



# Sauce & Seasonings

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# 12 SALSAS IN 12 MINUTES

Presented by Lisa Feldman at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients			Directions
	Weight	Measure	
Tomatoes, crushed, no-salt added		#10 can	
Yellow onion, diced		3 cups	
Cilantro, coarsely chopped		2 ½ cups	
Jalapeños, canned, drained, and rinsed		½ cup	
Lime juice		1 cup	
Salt		2 tsp.	
Ground Cumin		1 tsp.	
Sugar		1 tsp.	<b>Salsa Base Recipe #1</b> 1. Mix all ingredients together. Makes approximately 65 servings. Add additional ingredients to base recipe to make all the following variations.

<b>Variation #2 - Black Bean and Corn Salsa</b>			
Salsa base		1 ½ cups	
Black beans, drained		¾ cup	
Corn, IQF, thawed		¾ cup	
Red peppers, ¼ " dice		1 ½ Tbsp.	
Green peppers, ¼ " dice		1 ½ Tbsp.	

<b>Variation #3 - Mango Salsa</b>			
Salsa base		2 cups	
Mango, ¼ " dice		1 cup	

<b>Variation #4 - Roasted Pineapple Salsa</b>			
Salsa base		2 cups	
Pineapple tidbits, drained		1 cup	Toss pineapple tidbits with brown sugar and roast in a preheated 400°F convection oven for 7 to 9 minutes or until pineapple has golden brown edges.
Brown sugar		1 Tbsp.	

Salsa base		2 cups	<b>Variation #5 - Kachumbar Salsa</b>
Plum tomatoes, ¼ " dice		1 cup	
Cucumber, peeled, seeded, and ¼ " dice		1 cup	

Salsa base		3 cups	<b>Variation #6 - Rojo Salsa</b>
Cider vinegar		1 Tbsp.	
Chipotle powder		2 tsp.	
Ancho powder		2 Tbsp.	

Salsa Rojo		1 ½ cups	<b>Variation #7 - Strawberry Smash Salsa</b>
Strawberries, IQF, puréed		1 cup	
Mint, chopped		1 Tbsp.	

Salsa base		2 cups	<b>Variation #8 - Peach Sriracha Salsa</b>
Peaches, diced, drained		1 cup	
Sriracha		2 Tbsp.	
Asian ginger and garlic seasoning		1 Tbsp.	

Salsa base		2 cups	<b>Variation #9 - Thaitanium Salsa</b>
Mango, IQF, diced		1 cup	
Sweet Thai chili sauce		2 Tbsp.	
Thai seasoning		1 Tbsp.	

Salsa base		1 cup	<b>Variation #10 - The Bombay Salsa</b>
Pineapple tidbits		1 cup	
Ancho powder		1 Tbsp.	
Asian ginger and		1 Tbsp.	

garlic seasoning			
Ground cumin		1 ½ tsp.	
Curry powder		1 ½ tsp.	

Salsa base		2 cups	<b>Variation #11 – Cherry Bomb Salsa</b>
Cherries, canned, drained and puréed		1 cup	
Sriracha		2 Tbsp.	
Smoked paprika		1 tsp.	
Smoky chile and cumin rub		1 tsp.	

Salsa base		1 ½ cups	<b>Variation #12 – Charred Corn and Avocado Salsa</b>
Avocado, ¼ “ dice		¾ cup	
Corn, IQF, thawed, dry roasted		¾ cup	For dry roasting, spray a parchment covered sheet pan with pan spray. Place vegetables on top. Spray vegetables with pan spray. Roast in a 400°F oven for 7 to 9 minutes or until edges are blackened slightly.
Poblanos chiles, ¼ “ dice, dry roasted		¼ cup	
Smoked paprika		1 tsp.	

**Recipe Notes:**

One generous ¼ cup serving of Salsa Base provides ¼ cup vegetable

**Nutrition Information (per ¼ cup Salsa Base)**

Calories: 20/Protein: 1 g/Carbohydrate: 4 g/Fiber: 1.5 g  
 Saturated fat: 0 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0 g  
 Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 60 mg/Potassium: 15 mg

# AVOCADO BEAN DIP

Presented by Brad Trudeau at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	50 Servings		Directions
	Weight	Measure	
Garbanzo beans, cooked	20 oz.		1. Drain and rinse beans.
Garlic, cloves, raw		4 ea.	2. Place garlic, jalapeño, lime juice, and cilantro in food processor until very finely chopped. 3. Add beans and puree until very smooth. 4. (Optional) Remove bean mixture from processor and press through a tamis to ensure a very smooth product.
Cilantro, fresh	2 oz.		
Jalapeño, fresh		1 ea.	5. Place puréed beans in a large mixing bowl and add salt and avocado pulp. Fold together until combined. 6. Place product into serving dish and press film onto product to prevent browning.
Lime juice, fresh	1 oz.		
Avocado pulp, mashed	2 lb.		
Salt		1 tsp.	

## Recipe Notes:

Adapted from a recipe by Lindsey Schoenfeld.

## Nutrition Information (per serving)

Calories: 45/Protein: 1 g/Carbohydrate: 4 g/Fiber: 1 g

Saturated fat: 0.5 g/Polyunsaturated fat: 0.5 g/Monounsaturated fat: 2 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 50 mg/Potassium: 110 mg

## BBQ SAUCE

(Kitchen Session team will produce a dish using BBQ sauce)

Recipe provided by Solvang Elementary School for the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients			Directions
	Weight	Measure	
Garlic, granulated		½ cup	1. Mix all ingredients in a large pot. Bring to a simmer. Simmer for 15 minutes. Cool.
Catsup, low sodium	1-#10 can		
Light brown sugar	1 lb.		
Soy sauce		¼ cup	
Prepared yellow mustard		1 cup	
Black pepper, ground		2 Tbsp.	
Apple cider vinegar		1 qt.	
Water		2 cups	
Molasses		½ cup	
Chili powder		¼ cup	

Recipe Notes:

Yield 4 qt.

