

Mexicali Chicken

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 443 Dodge City)

| Ingredients | 100 Servings | | Servings | | Directions |
|--|--|---|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken meat, breast, boneless skinless, raw Chicken meat, thigh, boneless, skinless, raw | 4 lb. + 3 oz. 4 lb. + 3 oz. | | | | 1. Cook chicken the day before. Chop chicken and store until ready to put casserole together. |
| Cream of Chicken Soup, condensed Milk, 2% Mexican-style canned tomatoes Onions, chopped Garlic powder Cumin Salt Cayenne Pepper | | 2 cans (50 oz.) 3 qt. + 1 cup 6 cans (28 oz.) 1¼ cup + ½ Tbsp. 1¼ tsp. 1¼ tsp. 1¼ tsp. 1¼ tsp. | | | 2. Mix cream of chicken soup, milk, Mexican style canned tomatoes, chicken and spices together. |
| Tortilla Chips, plain | 4 lb. | | | | 3. Carefully add in the tortilla chips and stir. Spread 9 lb. chicken mixture into each steam table pan. 4. Bake in 325°F convection oven until internal temperature reaches 160°F or approximately 30-45 minutes. |

Mexicali Chicken, continued

| Ingredients | 100 Servings | | ____ Servings | | Directions |
|----------------|------------------|---------|---------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Cheddar Cheese | 5 lb. + 4 oz. | | | | 5. As soon as casserole is removed from oven, sprinkle with 1 lb. 10 oz. cheese and put in the hot box to keep warm and melt the cheese. 6. Cut steam pan 5 X 6 or 30 portions per pan. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|---------------------------------|--------------|
| ¾ cup | 1.81 M/MA + 0.71 G/B + 0.22 F/V | 100 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|---------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 312 | Iron | 1.15 mg | Protein | 16.99 g | Protein% | 21.75% |
| Cholesterol | 55 mg | Calcium | 257 mg | Carbohydrate | 22.48 g | Carbohydrate% | 28.78% |
| Sodium | 1395 mg | Vitamin A | 994 IU | Total Fat | 16.67 g | Total Fat% | 48.02% |
| Dietary Fiber | 2.76 g | Vitamin A | 223 RE | Saturated Fat | 8.31 g | Saturated Fat% | 23.94% |
| | | Vitamin C | 9.77 mg | Trans Fat | 0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

Nachos with Ground Beef

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 443 Dodge City)

| Ingredients | 100 Servings | | Servings | | Directions |
|---|-----------------------------|-----------------------------|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Beef ground, 85/15, raw Ground Cumin Onion powder | 8 lb. + 12 oz. | 3 Tbsp. 1 Tbsp. | | | 1. Brown ground beef and seasonings. Drain. |
| Milk, skim American Cheese Salsa Margarine | 6 lb. + 12 oz. 8 oz. | 2 qt. 1 qt. + 2 cups | | | 2. Add milk, cheese, salsa and margarine to ground beef. Stir frequently over medium heat until cheese is melted, approximately 15 minutes. |
| Jalapeno peppers, canned | 2 oz. | | | | 3. Put jalapenos in 1 oz. portion cups. |
| Taco Shells, baked | 4 lb. 12 oz. | | | | 4. To maintain best consistency, serve immediately or keep warm. Portion 2 ½ oz. (1/3 cup) over ¾ oz. (1/2 cup) taco shell pieces. |

| Serving Size | 1 Serving Provides | Yield |
|--------------------------------|----------------------|--------------|
| 2.5 oz meat + ¾ oz taco shells | 2.09 M/MA + 0.83 G/B | 100 servings |

Nachos with Ground Beef, continued

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 306 | Iron | 1.26 mg | Protein | 15.72 g | Protein% | 20.52% |
| Cholesterol | 52 mg | Calcium | 220 mg | Carbohydrate | 16.13 g | Carbohydrate% | 21.06% |
| Sodium | 708 mg | Vitamin A | 533 IU | Total Fat | 19.66 g | Total Fat% | 57.72% |
| Dietary Fiber | 1.03 g | Vitamin A | 141 RE | Saturated Fat | 8.78 g | Saturated Fat% | 25.80% |
| | | Vitamin C | 0.10 mg | Trans Fat | 1.37* g | Trans Fat% | 4.02% |

