



Tomato Products Wellness Council School Lunch Toolkit

Getting kids to eat vegetables in the school lunch program is challenging. That's why including more delicious tomato products in recipes is a winning strategy. Studies show that:

- Children prefer processed fruits and vegetables, such as tomato paste on pizza, to whole varieties. (*Journal of Child Nutrition and Management*)
- Pairing entrees with popular vegetables, such as potatoes and tomatoes, resulted in less plate waste. (*Food and Nutrition Sciences*)

Tomato products are the second most popular vegetable in America, second only to potatoes, accounting for 22% of vegetables grown. (USDA) And now they are part of the Red/Orange Vegetable Category indicated in the National School Lunch Program, which requires children to have .75 cups per week for grades K-5 and 6-8, and 1.25 cups per week for 9-12. That's because more than 650 studies point out health benefits of consuming more tomato products, such as reduced risk of heart disease and certain types of cancer.

It's easy to fit more wholesome tomato products in kids' meals because they are part of their most beloved dishes, such as pizza, spaghetti, lasagna, meatloaf, soup, burritos and tacos. The following tomato products meet the vegetable requirement in the NSLP (USDA Food Buying Guide for Child Nutrition Programs):

- 1 tablespoon tomato paste = ¼ cup red/orange vegetable
- 2 tablespoons tomato puree = ¼ cup red/orange vegetable
- 2.2 ounces canned whole or stewed tomatoes = ¼ cup red/orange vegetable
- 2.2 ounces canned crushed tomatoes = ¼ cup red/orange vegetable
- 2.1 ounces canned diced tomatoes = ¼ cup red/orange vegetable
- 2.1 ounces canned tomato sauce = ¼ cup red/orange vegetable
- 2.2 ounces canned meatless spaghetti sauce = ¼ cup red/orange vegetable
- 2.1 ounces canned salsa = ¼ cup red/orange vegetable
- 2 ounces 100% tomato juice = ¼ cup red/orange vegetable

Here are some tips for including more tomato products—and red/orange vegetables—in your school lunch menu:

- Add marinara sauce as a dipping sauce for chicken or pizza.
- Add salsa to a salad, burrito, or taco plate.
- Include pasta sauce with whole grain pasta dishes.
- Serve tomato juice with meals.
- Serve tomato-based soup, chili, or stew.

- Drizzle tomato sauce over meatloaf.
- Include canned tomatoes in smoothies.
- Put curried dishes on the menu, such as chicken or chickpea masala.

For further information on including healthful tomato products in school lunch planning, visit tomatowellness.com.

The Tomato Products Wellness Council School Lunch Toolkit includes the following recipes scaled to 50 and 100 portions, with nutritional analysis, critical control points, and school lunch crediting according to the USDA Food Buying Guide for Child Nutrition Programs.

- Garden Patch Lasagna
- Beef and Bean Burrito Bowl
- South of the Border Pizza
- Penne with Chorizo and Kale
- Red Beans, Spinach and Beef

GARDEN PATCH LASAGNA



Meal Plan Contributions: 2 ounces whole grain, 2 ounces meat alternative, 3/4 cup red/orange vegetable, 1/4 cup dark green vegetable*

Serving Size: 8 ounce serving

50 Servings

Total yield: 25 pounds

Ingredient	Instruction	Volume	Weight
Water, boiling		4 gallons + 2 quarts	
Salt		3 tablespoons	
Whole wheat			6 pounds 4 ounces

lasagna noodles, uncooked			
Vegetable Oil		1/2 cup	
Carrots, fresh	Shredded, ready-to-use	3 quarts + 1 cup	3 pounds 5 ounces
Spinach leaves, fresh	Partly trimmed	3 quarts + 1 cup	
Onions, mature, fresh	Diced	1 quart + 1 cup	1 pound 8 ounces
Canned low-sodium tomato sauce		6 quarts + 1 cup	
Canned low-sodium tomato paste		1 1/4 cups	
Dried oregano		1 tablespoon + 2 teaspoons	
Granulated garlic		2 teaspoons	
Reduced fat cottage cheese		3 quarts + 1 cup	6 pounds 11 ounces
Dried parsley		1 tablespoon + 2 teaspoons	
Grated parmesan cheese		1 1/4 cups	
Mozzarella cheese	Shredded	1 quart + 1 cup	