Nutrition Information (per ¼ cup)

Calories: 105/Protein: 1 g/Carbohydrate: 27 g/Fiber: 0 g

Saturated fat: 0 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 110 mg/Potassium: 230 mg

## “BOLOGNESE” STYLE TOMATO SAUCE

Presented by Kikkoman at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1 cup		2 cups	
Mushrooms, whole, raw	14 oz.		28 oz.		1. In a mixing bowl, combine 1/4 cup oil and mushrooms. Toss to coat mushrooms with oil. Transfer to a baking sheet and bake in a 400degree oven for 20 minutes. Remove mushrooms from oven and cool. Chop or grind mushrooms. Set aside.
Onions, diced	4 oz.		8 oz.		2. Heat remaining oil in a large sauce pot. Add onions and garlic. Cook and stir for 5 minutes until soft.
Garlic, minced	4 oz.	1/3 cup	8 oz.	2/3 cup	
Basil, dried		1/3 cup		2/3 cup	3. Add remaining ingredients. Blend ingredients to desired consistency with an immersion blender. Bring sauce to a boil, turn heat to low and simmer for 15 minutes. Cool according to accepted cooling standards.
Tomatoes, canned, diced	72 oz.		144 oz.		
Kikkoman Rice Vinegar, unseasoned	4 oz.	½ cup	8 oz.	1 cup	
Brown sugar	2 oz.	¼ cup	4 oz.	½ cups	
Kikkoman Soymilk, plain	16 oz.	2 cups	32 oz.	4 cups	
Sea salt		1 Tbsp.		4 Tbsp.	
Kikkoman Citrus Seasoned Ponzu		2 Tbsp.		4 Tbsp.	

**Recipe Notes:**

One serving provides  $\frac{1}{4}$  cup red/ orange vegetable

**Nutrition Information (per  $\frac{1}{2}$  cup serving)**

Calories: 105/Protein: 2 g/Carbohydrate: 4 g/Fiber: 2 g

Saturated fat: 1 g/Cholesterol: 0 mg/Sodium: 235 mg



# ROASTED BUTTERNUT SQUASH PASTA SAUCE

Presented by Kikkoman at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	32 Servings		64 Servings		Directions
	Weight	Measure	Weight	Measure	
Butternut squash, fresh, 1 inch dice	4 lbs. 12 oz.		9 lbs. 8 oz.		1. Preheat oven to 400°F.
Onion, yellow, fresh, 1 inch dice	1 lb.		2 lbs.		
Vegetable oil		½ cup		1 cup	2. Combine the diced squash, onions, vegetable oil, brown sugar, sage, fennel seeds, cinnamon, red chili flakes, and black pepper. Toss until the squash is well coated with oil and spices. Transfer to a parchment-lined sheet pan, scraping out all of the oil and spices onto the vegetables. Use 1 sheet pan for 32 servings, and 2 sheet pans for 64 servings.
Brown sugar	2 oz.	¼ cup	4 oz.	½ cup	
Fresh sage leaves		2 Tbsp.		¼ cup	3. Place in the preheated 400°F oven and bake for about 40-60 minutes, or until the squash and onion are caramelized and tender. Rotate the pan half way through cooking time. Remove from oven and set aside.
Or		Or		Or	
Dry		2 tsp.		1 Tbsp. 1 tsp.	
Fennel seeds, ground		2 tsp.		4 tsp.	4. Transfer the caramelized squash to a 1 or 2 gallon container. Add the water, soymilk, Kikkoman Ponzu Citrus Dressing, salt and ground nutmeg. Use an immersion blender to blend until the sauce is very smooth. Pour sauce into a shallow pan and chill until ready to use.
Ground cinnamon		1 tsp.		2 tsp.	
Red chili flakes		1 tsp.		2 tsp.	
Ground black pepper		½ tsp.		1 tsp.	
Water		1 qt.+ 2 cups		3 qts.	
Kikkoman Pearl		2 cups		4 cups	

Soy milk					
Kikkoman Ponzu Citrus Dressing		3 oz.		6 oz.	
Salt		2 tsp.		4 tsp.	
Nutmeg, ground		½ tsp.		1 tsp.	

**Recipe Notes:**

One serving provides 1/8 cup red/ orange vegetable

**Nutrition Information (per ½ cup serving)**

Calories: 85/Protein: 1 g/Carbohydrate: 12 g/Fiber: 2 g

Saturated fat: 0 g/Cholesterol: 0 mg/Sodium: 235 mg

## CHINESE SEASONING BLEND

Recipe provided by Wichita Catholic Secondary School for the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	4 Cups	1 Cup	Directions
	Measure	Measure	
Ground ginger	$\frac{3}{4}$ cup + 2 Tbsp.	3 $\frac{1}{2}$ Tbsp.	1. Mix all ingredients together well.
Onion powder	1 $\frac{1}{3}$ cups	$\frac{1}{3}$ cup	2. Store in an airtight container in a cool, dry place. During hot weather store in the refrigerator.
Anise Seeds, crushed	$\frac{2}{3}$ cup	2 Tbsp. + 2 tsp.	
Ground allspice	$\frac{1}{2}$ cup	2 Tbsp.	
Ground cloves	2 Tbsp.	$\frac{1}{2}$ Tbsp.	
Sesame seeds	$\frac{1}{2}$ cup	2 Tbsp.	