*- Denotes missing nutrient values

Potato Soup with Diced Ham

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Taste of Kansas 1
(submitted in 2000 by USD 312 Haven)

| Ingredients | 100 Servings | | Servings | | Directions |
|---|------------------|--|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| Margarine Celery, fresh, chopped | 2 lbs. 2 lbs. | | | | 1. Melt margarine. Add celery and cook over medium heat for 5-10 minutes or until celery is tender |
| Dehydrated onions | | 1 cup | | | 2. Reduce heat to low and add onions to the margarine and celery. (Be careful not to burn the onions) |
| Water Dry milk, nonfat | | 2 gals. 2 qt.+ 1 $\frac{1}{3}$ cup | | | 3. In a separate bowl, combine water and dry milk. 4. Add the milk mixture to the margarine mixture. |
| Potatoes, canned, diced, drained Bacon Bits Ham, diced ($\frac{1}{2}$ ") | 10 lbs. | 4 #10 cans 2 cups | | | 5. Add the potatoes, bacon bits, and ham and continue to cook over low heat until heated through (15-25 minutes). Do not boil; over cooking may cause curdling. |
| Salt Pepper, black | | 2 tsp. 1 tsp. | | | 6. Add salt and pepper. Add instant mashed potatoes to thicken. |
| Instant mashed potato flakes | | 1 cup + 2 Tbsp. | | | |
| Cheddar Cheese, shredded | 4 lbs. | | | | 7. Top with shredded cheese. |

Potato Soup with Diced Ham, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|--------------|
| 1 cup | 1.95 M/MA + 0.52 F/V | 100 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|---------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 330 | Iron | 1.51 mg | Protein | 15.46 g | Protein% | 18.73% |
| Cholesterol | 46 mg | Calcium | 224 mg | Carbohydrate | 19.42 g | Carbohydrate% | 23.52% |
| Sodium | 1146 mg | Vitamin A | 697 IU | Total Fat | 20.61 g | Total Fat% | 56.19% |
| Dietary Fiber | 2.15 g | Vitamin A | 169 RE | Saturated Fat | 8.00 g | Saturated Fat% | 21.81% |
| | | Vitamin C | 5.97 mg | Trans Fat | 1.35* g | Trans Fat% | 3.68% |

*- Denotes missing nutrient values

Salisbury Steak

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Food for Fifty

| Ingredients | 50 Servings | | Servings | | Directions |
|--|----------------------------------|-------------------------------------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Onion flakes, dehydrated Water | | 1/3 cup 1/2 cup | | | 1. Rehydrate the onions by placing them in the water. Let stand for one minute. |
| Ground Beef, 90/10 Bread Crumbs, unseasoned Eggs, fresh, large Salt Black Pepper Milk, 2% | 14 lb. 1 lb.+ 11 oz. 1 oz. | 16 large 1/2 tsp. 1 qt. 1 cup | | | 2. Combine all ingredients, including the rehydrated onions, and mix on low speed for 3 minutes or until blended. Do not overmix. |
| | | | | | 3. Portion meat with No. 10 scoop (3/8 cup) onto sheet pans (18"x26"x1") sprayed with nonstick cooking spray (20 per pan arranged 4x5). Flatten slightly. 4. Bake to an internal temperature of 160°F. Conventional Oven: 350°F for 25 - 30 minutes Convection Oven: 300°F for 15 – 20 minutes 5. Pour off grease. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|-------------|
| 1 steak | 3.86 M/MA + 0.77 G/B | 50 portions |

Salisbury Steak, continued

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 267 | Iron | 3.21 mg | Protein | 24.12 g | Protein% | 36.20% |
| Cholesterol | 132 mg | Calcium | 78.24 mg | Carbohydrate | 12.74 g | Carbohydrate% | 19.12% |
| Sodium | 428 mg | Vitamin A | 124 IU | Total Fat | 12.49 g | Total Fat% | 42.18% |
| Dietary Fiber | 0.74 g | Vitamin A | 45 RE | Saturated Fat | 4.83 g | Saturated Fat% | 16.31% |
| | | Vitamin C | 0.45 mg | Trans Fat | 0.58* g | Trans Fat% | 1.95% |

