

CHICKEN AND SAUSAGE GUMBO OVER RICE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, 3/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 6 ounces of gumbo & 1/2 cup of rice

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Flour, All Purpose, Enriched, #358	3 1/2 cup(s)
Rice, Long Grain,Brown, Parboiled, #556	3 pound(s)
Water, Hot, Municipal	2 quart(s) + 2 cup(s)
Salt, Table, #343	2 teaspoon(s)
Oil, Liquid for Fryer, #396	3/4 cup(s)
Onions, Frozen, Chopped, #72	3 1/2 cup(s)
Celery, Fresh, Diced, #604	3 1/2 cup(s)
Peppers, Green, Diced, Frozen, #75	3 1/2 cup(s)
Okra, Cut, # 71	1 pound(s) + 4 ounce(s)
Garlic Powder, #331	1/4 cup(s)
Thyme, Dried, #327	2 tablespoon(s)
Spice Blend MS, Creole, No Salt, #563	1/4 cup(s)
Salt, Table, #343	2 teaspoon(s)
Broth, Chicken, Low Sodium, #350	3 quart(s) + 2 1/2 cup(s)
Chicken, Diced, Cooked, IQF, #17	5 pound(s) + 10 ounce(s)
Sausage, Sliced, Pork and Beef, #28	2 pound(s)
Sauce, Worcestershire, Bulk, #289	1/2 cup(s) + 2 teaspoon(s)
Tomatoes, Diced, #10 Can, #265	1 #10 can(s)

DIRECTIONS

- To make roux:
 - Oven Method - Brown flour in oven on a cookie sheet (ungreased) at 400 degrees F for 15-12 minutes or until flour is a peanut butter color. Stir occasionally and watch closely because it browns quickly. (See variation for making roux in Notes section.)
- To make rice:
 - Place brown rice in a steamtable pan. Add hot water to each pan.
 - Add salt to each pan and mix until well combined.
 - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed, add more water.
 - Cover, and place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

CHICKEN AND SAUSAGE GUMBO OVER RICE

DIRECTIONS

3. Heat oil in a tilt skillet or steam-jacketed kettle over medium heat.
4. Add onion, celery, green pepper, okra, and garlic powder and sauté 5 minutes or until vegetables are tender.
5. Sprinkle roux (browned in step 1), thyme, Creole spice blend and salt over sautéed vegetables mixture. Cook 1 minute, stirring constantly until mixture thickens.
6. Add chicken broth slowly to sautéed vegetable mixture. Add next 4 ingredients (through tomatoes). Bring to a boil. Cover, reduce heat, and simmer 15 minutes.
7. Pour chicken and sausage gumbo in half-size steamtable pan (12" X 10" X 4"). For 50 servings, use 2 steamtable pans.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
8. Portion rice with 4 ounce spoodle or #8 scoop (1/2 cup). Serve gumbo with a 6 ounce ladle (3/4 cup) over rice. Each portion of gumbo and rice provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable and 3/8 cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Variation for Making Roux: Braising Pan/Tilting Skillet Method- Brown flour in braising pan over medium to high heat. Stir constantly with a wire whisk. Lower temperature setting if flour begins to brown too quickly. Cook for about 10 minutes or until flour is slightly brown in color. Continue with Step 2 for making gumbo.

Use commodity products when available.

If raw poultry is used in place of diced, cooked chicken, thaw poultry under refrigeration [41 degrees F) and fully cook before adding to recipe.

NUTRIENTS PER SERVING

Calories	325	Dietary Fiber	2.50 g	Sodium	712.22 mg	Sat. Fat	2.69 g
Carbohydrates	33.39 g	Protein	23.64 g	Total Fat	11.01 g	Trans Fat	0.00 g

CHICKEN AND SAUSAGE GUMBO OVER RICE

ILLUSTRATED STEPS FOR PREPARATION OF CHICKEN AND SAUSAGE GUMBO OVER RICE

1.



Roux after it has been browned in the oven.

2.



Adding chicken broth to the sautéed vegetable mixture

3.



Combining all ingredients

4.



Chicken and Sausage Gumbo in steamtable pan

5.