### Nutrition Information (per tablespoon)

Calories: 25/Protein: 1 g/Carbohydrate: 4 g/Fiber: 1 g

Saturated fat: 0 g/Polyunsaturated fat: 0.5 g/Monounsaturated fat: 0.5 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 5 mg/Potassium: 70 mg

# GREEN DRAGON SALSA

Presented by Brad Trudeau at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients	100 Servings		Directions
	Weight	Measure	
Vegetable oil	2 oz.		CCP: Store and serve product at 41°F or below.
Green onion		3 bu.	1. Remove root end from onions and wash.
Jalapeño pepper, fresh		20 ea.	2. Remove stems from jalapeños and wash.
Tomatillos, fresh	5 lbs.		3. Remove skin from tomatillos and wash. 4. Toss onions, tomatillos, jalapenos with oil, place on baking sheet and roast in 375°F oven for 30 minutes. 5. Place roasted onions, tomatillos, onions, and salt in food processor until pureed to a smooth consistency.
Cilantro, fresh		2 bu.	6. Add cilantro and pulse in processor to coarsely chop.
Salt		2 tsp.	
Water	4 oz.		7. Add water if necessary for consistency.

## Recipe Notes:

This product is extremely spicy and should only be used in secondary schools where students have shown an affinity for spicy foods and condiments. Adjust the amount of jalapeño peppers to regulate heat.

## Nutrition Information (per serving, approximately 1 tablespoon)

Calories: 15/Protein: 0.5 g/Carbohydrate: 2 g/Fiber: 1 g

Saturated fat: 0 g/Polyunsaturated fat: 0.5 g/Monounsaturated fat: 0 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 25 mg/Potassium: 80 mg

## RED SAUCE

Presented by Jeremy West and Matt Poling at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients			Directions
	Weight	Measure	
Olive, salad, or cooking oil		1 Tbsp. + 1/4 tsp.	1. Wash and process all vegetables. 2. Heat steam jacketed kettle. Add onions, carrots, celery, and zucchini. Sauté for 15 to 20 minutes and then add garlic. Cook until vegetables are very tender.
Onions, raw, chopped	1 lb.		3. Add salt, pepper, and herbs, and continue to cook in order to sweat spices and herbs.
Carrots, raw, shredded	1 lb.		CCP: Heat to 165°F or higher for at least 15 seconds 4. Add the tomato paste and stir well. Simmer for 10 minutes to blend the flavors. 5. Add diced tomatoes, heat to 165°F and record temperature. Puree with an immersion blender until smooth. 6. Add tomato sauce and continue to blend smooth. 7. Add the ice to steam kettle and stir well to speed the cooling process. 8. Record initial temperature of prepared sauce and transfer pans to labeled speed rack and roll into blast chiller. Cool completely. CCP: Cool to 41° F or lower within 4 hours. CCP: Cool to 70°F within 2 hours and from 70°F to 41°F or lower within an additional 4 hours. CCP: Refrigerate until served.
Celery, raw, chopped	1 lb.		
Summer squash, zucchini, raw, sliced	1 lb.		
Garlic, raw, chopped	4 oz.		
Salt		1 Tbsp. + 1/4 tsp.	
Ground black pepper		1 5/8 tsp.	
Oregano leaves, dried,		1 Tbsp. + 1/4 tsp.	
Basil leaves, dried		1 Tbsp. + 1/4 tsp.	
Tomato paste, canned, without salt added		1/8 #10 can	
Tomatoes, canned,		1 #10 can,	

diced		un-drained	
Tomato sauce, canned		1 #10 can	
Ice		1 gal.	

**Recipe Notes:**

Yield: 2 gallons (approximately 128 - 2 ounce servings)

**Nutrition Information (per serving, ¼ cup)**

Calories: 45/Protein: 2 g/Carbohydrate: 9 g/Fiber: 2 g

Saturated fat: 0 g/Polyunsaturated fat: 0 g/Monounsaturated fat: 0.5 g

Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 355 mg/Potassium: 335 mg

# TACO SEASONING MIX

Presented by Jeremy West and Matt Poling at the 2015 Healthy Flavors, Healthy Kids National Leadership Summit

Ingredients			Directions
	Weight	Measure	
Chili powder		¾ cup	1. Combine all ingredients and mix thoroughly. 2. Store mixture in a tightly sealed container. 3. Label and date the container. 4. Use as an ingredient according to recipes.
Ground cumin		¾ cup	
Paprika		2 Tbsp.	
Onion powder		2 Tbsp.	
Garlic, granulated		3 Tbsp.	
Onions, dehydrated flakes		3 Tbsp.	
			Yield: approximately 2 cups

## Nutrition Information (per recipe)

Calories: 820/Protein: 35 g/Carbohydrate: 126 g/Fiber: 69 g  
 Saturated fat: 2.5 g/Polyunsaturated fat: 7.5 g/Monounsaturated fat: 3 g  
 Trans fat: 0 g/Cholesterol: 0 mg/Sodium: 1720 mg/Potassium: 2545 mg

# Spicy Hummus

Vegetable

HACCP Process Category 1

Chef Cyndie Story Recipe

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, low sodium, drained and rinsed*		2 No.10 cans			<ol style="list-style-type: none"> <li>Combine all ingredients in a food processor or VCM and puree to a smooth consistency.</li> <li>Spread 5 pounds of mixture into each 12"x20"x2 1/2" pan; use 4 pans for 100 portions. Option: sprinkle with light dash of paprika or cayenne pepper for color.  <b>CCP: Chill to 41°F or lower within two hours. Refrigerate until service.</b></li> <li>Portion with a No. 16 scoop (1/4 cup).  <b>CCP: Hold at 41°F or below before and during service.</b></li> </ol> <p>Notes:</p> <ul style="list-style-type: none"> <li>If tahini is available, add 3 cups for 100 servings.</li> <li>Additional cayenne pepper and/or jalapeno pepper may be added if desired.</li> </ul>
Lemon juice		3 cups			
Olive oil		1 1/2 cups			
Garlic, minced		1/4 cup			
Cumin, ground		1/4 cup			
Cayenne pepper		1 Tbsp			
Jalapeno pepper		2 cups			
Red bell pepper		2 cups			

\*USDA Foods



Serving Size	1 Serving Provides	Yield
¼ cup	⅛ cup legumes (or 0.5 oz equivalent meat/meat alternate).	100 servings