*- Denotes missing nutrient values

Salisbury Steak II

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 503 Parsons)

| Ingredients | 100 Servings | | Servings | | Directions |
|--|---|--|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Beef ground, extra lean, raw Bread stuffing, bread dry mix Onions, dehydrated flakes Eggs, whole Water Oil, Salad | 12 lb. + 8 oz. 2 lb. + 5½ oz. 12½ oz. | 19 large 2 qt. + ¼ cup ⅓ cup + 1 Tbsp. | | | 1. Mix meat, dry stuffing mix, onion, eggs, water and oil until well blended. Using a #12 food disher portion onto lined sheet pan. Flatten meat. 2. Bake at 350°F until product reaches 160°F and/or is browned. 3. Drain excess grease from pan. |
| Barbecue Sauce Worcestershire Sauce Black pepper Water | | 1 qt. + ⅝ cup 2 Tbsp. + ¼ tsp. ½ Tbsp. 1 qt. + ⅝ cup | | | 4. Combine barbecue sauce, water, Worcestershire sauce and pepper. 5. Heat sauce until slightly thickened. 6. Pour ⅓ cup sauce on top of each meat patty. 7. Hold at minimum of 150°F until served. |

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|--------------|
| 1 steak | 1.82 M/MA + 0.54 G/B | 100 servings |

Salisbury Steak II, continued

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 169 | Iron | 1.76 mg | Protein | 11.26 g | Protein% | 26.67% |
| Cholesterol | 68 mg | Calcium | 31.04 mg | Carbohydrate | 16.02 g | Carbohydrate% | 37.93% |
| Sodium | 297 mg | Vitamin A | 47.06 IU | Total Fat | 6.47 g | Total Fat% | 34.49% |
| Dietary Fiber | 0.67 g | Vitamin A | 18.3 RE | Saturated Fat | 2.25 g | Saturated Fat% | 11.98% |
| | | Vitamin C | 2.71 mg | Trans Fat | 0.26* g | Trans Fat% | 1.37% |

*- Denotes missing nutrient values

Spaghetti and Meat Sauce

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 313 Buhler)

| Ingredients | 460 Servings | | Servings | | Directions |
|---|---|--------------------------------------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Ground Beef, raw Salt | 70 lb. | ¾ cup + 2 Tbsp. | | | 1. Divide ground beef into 7 pans – 10 lbs. per pan or 12 x 20 x 4 steam table pan. Cook in pan. Chop beef about 20 minutes into cooking process and add salt (2 Tbsp. per pan). Cook till done and drain. |
| Dry onions Garlic powder Brown Sugar Basil Chili powder Oregano Parsley Pepper | 10½ oz. ⅞ oz. 1 lb. + 12 oz. 3½ oz. 5¼ oz. 3½ oz. 1¾ oz. ¾ cup + 2 Tbsp. | | | | 2. Add spices to cooked beef with the following amounts per pan: dry onion 1½ oz.; garlic powder ⅞ oz. ; brown sugar 4 oz.; basil ½ oz.; chili powder ¾ oz.; oregano ½ oz.; parsley ¼ oz.; pepper 1 Tbsp. Combine, cover in plastic wrap and chill, assuring that the product is chilled to 40°F within 4 hours. |
| Tomato puree Tomato paste Water | | 2½ #10 can 10½ cups 3¾ gallons | | | 3. On the following day, combine puree, paste and water into steam jacket kettle. Add seasoned meat, bring to a boil and simmer 1 hr. Reduce heat. Stir often. |
| Spaghetti, dry Water | 25 lb. As needed | | | | 4. Break spaghetti and put 2½ lb. in a 20x12x2” steam table pan. 5. Place enough water to cover spaghetti. Steam in steamer for about 6 min. Repeat for rest of spaghetti. Drain. |

Spaghetti and Meat Sauce, continued

| Serving Size | 1 Serving Provides | Yield |
|--------------|---------------------------------|--------------|
| #12 dipper | 1.75 M/MA + 0.96 G/B + 0.22 F/V | 460 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 272 | Iron | 2.95 mg | Protein | 19.31 g | Protein% | 28.39% |
| Cholesterol | 54 mg | Calcium | 28.78 mg | Carbohydrate | 25.30 g | Carbohydrate% | 37.20% |
| Sodium | 289 mg | Vitamin A | 385 IU | Total Fat | 10.05 g | Total Fat% | 33.25% |
| Dietary Fiber | 1.82 g | Vitamin A | 70 RE | Saturated Fat | 3.83 g | Saturated Fat% | 12.68% |
| | | Vitamin C | 6.52 mg | Trans Fat | 0* g | Trans Fat% | 0% |