One serving of Chicken and Sausage Gumbo over Rice

CHICKEN NOODLE SOUP

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 1/2 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Water, Boiling, Municipal	6 gallon(s)
Base, Chicken, Low Sodium, #348	6 gallon(s)
Celery, Fresh, Diced, #604	2 quart(s) + 3 1/2 cup(s)
Carrots, Raw, Mini, Peeled, #602	1 quart(s) + 3/4 cup(s), diced
Onions, Chopped, Dehydrated, #278	2 cup(s)
Parsley, Dried, Chopped, #316	1/2 cup(s)
Pepper, Black, Ground, #336	2 teaspoon(s)
Poultry Seasoning, #339	2 tablespoon(s)
Pasta, Egg Noodle, Medium, #296	2 pound(s) + 8 ounce(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 6 ounce(s)

DIRECTIONS

1. Bring water to a boil. Stir chicken stock into boiling water until the chicken stock dissolves.
2. Add celery, carrots, onions, parsley flakes, pepper and poultry seasoning. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
3. Add noodles and chicken. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender.
Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Portion with 8 ounce ladle for 1 cup serving. Each portion provides 1 oz. eq. meat/meat alternate and 1/2 oz. eq. whole grain.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

SERVING NOTES

May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich. One cup of soup and 1 sandwich provides 2 oz eq. meat/meat alternate and 2 1/2 oz. eq. whole grains. To obtain an accurate nutrient analysis, combine nutrient information on this recipe card and the nutrient information from the sandwich of choice.

CHICKEN NOODLE SOUP

MISCELLANEOUS NOTES

Chicken Rice Soup- Follow steps 1 and 2. In step 3, omit noodles and add 2 pounds 13 ounces (1 quart + 2 1/2 cups) rice. Simmer for 20 minutes. Continue with step 4.

Turkey and Rice Soup - Substitute turkey for diced chicken.

Nutrient analysis must be recalculated for alternate soup recipes.

NUTRIENTS PER SERVING

Calories	174	Dietary Fiber	1.55 g	Sodium	558.59 mg	Sat. Fat	1.58 g
Carbohydrates	14.91 g	Protein	17.20 g	Total Fat	5.90 g	Trans Fat	0.00 g

LOADED BAKED POTATO SOUP

MEAL COMPONENT CONTRIBUTION:

1/2 oz. eq. meat/meat alternate, 1 cup starchy vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Potato, Whole, Baking, Fresh, 5-7 Oz., #627	30 pound(s)
Margarine, Bulk, #119	3 pound(s)
Flour, All Purpose, Enriched, #358	1 1/2 quart(s)
Milk, Dry, Nonfat Powder, #376	1 quart(s) + 1 cup(s)
Water, Municipal, Mississippi	3 quart(s) + 3 cup(s)
Salt, Table, #343	1 tablespoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s)
Cheese, American, Grated/Shredded, #60	3 pound(s) + 4 ounce(s)
Bacon, Sliced, Precooked, #121	100 slice(s)
Onions, Green Bunch, Fresh, #640	1 pound(s)
Sour Cream, Cultured, MS #16	1 pint(s)

DIRECTIONS

- Wash potatoes.
Bake at 400 degrees F for 1 hour or until done.
Cool, then cube potatoes with skin on.
- Reconstitute milk according to package directions.
- Melt margarine on low heat, then add flour and stir until smooth. Cook 1 minute, stirring constantly. Gradually add milk.
Cook over medium heat, stirring until thick and bubbly.
- Stir in potatoes, salt, pepper, cheese, bacon, and green onions. Cook until heated, do not boil. Stir in sour cream.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion 1 cup of soup using 8 ounce ladle per serving. Each portion provides 1/2 oz. eq. meat/meat alternate and 1 cup starchy vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

SERVING NOTES

Please note that soup only provides 1/2 oz. eq. of meat/meat alternate, so it does not meet the daily minimum requirements for meat/meat alternate quantity. Menu planners may want to offer a sandwich with this item to meet the minimum meat/meat alternate requirements.

LOADED BAKED POTATO SOUP

NUTRIENTS PER SERVING

Calories	391	Dietary Fiber	3.33 g	Sodium	556.04 mg	Sat. Fat	9.48 g
Carbohydrates	42.20 g	Protein	13.39 g	Total Fat	18.83 g	Trans Fat	0.00 g

TACO SOUP

MEAL COMPONENT CONTRIBUTION:

2 oz. meat/meat alternate, 1/4 cup beans/peas vegetables, 1/4 cup red/orange vegetables, 1/8 cup other vegetables.