### Nutrients Per Serving

Calories	90	Sodium	95 mg	Vitamin A	170 IU
Total Fat	4 g	Carbohydrates	10 g	Vitamin C	6 mg
Saturated Fat	<1 g	Dietary Fiber	2 g	Calcium	19 mg
Trans Fat	0 g	Protein	3 g	Iron	0.5 mg
Cholesterol	0 mg	Calories from Total Fat	46 %	Calories from Saturated Fat	6 %

# Spicy Lemon Hummus

Vegetable

HACCP Process Category 1

Chef Cyndie Story Recipe

Ingredients	96 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Garbanzo beans, drained and rinsed, low sodium	16 lb	3.75 #10 cans			<ol style="list-style-type: none"> <li>1. Combine all ingredients in a food processor or VCM and puree to a smooth consistency.</li> <li>2. Spread 5 pounds of mixture into each 12"x20"x2 1/2" pan; use 4 pans for 96 portions. Option: sprinkle with light dash of paprika or cayenne pepper for color.</li> </ol> <p style="color: red; margin-top: 10px;">CCP: Chill to 41°F or lower within two hours. Refrigerate until service.</p> <ol style="list-style-type: none"> <li>3. Portion with a No. 8 scoop.</li> </ol> <p style="color: red; margin-top: 10px;">CCP: Hold at 41°F or below before and during service.</p> <p>Notes:</p> <ul style="list-style-type: none"> <li>If tahini is available, add 3 cups for 100 servings.</li> <li>Additional cayenne pepper and/or jalapeno pepper may be added if desired.</li> </ul>
Lemon juice		1 qt 1 pt			
Olive oil		3 cup			
Garlic, minced		1/2 cup			
Cumin, ground		1/2 cup			
Cayenne pepper		2 Tbsp			
Jalapeno pepper		4 cup			
Red bell pepper		4 cup			

Serving Size	1 Serving Provides	Yield
1/2 cup	3/8 cup beans/peas vegetable or 1 1/2 oz equivalent meat/meat alternate	100 servings

**Nutrients Per Serving**

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Calories	167	Vitamin A	464 IU	Iron	1.10 mg
Protein	5.3 g	Vitamin C	13.3 mg	Calcium	37.4 mg
Carbohydrate	19.3 g	Dietary Fiber	0.4 g	Cholesterol	0.0 mg
Fat	8.6 g	% Fat	46.7%	Sodium	189 mg
Saturated Fat	1 g	% Saturated Fat	5.8%		

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# Strawberry Applesauce

**Fruit** **HACCP Process Category 2** **Iowa Gold Star Recipe**

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Apple slices, canned, unsweetened*	26 lbs 8 oz	4 No.10 cans			<ol style="list-style-type: none"> <li>1. Heat apples in steam jacketed kettle or tilt skillet.</li> <li>2. Add cinnamon stick, water and sugar.</li> <li>3. Cook until apples are tender.</li>   <li>4. Add strawberries and cook for 5 minutes.</li> <li>5. Remove from heat and press through strainer. Stir until smooth.</li> <li>6. Serve warm or chilled. Portion with No. 8 scoop (1/2 cup).</li> </ol> <p style="margin-left: 20px;">If serving warm: CCP: Hold for hot service at 135°F or higher.</p> <p style="margin-left: 20px;">If serving chilled: CCP: Cool in shallow pans to 41°F or lower within four hours. CCP: Hold at or below 41°F before and during service.</p>
Cinnamon stick		4 count			
Water		1 cup			
Sugar		1 cup			
Strawberries, fresh or frozen		1 qt			

\*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup	½ c of fruit.	100 servings

### Nutrients Per Serving

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Calories	45	Sodium	5 mg	Vitamin A	4 IU
Total Fat	0 g	Carbohydrates	11 g	Vitamin C	4.7 mg
Saturated Fat	0 g	Dietary Fiber	1 g	Calcium	1.5 mg
Trans Fat	0 g	Protein	0 g	Iron	1.4 mg
Cholesterol	0 mg	Calories from Total Fat	0 %	Calories from Saturated Fat	0 %

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# Enchilada Sauce

## Recipe

### Ingredients

Tomato sauce	32 fl oz.
Green chilies, canned, chopped	8 oz.
Onion, diced, fresh	1/2 cup
Chili powder	1 Tbsp + 1 tsp
Cumin, ground	2 tsp
Oregano, flakes	1/2 tsp
Garlic powder	1/2 tsp

Option: Use 1 Tbsp + 1 tsp dehydrated onion flakes in the place of fresh onions.

### Directions

1. Combine tomato sauce, green chilies, onion and seasonings. If possible, puree ingredients for a shorter cooking time.
2. Place ingredients in a saucepan and cook for 5 to 10 minutes. If sauce is not pureed or blended, cook until onions are completely soft or use dehydrated onion flakes.

**Makes 1 quart.**

# Italian Seasoning Mix

## Recipe

<u>Ingredients</u>	<u>1 Quart</u>	<u>1 Gallon</u>
Dried basil	1¼ cups 2 Tbsp	1 qt 1½ cups
Dried oregano	1¼ cups 2 Tbsp	1 qt 1½ cups
Dried marjoram	1 cup	1 qt
Dried thyme	¼ cup	1 cup

### Directions

1. Combine all ingredients.
2. Store in an airtight container. Before using, stir or shake all ingredients well, as settling may occur during storage.

To be used with the True Greek Salad recipe.



