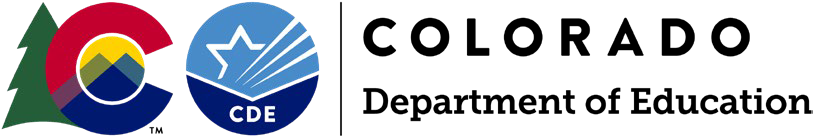
Recipe Title: Recipe #:

Recipe Category: Portion Size:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Ingredients** | **Recipe Yield**  **Servings** | | **Recipe Yield**  **Servings** | | **Directions/HACCP** |
| **Weight** | **Measure** | **Weight** | **Measure** |
|  |  |  |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Meal Pattern Contribution** | | | |
| Meat/Meat Alternate | Grains | Vegetable/Vegetable Subgroup | Fruit |
|  |  |  |  |

|  |  |  |
| --- | --- | --- |
| **Nutrients per Serving** | | |
| Calories: | Saturated Fat: | Sodium: |



# Standardized Recipe Components

**Recipe Title**: Name that describes the recipe

**Recipe Category**: File location or classification such as entrée, side or grain

**Recipe Number** (optional)

**Ingredients**: Products used in recipe, be specific

**Ingredient Amounts**: The quantity of each ingredient listed in weight and/or measure

**Directions**: Detailed information needed to prepare the recipe and equipment needed. Cooking temperatures, HACCP process, HACCP procedures, cooking, cooling, and holding temperatures should be addressed in the directions

**Portion Size**: The amount of a single portion in volume and/or weight

**Recipe Yield**: The total amount of portions the recipe yields

**Meal Pattern Contribution** (optional): Identify the component and the amount the recipe contributes toward the meal pattern

**Nutrients per Serving** (optional): Amount of calories, saturated fat and sodium per serving

# Standardized Recipe Example

Recipe Title: Turkey Burrito Bowl Recipe #: E-45

Recipe Category: Entree Portion Size: 1 Bowl

|  |  |  |  |
| --- | --- | --- | --- |
| **Ingredients** | **Recipe Yield** **100 Servings** | | **Directions/HACCP** |
| **Weight** | **Measure** |
| Rice, brown, whole grain | 25 cups |  | **Critical Control Point (CCP)**: Before handling ready-to-eat foods, such as fresh fruits and vegetables, hands must be washed and clean gloves must be worn. |
| Turkey pot roast (CN labeled)  Cheddar cheese, shredded Beans, black  Romaine Lettuce, fresh, untrimmed | 15 lb. + 10 oz.  3 lbs.  4 # 10 Cans  1 lb. |  | 1. Prepare rice according to instructions 2. Remove thawed turkey form the bag and divide it equally in 2” pans. Break apart with a fork. 3. Add the chili powder, cumin, garlic and oregano. Mix to combine 4. Cook the turkey at 350°F for 30 minutes or until it reaches an internal temperature of 135°F as measured by a meat thermometer   **CCP**: Heat to 135°F or higher |
| Chili powder Cumin, ground Garlic, granulated Oregano, ground |  | 2 cups  ½ cup  ¼ cup  ¼ cup | 5. Remove beans from cans, drain and rinse. Heat or steam the beans until they reach 135°F as measured by a thermometer.  **CCP**: Hold for hot service at 135°F or higher |
|  |  |  | 6. Assemble for service. Scoop 1 cup cooked rice into the bowl. Add ¼ cup beans (#16 scoop), ½ cup turkey and 1/8 cup of cheese. |

|  |  |  |  |
| --- | --- | --- | --- |
| **Meal Pattern Contribution** | | | |
| Meat/Meat Alternate | Grains | Vegetable/Vegetable Subgroup | Fruit |
| 2 oz. | 2 oz. | ¼ cup beans/peas (legumes) | 0 |

|  |  |  |
| --- | --- | --- |
| **Nutrient Analysis** | | |
| Calories: 405 | Saturated Fat: 1.5 g | Sodium: 900 mg |