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (BEANS/PEAS) :
VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	17 pound(s)
Onions, Frozen, Chopped, #72	4 pound(s) + 8 ounce(s)
Spice Blend MS, Southwest, No Salt, #562	1 cup(s)
Dressing, Ranch, Dry Mix, #201	4 ounce(s)
Water, Municipal, Mississippi	1 gallon(s)
Tomatoes, Crushed, #10 Can, #268	2 #10 can(s)
Salsa, Mild, Bulk, #269	1/2 quart(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	1 #10 can(s)
Beans, Kidney, All Types, Dried, #10 Can, #245	4 #10 can(s)

DIRECTIONS

1. Brown ground beef. Drain beef using a colander. Press draining beef to remove excess fat. After draining ground beef, return to tilt skillet and continue cooking.
2. Add onions and cook until soft.
3. Do not drain vegetables. Add seasonings, water, crushed tomatoes, salsa, corn, and kidney beans to meat mixture and mix well.
4. Simmer for 15-20 minutes.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Transfer to steamtable pans. Serve immediately or cover and place in warmer until ready for service.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F.
6. Portion 1 cup soup with 8 ounce spoodle or 8 ounce ladle per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1/4 cup beans/peas vegetables, 1/4 cup red/orange vegetables, and 1/8 cup other vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	273	Dietary Fiber	7.02 g	Sodium	454.23 mg	Sat. Fat	4.06 g
Carbohydrates	22.71 g	Protein	21.94 g	Total Fat	10.78 g	Trans Fat	0.00 g

VEGETABLE SOUP

MEAL COMPONENT CONTRIBUTION:

1/4 cup beans/peas, 1/4 cup red/orange vegetables, 1/8 cup other vegetables

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup**RECIPE HACCP PROCESS:** #2 - Same day serviceVEGETABLES (BEANS/PEAS) : VEGETABLES (OTHER) :
VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Oil, Liquid for Fryer, #396	1/2 cup(s)
Peppers, Green, Diced, Frozen, #75	4 ounce(s)
Onions, Frozen, Chopped, #72	12 ounce(s)
Tomatoes, Diced, #10 Can, #265	1 #10 can(s)
Beans, Pinto, Dry, Low Sodium, #10 Can, #252	2 3/4 #10 can(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	1 #10 can(s)
Vegetables, Mixed, Low Sodium, #10 Can, #258	1 #10 can(s)
Salsa, Mild, Bulk, #269	5 cup(s)
Sauce, Tomato, #10 Can, #264	1 #10 can(s)
Salt, Table, #343	1 tablespoon(s) + 1 teaspoon(s)
Pepper, Black, Ground, #336	2 tablespoon(s)
Garlic Powder, #331	1 tablespoon(s)
Water, Municipal, Mississippi	2 quart(s) + 1/2 cup(s)

DIRECTIONS

- Sauté peppers and onions in oil until tender, about 5 minutes.
- Add tomatoes, beans, corn, mixed vegetables, salsa, and tomato sauce. Bring to a boil.
- Add salt, black pepper, garlic powder and water to mixture. Reduce temperature to a simmer. Cover and simmer for 30 minutes.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

- Pour into deep half-size steamtable pans. Portion 1 cup with 8 ounce ladle for 1/4 cup beans/peas, 1/4 cup red/orange vegetables, and 1/8 cup other vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower

PRODUCTION NOTES

Other cooked dried beans may be substituted for the kidney beans. Check with the USDA Food Food Buying Guide for Child Nutrition Programs to determine amount to substitute for 100 1 oz. eq. servings of meat/meat alternate. Nutrient analysis must be recalculated if other beans are used in this recipe. Use commodity products when available.