* - Denotes missing nutrient values

Taco Crunch Salad

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 469 Lansing)

| Ingredients | 300 Servings | | Servings | | Directions |
|---|------------------|--|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Beef ground, raw, 80/20 Turkey, ground, raw Onions, dehydrated flakes | 20 lb. 10 lb. | 3 cups | | | 1. Cook ground beef and ground turkey together with dry onions. Drain well. |
| Taco Seasoning Mix Tomato paste, canned Tomato, crushed, canned Tabasco sauce Water | 3 lb. + 6oz. | 1½ # 10 can 3 #10 cans ¼ cup 3½ gals. | | | 2. Add taco seasoning, tomato paste, crushed tomatoes and Tabasco sauce. Stir in water. Let simmer for 25-35 minutes. |
| Cheddar Cheese Mozzarella Cheese | 5 lb. 5 lb. | | | | 3. Mix cheeses together. |
| Tortilla chips, plain | 28 lb. | | | | 4. Serve ⅔ cup of meat mixture on top of 1½ oz. of tortilla chips. Sprinkle the top with ½ oz. cheese mixture. 5. Serve with lettuce and tomatoes and taco sauce, if desired. |

Taco Crunch Salad, continued

| Serving Size | 1 Serving Provides | Yield |
|---|---------------------------------|-------|
| 1.5 oz chips + 3/8 cup meat + 1/2 oz cheese | 1.67 M/MA + 1.65 G/B + 0.36 F/V | 300 |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|----------|---------------|---------|----------------|--------|
| Calories | 385 | Iron | 2.19 mg | Protein | 17.89 g | Protein% | 18.60% |
| Cholesterol | 45 mg | Calcium | 156 mg | Carbohydrate | 34.06 g | Carbohydrate% | 35.41% |
| Sodium | 746 mg | Vitamin A | 1255 IU | Total Fat | 19.21 g | Total Fat% | 44.93% |
| Dietary Fiber | 2.89 g | Vitamin A | 257 RE | Saturated Fat | 8.56 g | Saturated Fat% | 20.01% |
| | | Vitamin C | 12.76 mg | Trans Fat | 0.04* g | Trans Fat% | 0.10% |

*- Denotes missing nutrient values

Tacos

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 313 Buhler)

| Ingredients | 460 Servings | | Servings | | Directions |
|---|--|---------------------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| Ground Beef, raw Salt | 70 lb. | ¾ cup + 3 Tbsp. | | | 1. Divide ground beef into 5 pans – 14 lbs. per pan or 12 x 20 x 4 steam table pan. Cook in pan. Chop beef about 20 minutes into cooking process and add salt (3 Tbsp. per pan). Cook till done and drain. |
| Onion, dry Garlic powder Pepper Mexican Seasoning (USDA Mexican Seasoning recipe) | 11¼ oz. 7½ oz. 1⅔ oz. 8¾ oz. | | | | 2. Add spices to cooked beef with the following amounts per pan: dry onion 2¼ oz.; garlic powder 1½ oz.; pepper ⅓ oz.; Mexican seasoning 1¾ oz. Combine, cover in plastic wrap and chill, assuring that the product is chilled to 40°F within 4 hours. |
| Tomato paste Water | | 1 #10 can 7 cups | | | 3. Mix tomato paste with water in steam jacket kettle and add seasoned meat. Heat to a boil and reduce heat immediately. Simmer 1 hr. |
| Tortilla Chips Cheddar Cheese | 28 lb. + 12 oz. 14 lb. + 6oz. | | | | 4. Serve meat mixture with a #12 disher and top with ½ oz. cheese and 1 oz. tortilla chips (2 taco shells or 1 flour tortilla may be substituted for tortilla chips). |