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

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## Italian Seasoning Mix

**Makes:** 1 Quart or 1 Gallon

Ingredients	Weight	1 Quart		Weight	1 Gallon	
			Measure			Measure
Dried basil		1 1/4 cups	2 Tbsp	8 1/2 oz	1 qt	1 1/2 cups
Dried oregano		1 1/4 cups	2 Tbsp	8 oz	1 qt	1 1/2 cups
Dried marjoram		1 cup		4 oz	1 qt	
Dried thyme		1/4 cup			1 cup	

## Directions

1. Combine all ingredients.
2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

## My Notes

**Source:** USDA Recipes for Schools



## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	14
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	1 mg
Total Carbohydrate	3 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	97 mg
Iron	3 mg
Potassium	N/A

N/A - data is not available



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## Mexican Seasoning Mix

**Makes:** 1 Quart or 1 Gallon

Ingredients	Weight	1 Quart		1 Gallon	
		Measure	Weight	Measure	Weight
Chili powder	8 1/4 oz	1 3/4 cups	2 lb 5 1/2 oz	1 qt 3 cups	
Ground cumin	5 oz	1 1/3 cups	1 lb 6 oz	1 qt 1 1/3 cups	
Paprika		1/4 cup 3 Tbsp	7 oz	1 3/4 cups	
Onion powder		1/4 cup 3 Tbsp	7 1/2 oz	1 3/4 cups	

## Directions

1. Combine all ingredients.
2. Store in airtight container. Before using, stir or shake all ingredients well. (Ingredients may settle during storage.)

## Notes

Updated July 2014

## My Notes

**Source:** USDA Recipes for Schools

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	49
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	82 mg
Total Carbohydrate	8 g
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	70 mg
Iron	4 mg
Potassium	N/A

N/A - data is not available



**825060 - Maple Lime Syrup**

Source: K12 Culinary  
 Number of Portions: 25  
 Size of Portion: 1/4 cup

**Components:** Meat/Alt:  
 Grains:  
 Fruit:  
 Vegetable:  
 Milk:

**Recipe Subgroups:**

**Attributes:** Condiments

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
019129 SYRUPS, TABLE BLENDS, PANCAKE.... 009161 LIME JUC, CND OR BTLD, UNSWTND....	1 qt + 1 cup 1 1/4 cups	Combine pancake syrup and lime juice in a bowl and whisk until blended. For quality, store in refrigerator until needed.
		Fill gallon container with syrup. Insert condiment pump and fill 2oz. cups with 1/4 cup of syrup mixture. Serve with chicken and waffles.

\*Nutrients are based upon 1 Portion Size (1/4 cup)

Calories	150 kcal	Cholesterol	0 mg	Sugars	13.7 g	Calcium	3.36 mg	0.17%	Calories from Total Fat
Total Fat	0.03 g	Sodium	53 mg	Protein	0.03 g	Iron	0.05 mg	0.02%	Calories from Saturated Fat
Saturated Fat	0.00 g	Carbohydrates	39.43 g	Vitamin A	2.0 IU	Water <sup>1</sup>	35.23 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.05 g	Vitamin C	0.8 mg	Ash <sup>1</sup>	0.16 g	105.46%	Calories from Carbohydrates
								0.08%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.



**825022 - Seasoning Blend, Bean**

Source: K12 Culinary  
 Number of Portions: 34  
 Size of Portion: TBSP  
 Alternate Recipe Name: Bean Seasoning Blend

**Components:**

Meat/Alt:  
 Grains:  
 Fruit:  
 Vegetable:  
 Milk:

**Recipe Subgroups:**

**Attributes:**

Condiments

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002028 PAPRIKA.....	1 1/3 cups + 1 Tbsp	<b>CCP: No bare hand contact with ready to eat food.</b> Combine paprika, cumin, and ground cayenne pepper and stir until evenly blended.  Store in a plastic seasoning container in a cool, dry location until ready to use.  Bean blend seasoning is specially formulated to season black beans and refried beans.
900670 CUMIN,GROUND.....	2/3 cup	
002031 PEPPER,RED OR CAYENNE...	2 1/2 tsp	

\*Nutrients are based upon 1 Portion Size (TBSP)

Calories	21 kcal	Cholesterol	0 mg	Sugars	*0.5* g	Calcium	29.06 mg	45.70%	Calories from Total Fat
Total Fat	1.05 g	Sodium	6 mg	Protein	1.01 g	Iron	2.29 mg	5.75%	Calories from Saturated Fat
Saturated Fat	0.13 g	Carbohydrates	3.42 g	Vitamin A	2329.2 IU	Water <sup>1</sup>	0.68 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.84 g	Vitamin C	0.3 mg	Ash <sup>1</sup>	0.51 g	65.95%	Calories from Carbohydrates
								19.58%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.



**825173 - Seasoning Blend, Chipotle**

Source: Farm to School  
 Number of Portions: 10.5  
 Size of Portion: TBSP

**Components:**  
 Meat/Alt:  
 Grains:  
 Fruit:  
 Vegetable:  
 Milk:

**Recipe Subgroups:**

**Attributes:**  
 Condiments  
 Custom Blends

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
826558 Chili Powder, Chipotle, McCormick....	1 tsp	Combine all ingredients and stir until evenly blended.  Store in a plastic seasoning container in a cool, dry location until ready to use.  Chipotle seasoning is specially formulated to season chicken for Cbipotle Grilled Chicken Salad.
002020 GARLIC POWDER.....	1 tsp	
002026 ONION POWDER.....	1 tsp	
901058 OREGANO LEAVES, DRIED.....	1 TSP (leaves)	
002028 PAPRIKA.....	1 Tbsp	
900670 CUMIN, GROUND.....	2 tsp	
002010 CINNAMON, GROUND.....	1/8 tsp	
002011 CLOVES, GROUND.....	1/8 tsp	
002047 SALT, TABLE.....	1/2 tsp	
002030 PEPPER, BLACK.....	1/2 TSP (ground)	

\*Nutrients are based upon 1 Portion Size (TBSP)

Calories	6 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	8.86 mg	30.19%	Calories from Total Fat
Total Fat	0.20 g	Sodium	112 mg	Protein	0.26 g	Iron	0.49 mg	4.11%	Calories from Saturated Fat
Saturated Fat	0.03 g	Carbohydrates	1.10 g	Vitamin A	336.1 IU	Water <sup>1</sup>	*0.16* g	*0.01%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.43 g	Vitamin C	0.1 mg	Ash <sup>1</sup>	*0.40* g	75.59%	Calories from Carbohydrates
								17.96%	Calories from Protein