NUTRIENTS PER SERVING

Calories	124	Dietary Fiber	5.76 g	Sodium	496.95 mg	Sat. Fat	0.31 g
Carbohydrates	21.43 g	Protein	5.76 g	Total Fat	2.09 g	Trans Fat	0.00 g

VEGETABLE BEEF SOUP

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (OTHER) : VEGETABLES (STARCHY) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	8 pound(s) + 8 ounce(s)
Peppers, Green, Diced, Frozen, #75	4 ounce(s)
Onions, Frozen, Chopped, #72	12 ounce(s)
Salt, Table, #343	2 tablespoon(s)
Pepper, Black, Ground, #336	2 tablespoon(s)
Vegetables, Mixed, Low Sodium, #10 Can , #258	1 #10 can(s)
Potatoes, Diced, White, #10 Can, #259	1 #10 can(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	1 #10 can(s)
Salsa, Mild, Bulk, #269	6 cup(s)
Tomatoes, Crushed, #10 Can, #268	1/2 #10 can(s)
Tomatoes, Diced, #10 Can, #265	1/2 #10 can(s)
Water, Municipal, Mississippi	2 quart(s) + 1 1/2 cup(s)

DIRECTIONS

- Brown ground beef, green pepper, and onions together and drain. Press draining beef to remove excess fat. After draining ground beef, add salt and pepper and continue cooking.
- Combine beef mixture, tomatoes, salsa, canned vegetables, and water. Do not drain vegetables.
- Cover and simmer 30 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Pour into half-size steamtable pans. For 100 servings, use 8 steamtable pans.
- Portion 1 cup serving with 8 ounce ladle for 1 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

NUTRIENTS PER SERVING

Calories	137	Dietary Fiber	2.25 g	Sodium	403.75 mg	Sat. Fat	2.03 g
Carbohydrates	12.27 g	Protein	9.86 g	Total Fat	5.36 g	Trans Fat	0.00 g

CHICKEN NOODLE SOUP AND SANDWICH

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 1/2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup of soup and
1 sandwich

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Water, Boiling, Municipal	6 gallon(s)
Base, Chicken, Low Sodium, #348	6 pound(s)
Celery, Fresh, Diced, #604	2 quart(s) + 3 1/2 cup(s)
Carrots, Raw, Mini, Peeled, #602	1 quart(s) + 3/4 cup(s), diced
Onions, Chopped, Dehydrated, #278	2 cup(s)
Parsley, Dried, Chopped, #316	1/2 cup(s)
Pepper, Black, Ground, #336	2 teaspoon(s)
Poultry Seasoning, #339	2 tablespoon(s)
Pasta, Egg Noodle, Medium, #296	2 pound(s) + 8 ounce(s)
Chicken, Diced, Cooked, IQF, #17	6 pound(s) + 6 ounce(s)
Peanut Butter, Smooth Style, #286	3 1/2 cup(s)
Jelly, Apple, #10 Can, #172	2 1/4 cup(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 10 ounce(s)
Mayonnaise, Reduced Calorie, Bulk, #283	1 cup(s)
Pimentos, Diced, Canned, #276	1/3 cup(s) + 2 teaspoon(s)
Pan Release Spray, Vegetable Oil, #395	2 gram(s)
Cheese, American Process, Sliced, #39	1 pound(s) + 9 1/4 ounce(s)
Soy Butter and Jelly Sandwich, #530	25 sandwich(s)

DIRECTIONS

1. FOR CHICKEN NOODLE SOUP:

- Make chicken stock by stirring chicken stock into boiling water until the chicken stock dissolves.
- Add celery, carrots, onions, parsley flakes, pepper and poultry seasoning to chicken stock.
- Bring mixture to a boil, then reduce heat and cover. Simmer for 20 minutes.
- Add noodles and chicken to soup.
- Cover and simmer for 10 minutes or until noodles are tender.
- Hold until ready for service.

CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

CCP: After noodles are cooked, hold and maintain product at a minimum temperature of 135 degrees F.

CHICKEN NOODLE SOUP AND SANDWICH

DIRECTIONS

2. TO ASSEMBLE PEANUT BUTTER AND JELLY SANDWICH:

- Mix peanut butter and jelly with mixer.
- Place 24 slices of whole wheat bread on each sheet pan, 6 down and 4 across.
- Spread a #20 (3 1/3 tablespoon) scoop peanut butter/jelly mixture on each slice of bread.
- Top with a second slice of whole wheat bread.
- Cut each sandwich diagonally in half. Cover pan tightly with plastic wrap to maintain freshness.
- Place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