Tacos, continued

| Serving Size | 1 Serving Provides | Yield |
|---|----------------------|--------------|
| 1/3 cup meat + 0.5 oz cheese + 1 oz chips | 2.25 M/MA + 1.11 G/B | 460 servings |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 353 | Iron | 1.98 mg | Protein | 20.39 g | Protein% | 23.11% |
| Cholesterol | 66 mg | Calcium | 135 mg | Carbohydrate | 19.92 g | Carbohydrate% | 22.58% |
| Sodium | 520 mg | Vitamin A | 377 IU | Total Fat | 20.87 g | Total Fat% | 53.24% |
| Dietary Fiber | 1.51 g | Vitamin A | 86 RE | Saturated Fat | 9.58 g | Saturated Fat% | 24.43% |
| | | Vitamin C | 4.66 mg | Trans Fat | 0* g | Trans Fat% | 0% |

*- Denotes missing nutrient values

Taco Triangles

Main Dish

HACCP: #2 Same Day Service

Recipe Source: Culinary Camp
Recipes 2005 (USD 503 Parsons)

| Ingredients | 100 Servings | | Servings | | Directions |
|---|--|---|----------|---------|---|
| | Weight | Measure | Weight | Measure | |
| <u>Bread Dough:</u> Flour, all-purpose Flour, whole wheat Milk, dry Sugar, granulated Salt Yeast Eggs, fresh Shortening | 5 lb. + 4 oz. 3 lb. + 5 oz. 3 oz. 14 oz. 1 ¼ oz. 3 ¾ oz. 1 lb. | 4 large | | | 1. Place all dry ingredients (flour, dry milk, sugar, salt and yeast) in mixer bowl. Using a dough hook, mix on low speed 2 minutes. 2. Add eggs and water and mix on low speed for 1 minute. 3. Add shortening and mix on low speed for 2 minutes. Knead dough on medium speed for 8 minutes, or until dough is smooth and elastic. Allow to rest before portioning. |
| <u>Filling:</u> Beef ground, raw Spaghetti Sauce Chili powder Oregano Garlic powder | 8 lb. + 14 oz. 5 lb. + 14 oz. | ½ cup + 1 Tbsp. 1Tbsp. 1 Tbsp. | | | 4. Brown beef. Drain well. 5. Combine beef, spaghetti sauce, chili powder, oregano, and garlic powder. 6. Portion 40 oz. dough and roll out to fit 18 x 26 x 1 sheet pan. 7. Portion 8 cups meat filling per sheet pan and spread over first lay of bread dough. |
| Mozzarella Cheese, shredded | 2 lb. + 8 oz. | | | | 8. Sprinkle 12 oz. shredded mozzarella and 12 oz. shredded American cheese over meat sauce. |

Taco Triangles, continued

| Ingredients | 100 Servings | | Servings | | Directions |
|---------------------------|---------------|---------|----------|---------|--|
| | Weight | Measure | Weight | Measure | |
| American Cheese, shredded | 2 lb. + 8 oz. | | | | <p>9. Portion out 40 oz. dough and roll to fit the 18 x 26 pan and lay on top of cheese. Stretch to fit to edge and crimp.</p> <p>10. Prick top layer of dough with a large meat fork to allow for air expansion. Brush dough with butter oil.</p> <p>11. Bake in 325°F convection oven until golden brown. Cool slightly before cutting. Cut each pan in 3 X 5 and then each square at an angle to form a triangle.</p> |

| Serving Size | 1 Serving Provides | Yield |
|--------------|----------------------|-------|
| 1 triangle | 1.90 M/MA + 2.65 G/B | 100 |

Nutrients Per Serving

| | | | | | | | |
|---------------|--------|-----------|---------|---------------|---------|----------------|--------|
| Calories | 398 | Iron | 2.80 mg | Protein | 19.70 g | Protein% | 19.77% |
| Cholesterol | 58 mg | Calcium | 180 mg | Carbohydrate | 38.78 g | Carbohydrate% | 38.93% |
| Sodium | 541mg | Vitamin A | 779 IU | Total Fat | 18.36 g | Total Fat% | 41.48% |
| Dietary Fiber | 3.64 g | Vitamin A | 154 RE | Saturated Fat | 7.62 g | Saturated Fat% | 17.21% |
| | | Vitamin C | 7.76 mg | Trans Fat | 0.57* g | Trans Fat% | 1.28% |

*- Denotes missing nutrient values