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<sup>1</sup> - denotes optional nutrient values

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Allergens							
Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
?	?	?	?	?	?	?	?
YES = Present NO = Absent ? = Undefined							



**825016 - Seasoning Blend, Creole**

Source: K12 Culinary  
 Number of Portions: 43.5  
 Size of Portion: TBSP  
 Alternate Recipe Name: Creole Seasoning Blend

**Components:**

- Meat/Alt:
- Grains:
- Fruit:
- Vegetable:
- Milk:

**Recipe Subgroups:**

**Attributes:**

Condiments

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
002028 PAPRIKA.....	1 1/2 cups	<p><b>CCP: No bare hand contact with ready to eat food.</b></p> <p>Combine paprika, coriander, granulated garlic, onion powder, oregano, black pepper, cayenne pepper, chili powder, dry mustard and thyme and stir until evenly blended.</p> <p>Be sure to use granulated garlic, not garlic powder, to make sure product will sprinkle freely.</p> <p>Store in a plastic seasoning container in a cool, dry location until ready to use.</p>
002013 CORIANDER SEED.....	3 Tbsp	
799903 GARLIC, GRANULATED.....	3 Tbsp	
002026 ONION POWDER.....	3 Tbsp	
002027 SPICES, OREGANO, DRIED.....	3 Tbsp	
002030 PEPPER, BLACK.....	1 1/2 Tbsp	
002031 PEPPER, RED OR CAYENNE...	1 1/2 Tbsp	
002009 CHILI POWDER.....	1 1/2 Tbsp	
901018 MUSTARD, POWDER/DRY.....	1 1/2 Tbsp	
799906 THYME LEAF, DRIED.....	1 1/2 Tbsp	

\*Nutrients are based upon 1 Portion Size (TBSP)

Calories	19 kcal	Cholesterol	0 mg	Sugars	*0.5* g	Calcium	19.87 mg	35.30%	Calories from Total Fat
Total Fat	0.76 g	Sodium	11 mg	Protein	0.92 g	Iron	1.15 mg	5.15%	Calories from Saturated Fat
Saturated Fat	0.11 g	Carbohydrates	3.66 g	Vitamin A	2040.7 IU	Water <sup>1</sup>	0.63 g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.92 g	Vitamin C	0.5 mg	Ash <sup>1</sup>	0.44 g	75.12%	Calories from Carbohydrates
								18.92%	Calories from Protein

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**825047 - Stir Fry Sauce**

Source: K12 Culinary  
 Number of Portions: 2  
 Size of Portion: cup

**Components:**  
 Meat/Alt:  
 Grains:  
 Fruit:  
 Vegetable:  
 Milk:

**Recipe Subgroups:**

**Attributes:**  
 Condiments  
 Custom Blends

HACCP Process: No HACCP Process

Ingredients	Measures	Instructions
825055 Juice, ECO Orange, 4 oz, SunCup 030100.....	1 cup	Whisk together orange juice, soy sauce, brown sugar, oil, garlic, ginger, and black pepper. For quality, store at 41 degrees F until ready to use.
826503 Sauce, Soy, less sodium, Kikkoman.....	1/2 cup	
019334 SUGARS,BROWN.....	1/2 CUP (packed)	If pouring over cooked vegetables, heat sauce until brown sugar crystals have dissolved.
050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F...	1 Tbsp	
799903 GARLIC, GRANULATED.....	1 Tbsp + 1 tsp	
002021 GINGER, GROUND.....	2 tsp	
002030 PEPPER, BLACK.....	1 tsp	

\*Nutrients are based upon 1 Portion Size (cup)

Calories	396 kcal	Cholesterol	0 mg	Sugars	*65.4* g	Calcium	56.91 mg	15.79%	Calories from Total Fat
Total Fat	6.95 g	Sodium	2318 mg	Protein	5.28 g	Iron	1.00 mg	2.57%	Calories from Saturated Fat
Saturated Fat	1.13 g	Carbohydrates	77.99 g	Vitamin A	66.4 IU	Water <sup>1</sup>	*1.41* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	1.08 g	Vitamin C	43.0 mg	Ash <sup>1</sup>	*0.57* g	78.72%	Calories from Carbohydrates
								5.33%	Calories from Protein

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

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## Pico De Gallo - USDA Recipe G150 for Schools

**Makes:** 50 or 100 Servings



Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
*Fresh tomatoes, chopped	5 lb	2 qt 2 2/3 cups	10 lb	1 gal 1 qt 1 1/3 cups
*Fresh red onions, diced 1/4"	1 lb 8 oz	1 qt 2/3 cups	3 lb	2 qt 1 1/3 cups
*Fresh jalapeno peppers, seeded, diced 1/4"	6 oz	1 cup	12 oz	2 cups
Fresh cilantro, finely chopped	2 oz	3 1/2 cups	4 oz	1 qt 3 cups
*Fresh green onions, finely chopped	4 oz	2/3 cup	8 oz	1 1/3 cups
Salt		2/3 tsp		1 1/3 tsp
Ground black pepper		2/3 tsp		1 1/3 tsp
Garlic powder		2 Tbsp		1/4 cup

## Directions

1. Combine all ingredients together in a large bowl. Stir well. Refrigerate until ready for service.
2. Critical Control Point: Cool to 41 °F or lower within 4 hours.
3. Critical Control Point: Hold at 41 °F or below.
4. Serve in small 2 oz souffle cups.
5. Portion with No. 16 scoop (1/4 cup).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking Process #2: Same Day Service

### Serving

NSLP/SBP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/8 cup red/orange vegetable and 1/8 cup other vegetable.

CACFP Crediting Information: 1/4 cup (No. 16 scoop) provides 1/4 cup vegetable serving.