3. TO ASSEMBLE PIMENTO CHEESE SANDWICH:

- Combine shredded cheese, mayonnaise, and pimento. Mix lightly until well blended.
- Place 24 slices of whole wheat bread on each sheet pan, 6 down and 4 across.
- Portion with #12 scoop (1/3 cup) of pimento cheese on each slice of bread.
- Top with second slice of whole wheat bread.
- Cut each sandwich diagonally in half. Cover pan tightly with plastic wrap to maintain freshness.
- Place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

4. TO ASSEMBLE GRILLED CHEESE:

- Spray sheet pans (18" x 26" x 1") with food release spray or line sheet pans with pan liners.
- Place 24 slices of whole wheat bread on each sheet pan, 6 down and 4 across.
- Lay 1 ounce (two 1/2-ounce slices) of cheese on each slice of bread.
- Top with second slice of whole wheat bread.
- Spray tops of sandwiches with butter flavored pan release spray.
- Bake until lightly browned: Conventional oven: 400 degrees F for 15 - 20 minutes; Convection oven: 350 degrees F for 10 - 15 minutes.
- Prepare in batches to maintain quality. DO NOT OVERBAKE.
- Cut each sandwich diagonally in half. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F until ready for service. Discard any leftovers.

5. TO ASSEMBLE SOY BUTTER AND JELLY SANDWICH:

- Thaw sandwiches according to package directions.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

6. Portion 1 cup serving of soup with 8 ounce ladle and 1 sandwich for each serving. Each combo provides 2 oz. eq. meat/meat alternate and 2 1/2 oz. eq. whole grains.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	446	Dietary Fiber	4.36 g	Sodium	1051.19 mg	Sat. Fat	6.10 g
Carbohydrates	44.36 g	Protein	28.39 g	Total Fat	20.83 g	Trans Fat	0.00 g

VEGETABLE BEEF SOUP & SANDWICH

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, 1/4 cup beans/peas vegetable, 1/4 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup of soup and 1 sandwich

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(BEANS/PEAS) : VEGETABLES (OTHER) : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	8 pound(s) + 8 ounce(s)
Peppers, Green, Diced, Frozen, #75	4 ounce(s)
Onions, Frozen, Chopped, #72	12 ounce(s)
Salt, Table, #343	2 tablespoon(s)
Pepper, Black, Ground, #336	2 tablespoon(s)
Vegetables, Mixed, Low Sodium, #10 Can , #258	1 #10 can(s)
Potatoes, Diced, White, #10 Can, #259	1 #10 can(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	1 #10 can(s)
Salsa, Mild, Bulk, #269	1 quart(s) + 2 cup(s)
Tomatoes, Crushed, #10 Can, #268	6 1/2 cup(s)
Tomatoes, Diced, #10 Can, #265	6 1/2 cup(s)
Water, Municipal, Mississippi	2 quart(s) + 1 1/2 cup(s)
Peanut Butter, Smooth Style, #286	3 1/4 cup(s)
Jelly, Apple, #10 Can, #172	2 1/4 cup(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 10 ounce(s)
Mayonnaise, Reduced Calorie, Bulk, #283	1 cup(s)
Pimentos, Diced, Canned, #276	1/3 cup(s) + 2 teaspoon(s)
Pan Release Spray, Butter Flavored #393	2 gram(s)
Cheese, American Process, Sliced, #39	50 slice(s)
Bread, WGR, #139	200 slice(s)
Soy Butter and Jelly Sandwich, #530	25 sandwich(s)

DIRECTIONS

- FOR VEGETABLE BEEF SOUP
Brown ground beef, green pepper, and onions together and drain. Press draining beef to remove excess fat. After draining ground beef, add salt and pepper and continue cooking.
- Combine beef mixture, tomatoes, salsa, canned vegetables, and water. Do not drain vegetables. Cover and simmer 30 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

VEGETABLE BEEF SOUP & SANDWICH

DIRECTIONS

3. Pour into half-size steamtable pans. For 100 servings, use 8 steamtable pans.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. until ready for service.

4. TO ASSEMBLE PEANUT BUTTER AND JELLY SANDWICH:

- Mix peanut butter and jelly with mixer.
- Place 24 slices of whole wheat bread on each sheet pan, 6 down and 4 across.
- Spread a #20 (3 1/3 tablespoon) scoop peanut butter/jelly mixture on each slice of bread.
- Top with a second slice of whole wheat bread.
- Cut each sandwich diagonally in half. Cover pan tightly with plastic wrap to maintain freshness.
- Place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

5. TO ASSEMBLE PIMENTO CHEESE SANDWICH:

- Combine shredded cheese, mayonnaise, and pimento. Mix lightly until well blended.
- Place 24 slices of whole wheat bread on each sheet pan, 6 down and 4 across.
- Portion with #12 scoop (1/3 cup) of pimento cheese on each slice of bread.
- Top with second slice of whole wheat bread.
- Cut each sandwich diagonally in half. Cover pan tightly with plastic wrap to maintain freshness.
- Place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

6. TO ASSEMBLE GRILLED CHEESE:

- Spray sheet pans (18" x 26" x 1") with food release spray or line sheet pans with pan liners.
- Place 24 slices of whole wheat bread on each sheet pan, 6 down and 4 across.
- Lay 1 ounce (two 1/2-ounce slices) of cheese on each slice of bread.
- Top with second slice of whole wheat bread.
- Spray tops of sandwiches with butter flavored pan release spray.
- Bake until lightly browned: Conventional oven: 400 degrees F for 15 - 20 minutes; Convection oven: 350 degrees F for 10 - 15 minutes.
- Prepare in batches to maintain quality. DO NOT OVERBAKE.
- Cut each sandwich diagonally in half. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F until ready for service. Discard any leftovers.

7. TO ASSEMBLE SOY BUTTER AND JELLY SANDWICH:

- Thaw sandwiches according to package directions.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

8. Portion 1 cup serving of soup with 8 ounce ladle and 1 sandwich for each serving. Each combo provides 2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, 1/4 cup beans/peas vegetable, 1/4 cup red/orange vegetable, and 1/8 cup other vegetable.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	409	Dietary Fiber	5.54 g	Sodium	896.35 mg	Sat. Fat	6.55 g
Carbohydrates	41.72 g	Protein	21.05 g	Total Fat	20.29 g	Trans Fat	0.00 g

VEGETABLE SOUP AND SANDWICH

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, 1/4 cup beans/peas vegetable, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup of soup and 1 sandwich

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(BEANS/PEAS) : VEGETABLES (OTHER) : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Oil, Liquid for Fryer, #396	1/2 cup(s)
Peppers, Green, Diced, Frozen, #75	4 ounce(s)
Onions, Frozen, Chopped, #72	12 ounce(s)
Tomatoes, Diced, #10 Can, #265	1 #10 can(s)
Beans, Pinto, Dry, Low Sodium, #10 Can, #252	2 #10 can(s) + 9 3/4 cup(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	1 #10 can(s)
Vegetables, Mixed, Low Sodium, #10 Can, #258	1 #10 can(s)
Salsa, Mild, Bulk, #269	5 cup(s)
Sauce, Tomato, #10 Can, #264	1 #10 can(s)
Salt, Table, #343	1 tablespoon(s) + 1 teaspoon(s)
Pepper, Black, Ground, #336	2 tablespoon(s)
Garlic Powder, #331	1 tablespoon(s)
Water, Municipal, Mississippi	2 quart(s) + 1 1/2 cup(s)
Peanut Butter, Smooth Style, #286	3 1/4 cup(s)
Jelly, Apple, #10 Can, #172	2 1/4 cup(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 10 ounce(s)
Mayonnaise, Reduced Calorie, Bulk, #283	1 cup(s)
Pimentos, Diced, Canned, #276	1/3 cup(s) + 2 teaspoon(s)
Pan Release Spray, Butter Flavored #393	2 gram(s)
Cheese, American Process, Sliced, #39	50 slice(s)
Bread, WGR, #139	200 slice(s)
Soy Butter and Jelly Sandwich, #530	25 sandwich(s)

DIRECTIONS

VEGETABLE SOUP AND SANDWICH

1. TO MAKE VEGETABLE SOUP:

- Sauté peppers and onions in oil until tender, about 5 minutes.
- Add tomatoes, beans, corn, mixed vegetables, salsa, and tomato sauce. Bring to a boil.
- Add salt, black pepper, garlic powder and water to mixture.
- Reduce temperature to a simmer. Cover and simmer for 30 minutes. Hold until ready for service.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