## My Notes

## Nutrition Information

Nutrients	Amount	Meal Components
Calories	16	Vegetables
Total Fat	0 g	Red & Orange 1/8 cup
Saturated Fat	0 g	Other 1/8 cup
Cholesterol	0 mg	<a href="#">For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.</a>
Sodium	35 mg	
Total Carbohydrate	4 g	
Dietary Fiber	1 g	
Total Sugars	2 g	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	0 IU	
Calcium	11 mg	
Iron	0 mg	
Potassium	128 mg	
N/A - data is not available		



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## Tropical Fruit Gazpacho

**Makes:** 50 Servings

50 Servings

Ingredients	Weight	Measure
Mango, frozen, chunk	1 lb	
Papaya, fresh	1 lb	
Cucumber, fresh	1 lb	
Green bell pepper, fresh	10 oz	
Red bell pepper, fresh	10 oz	
Cilantro, fresh		2 Tbsp
Parsley, fresh		3 Tbsp
Pineapple juice		2 1/2 qt
Pineapple, canned, crushed in juice	1 lb	
Lemon juice		2 tbsp
Salt		1 tsp

## Directions

1. Thaw mango chunks.
2. Peel and chop papaya.
3. Peel and dice cucumber.
4. Dice green and red peppers.
5. Chop cilantro and parsley.
6. Combine all ingredients. Mix well.
7. Puree with a blender or immersion blender until desired chunkiness.
8. Chill quickly to below 41 degrees F.

## My Notes

**Source:** National Food Service Management Institute

## Nutrition Information

<b>Nutrients</b>	<b>Amount</b>
Calories	45
Total Fat	0 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	49 mg
Total Carbohydrate	11 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	12 mg
Iron	0 mg
Potassium	N/A

N/A - data is not available



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## Tomato Sauce (Meatless)

**Makes:** 1 Quart or 1 Gallon

Ingredients	1 Quart		1 Gallon	
	Weight	Measure	Weight	Measure
Vegetable oil		2 1/4 tsp		3 Tbsp
*Fresh onions, chopped	3 1/2 oz	1/2 cup 1 Tbsp	13 1/2 oz	2 1/4 cups
OR		OR	OR	OR
Dehydrated onions		1/4 cup 1 Tbsp	2 1/2 oz	1 1/4 cups
Canned low-sodium tomato paste	9 1/4 oz	1 cup	2 lb 5 oz	1 qt (1/3 No. 10 can)
Canned low-sodium diced tomatoes, with juice	1 lb 9 1/2 oz	3 cups 1 Tbsp (1/4 No. 10 can)	6 lb 6 oz	3 qt 1/4 cup (1 No. 10 can)
Water		1/2 cup		2 cups
Ground black or white pepper		1/8 tsp		1/2 tsp
Dried parsley		1 Tbsp		1/4 cup
Granulated garlic		2 1/4 tsp		1 Tbsp
Dried basil		1/4 tsp		1 tsp
Dried oregano		1/4 tsp		1 tsp
Dried marjoram		1/8 tsp		3/4 tsp
Dried thyme		pinch		1/4 tsp

## Directions

1. Heat oil. Add onions and cook approximately 5 minutes.
2. Add tomato paste, canned tomatoes, water, pepper, parsley, granulated garlic, and seasonings. Mix well and bring to boil. Reduce heat and simmer, uncovered, 25-30 minutes. CCP: Heat to 140° F or higher.
3. CCP: Hold for hot service at 135° F or higher. Serve over Meat Loaf (see D-27), Meat Balls (see D- 27A), or Salisbury Steak (see D-33).

## Notes

Comments:

\*See Marketing Guide.

†Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 1 quart tomato sauce (meatless), use 3/4 tsp Italian Seasoning Mix; for 1 gallon tomato sauce (meatless), use 1 Tbsp Italian Seasoning Mix.

**Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.**

## Nutrition Information

### Meal Components

Vegetables

Red & Orange      1/8 cup

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

# Hummus Recipe

La Conner School District

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		_____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo beans, canned, drained (reserve ½ cup of liquid)	1 lb 5 oz	3½ cup	2 lb 9 oz	6¼ cup			<ol style="list-style-type: none"> <li>Mash the garlic in a food processor until fine. Add the garbanzo beans and whirl until smooth. Add the tahini, lemon juice, salt, and olive oil and continue to process to smooth. Add parsley and process again.</li> <li>Thin out the mixture with left over garbanzo liquid until it is the right consistency for dipping.</li> </ol> <p><b>CCP:</b> Hold at 41° F or below for cold service.</p> <p><b>Note:</b> Use with carrots, cucumber, broccoli, red bell pepper on the salad bar, or serve 2 T with 8 tortilla chips as a bread serving.</p>
Garlic cloves		4 cloves		8 cloves			
Tahini, toasted		½ cup		1 cup			
Lemon Juice		4 Tbsp ½ tsp		8 Tbsp 1 tsp			
Olive Oil		¼ cup		½ cup			
Sea Salt		½ tsp		1 tsp			
Parsley, fresh		½ cup		1 cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 45	Saturated Fat: .39 grams	Sodium: 45.83 mg



# Hummus

Recipe Category: Vegetable (legumes)

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Garbanzo Beans, canned	4 lb 5 oz	$\frac{2}{3}$ No.10 Can	8 lb 9 oz	$1\frac{1}{3}$ No.10 Can			1. Drain and grind garbanzo beans. 2. Grind and combine all ingredients and chill to 40°F  Serve with Gyros Sandwich  <b>CCP:</b> Hold at 41° F or below for cold service.
Garlic cloves		8		17			
Salt		1 tsp		2 tsp			
Lemon Juice		$\frac{1}{2}$ cup		1 cup			
Tahini		$1\frac{1}{3}$ cup		$2\frac{2}{3}$ cups			
Parsley, fresh, chopped		$\frac{2}{3}$ Cup		$1\frac{1}{3}$ cup			
Cayenne Pepper		$\frac{1}{3}$ tsp		$\frac{2}{3}$ tsp			
Olive Oil		$\frac{1}{3}$ cup		$\frac{2}{3}$ cup			
Water		2 Tbsp 2 tsp		$\frac{1}{3}$ cup			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
3 Tbsp	100	Approx. 1 gallon 5 cups for 100 servings