2. TO ASSEMBLE PEANUT BUTTER AND JELLY SANDWICH:

- Mix peanut butter and jelly with mixer.
- Place 24 slices of whole wheat bread on each sheet pan, 6 down and 4 across.
- Spread a #20 (3 1/3 tablespoon) scoop peanut butter/jelly mixture on each slice of bread. Top with a second slice of bread.
- Cut each sandwich diagonally in half. Cover pan tightly with plastic wrap to maintain freshness.
- Place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

3. TO ASSEMBLE PIMENTO CHEESE SANDWICH:

- Combine shredded cheese, mayonnaise, and pimento. Mix lightly until well blended.
- Place 24 slices of whole wheat bread on each sheet pan, 6 down and 4 across.
- Portion with #12 scoop (1/3 cup) of pimento cheese on each slice of bread. Top with second slice of bread.
- Cut each sandwich diagonally in half. Cover pan tightly with plastic wrap to maintain freshness.
- Place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

4. TO ASSEMBLE GRILLED CHEESE:

- Spray sheet pans (18" x 26" x 1") with food release spray or line sheet pans with pan liners.
- Place 24 slices of whole wheat bread on each sheet pan, 6 down and 4 across.
- Lay 1 ounce (two 1/2-ounce slices) of cheese on each slice of bread. Top with second slice of bread.
- Spray tops of sandwiches with butter flavored pan release spray.
- Bake until lightly browned: Conventional oven: 400 degrees F for 15 - 20 minutes; Convection oven: 350 degrees F for 10 - 15 minutes.
- Prepare in batches to maintain quality. DO NOT OVERBAKE.
- Cut each sandwich diagonally in half. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F until ready for service. Discard any leftovers.

5. TO ASSEMBLE SOY BUTTER AND JELLY SANDWICH:

- Thaw sandwiches according to package directions.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

6. Portion 1 cup serving of soup with 8 ounce ladle and 1 sandwich for each serving. Each combo provides 1 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, 1/4 cup beans/peas vegetable, 1/8 cup red/orange vegetable and 1/8 cup other vegetable.

NUTRIENTS PER SERVING

Calories	396	Dietary Fiber	9.05 g	Sodium	989.54 mg	Sat. Fat	4.82 g
Carbohydrates	50.88 g	Protein	16.96 g	Total Fat	17.02 g	Trans Fat	0.00 g

BREADSTICKS W/VEGETABLE BEEF SOUP

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 serving

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (STARCHY) : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bread Mozzarella Cheese Stick, WGR, #83	100 breadstick(s)
Beef, Ground, 80/20, #3	8 pound(s) + 8 ounce(s)
Peppers, Green, Diced, Frozen, #75	4 ounce(s)
Onions, Frozen, Chopped, #72	12 ounce(s)
Salt, Table, #343	2 tablespoon(s)
Pepper, Black, Ground, #336	2 tablespoon(s)
Tomatoes, Crushed, #10 Can, #268	7 1/2 cup(s)
Tomatoes, Diced, #10 Can, #265	7 1/2 cup(s)
Salsa, Mild, Bulk, #269	1 quart(s) + 2 cup(s)
Vegetables, Mixed, Low Sodium, #10 Can, #258	1 #10 can(s)
Potatoes, Diced, White, #10 Can, #259	1 #10 can(s)
Corn, Yellow, Canned, Whole Kernel, Low Sodium, #256	1 #10 can(s)
Water, Municipal, Mississippi	2 quart(s) + 1 1/2 cup(s)

DIRECTIONS

- Bake breadsticks according to package and/or case directions.
- Brown ground beef, green pepper, and onions together and drain. Press draining beef to remove excess fat. After draining ground beef, add salt and pepper and continue cooking.
- Combine beef mixture, tomatoes, salsa, canned mixed vegetables, canned diced potatoes, canned corn, and water. Do not drain vegetables. Cover and simmer 30 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- Pour into half-size steamtable pans. For 100 servings, use 8 steamtable pans.
- Portion 1 cup serving of soup with 8 ounce ladle and serve with one breadstick. Each serving provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

BREADSTICKS W/VEGETABLE BEEF SOUP

NUTRIENTS PER SERVING

Calories	287	Dietary Fiber	4.25 g	Sodium	794.00 mg	Sat. Fat	4.53 g
Carbohydrates	28.27 g	Protein	16.86 g	Total Fat	12.36 g	Trans Fat	0.00 g