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		$\frac{1}{6}$ cup (legumes)	

Nutrient Analysis		
Calories: 104	Saturated Fat: .85 gram	Sodium: 182 mg

# Lentil or Garbanzo Bean Hummus

Wenatchee School District

Recipe Category: Vegetables (Legumes)

Ingredients	50 Servings		100 Servings		72 Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Lentils, cooked or Garbanzo Beans, cooked	1 lb 1 oz dry	1 qt 3 1/2 cup cooked	2 lb 2 oz dry	4 qt 2 5/8 cups cooked	1 lb 8oz dry	11 1/4 cups cooked	<b>DIRECTIONS FOR 9 CUPS (72 SERVINGS)</b> 1. In a large saucepan, bring 2 qt. of water to a boil and simmer lentils about 15 minutes, or until al dente. 2. Drain lentils and rinse under cold water, draining well. 3. Transfer lentils to a bowl and chill for 20 minutes. 4. In a food processor puree lentils, tahini, garlic, lemon juice, and 1/2 cup water until smooth. 5. With motor running add oil in a stream, adding up to 1/4 cup remaining water if mixture is too thick. 6. Season hummus with pepper. Hummus may be made one day ahead and chilled. Cover surface with plastic wrap. <b>CCP:</b> Hold at 41°F or below for cold service.
Tahini (Sesame Seed Paste)		1 1/8 cup		2 1/8 cups		1 1/2 cups	
Garlic, minced & mashed		10 cloves		20 cloves		15 cloves	
Lemon Juice, fresh		2/3 cup		1 1/8 cup		1 cup	
Water		1 cup		2 1/8 cups		1 1/2 cups	
Pepper		To taste		To taste		To taste	
				To taste		To taste	

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
2 Tbsp	72 Servings 100 Servings 50 Servings	Approximately 9 cups Approximately 12 1/2 cups Approximately 6 1/4 cups

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		1/2 cup legumes	

Nutrient Analysis		
Calories: 71	Saturated Fat: .49 gram	Sodium: 14 mg

# Spaghetti Sauce

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Olive Oil		1½ cup 1 Tbsp		3 cups 2 Tbsp			<ol style="list-style-type: none"> <li>To a large stock pot on medium heat, add olive oil, onions and garlic (or garlic powder). Cook for 5 minutes.</li> <li>Add pumpkin to pan and caramelize for 2 – 3 minutes.</li> <li>Add additional vegetables: celery, carrots, bell peppers, zucchini; adding olive oil as needed; sauté 5 – 10 minutes or until vegetables begin to wilt.</li> <li>Crush herbs on palm of hand and add to the vegetable mixture and sauté for 2 minutes.</li> <li>Add tomatoes with juice and tomato sauce to the pan; stir to combine.</li> <li>Taste for seasonings and add salt and pepper.</li> <li>Simmer for about 1 hour.</li> <li>If the vegetables have not cooked down use immersion blender to puree vegetables.</li> <li>Return to clean pan.</li> </ol> <p><b>CCP:</b> Hold hot for service at 135°F or above.</p> <p>For future use: Cool and freeze using proper freezer method.</p>
Onions, fresh, diced		1½ qt ¼ cup		3 qt ½ cup			
Garlic, fresh minced		25 cloves		50 cloves			
Pumpkin, canned		2½ cups		5 cups			
Celery, thinly sliced		2½ cups		5 cups			
Carrots, ¼" dice		2½ cups		5 cups			
Green pepper ¼ " dice		2½ cups		5 cups			
Zucchini ¼ " dice		2½ cups		5 cups			
Oregano, dried, crushed fine		¼ cup ½ tsp		7 Tbsp 2 tsp			
Basil, dried, crushed fine		¼ cup ½ tsp		7 Tbsp 2 tsp			
Marjoram, dried, crushed fine		2 Tbsp 1½ tsp		¼ cup 1 Tbsp			
Thyme, dried, crushed fine		2½ tsp		1 Tbsp 2 tsp			
Tomatoes, canned, diced		12¼ cups		24½ cups			
Tomato sauce		9¾ cups		18¾ cups			
Salt		2 Tbsp 2½ tsp		5 Tbsp 2 tsp			
Pepper, black		2 Tbsp 2½ tsp		5 Tbsp 2 tsp			

**Spaghetti Sauce (cont.)**

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
¾ cup		

  

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		¾ cup (½ cup red/orange, ¼ cup other)	

  

Nutrient Analysis		
Calories: 111	Saturated Fat: 1.00 gram	Sodium: 546.58 mg.

# Teriyaki Sauce

Recipe Category: Sauce

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Soy Sauce, less salt		¾ cup 1 tsp		1½ cup 3 Tbsp			<ol style="list-style-type: none"> <li>In a sauce pan combine water, soy sauce, brown sugar, garlic and ginger and bring to a boil. Lower heat to medium.</li> <li>Dissolve cornstarch in second listing of water and add to the sauce.</li> <li>Stir constantly to allow the sauce to thicken.</li> <li>If the sauce is too thick, add a little water to thin.</li> </ol>
Water		3 cup 2 Tbsp		1 qt 2¼ cup			
Ginger, freshly grated		3 Tbsp 1 tsp		6 Tbsp 1 tsp			
Garlic clove, minced		3 each		6 each			
Cornstarch		5 Tbsp 2 tsp		¾ cup 1½ Tbsp			
Water		¾ cup 1 tsp		1½ cup 3 Tbsp			
Sugar, brown, unpacked		1½ cup 1 Tbsp		3 cup 2 Tbsp			

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
1 oz (2 Tbsp)		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits

Nutrient Analysis		
Calories: 24	Saturated Fat: 0	Sodium: 145.74 mg