100 Servings

Total yield: 50 pounds

Ingredient	Instruction	Volume	Weight
Water, boiling		9 gallons	
Salt		2/3 cup	
Whole wheat lasagna noodles, uncooked			12 pounds 8 ounces
Vegetable Oil		1 cup	
Carrots, fresh	Shredded, ready-to-use	6 quarts + 2 cups	6 pounds 10 ounces
Spinach leaves, fresh	Partly trimmed	6 quarts + 2 cups	
Onions, mature, fresh	1/4 inch diced	2 quarts + 2 cup	3 pounds

Canned low-sodium tomato sauce		12 quarts + 2 cups	
Canned low-sodium tomato paste		2 1/2 cups	
Dried oregano		3 tablespoons + 1 teaspoon	
Granulated garlic		1 tablespoon + 1 teaspoon	
Reduced fat cottage cheese		6 quarts + 2 cups	13 pounds 4 ounces
Dried parsley		3 tablespoons + 3 teaspoon	
Grated parmesan cheese		2 1/2 cups	
Mozzarella cheese	Shredded	2 quarts + 2 cup	

Method with Critical Control Points (CCP)

Place water and salt in a large stock-pot or steam jacketed kettle and bring to a boil.

Slowly add lasagna noodles and cook for 10-12 minutes until tender. Drain and set aside.

Heat the oil in a tilt skillet or stovetop pan large enough to hold the ingredients. Add onion, shredded carrots and spinach and cook until vegetables are heated through and onion is translucent. Drain off any excess liquid.

In a steam-jacketed kettle or large stock pan, heat the tomato sauce and tomato paste. Add the oregano and granulated garlic. Simmer, uncovered for 20 minutes.

In a large bowl, combine cottage cheese, dried parsley and grated Parmesan cheese. Mix well to combine.

Spread 1/4 (roughly 1 quart + 2 cups for 50 servings) of tomato sauce on the bottom of each steam table pan (12"x20"x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. Layer with a single layer of noodles, 1/4 of the vegetable mixture, 1/4 of the cheese mixture, and another layer of tomato sauce. Continue to create three additional layers ending with a single layer of noodles and remainder of sauce. Sprinkle mozzarella cheese over each pan of lasagna and cover with foil.

Bake in conventional oven at 375°F for 50 minutes; Convection oven at 350°F for 40 minutes.

Remove from oven and allow to cool for 15 minutes before serving. Slice each pan 5 x 5 (4" by 2 ½" by 2 ½"), each pan providing 25 servings.

CCP: Hold for hot service at 135°F or higher.

***National School Lunch Program meal contributions calculated based on USDA Food Buying Guide for Child Nutrition Programs.**

NUTRITIONAL INFORMATION PER SERVING: 388 calories, 8.5 g fat, 1.6 g saturated fat, 0.0 g trans fat, 7 mg cholesterol, 525 mg sodium, 602 mg potassium, 57.4 g carbohydrates, 11.5 g fiber, 8.7 g sugar, 18.5 g protein

Recipe developed by Tomato Products Wellness Council.

BEEF AND BEAN BURRITO BOWL (Prepared or Build Your Own)



Meal Plan Contributions: 2 ounces grain, 3 ounces meat/meat alternative (1 ounce bean, 1 ounce cheese, 1 ounce ground beef), ½ cup red/orange vegetable*

Vegetarian option: 2 ounces beans, 1 ounce cheese for 3 ounces meat credit or 1 ounce bean, 1 ounce cheese for 2 ounces meat credit

Serving Size: 1 burrito bowl provides 3 ounces meat/meal alternative (1 ounce black beans, 1 ounce cooked beef, 1 ounce shredded cheese), 2 ounces rice, 1/8 cup shredded lettuce, ¼ cup salsa

50 Servings

Total yield: 50 burrito bowls

Ingredient	Instruction	Volume	Weight
Chili Beef Filling			
Olive oil		3 tablespoons + 1 teaspoon	
Beef, ground 80/20, raw**			4 pounds 8 ounces
Onions	¼ inch diced	1 quart	1 pound 1 ounces
Salt		1 tablespoon + 2 teaspoons	
Chili Powder		3 tablespoons	
Canned low-sodium tomato sauce		1 quart + 2 cups	
Spanish Rice			
Water***		7 quarts	
Brown rice, long grain, raw		3 quarts + 2 cups	5 pounds 9 ounces
Canned tomatoes, diced, with juice, preferably low sodium****		1 quart + 2 cups	3 pounds 3 ounces
Toppings			
Black Beans, canned, low-sodium, drained	Rinsed and drained	3 quarts + 1 cups	4 pounds 15 ounces
Fresh lettuce	Julienne slice	1 quart + 2 cups	
Reduced fat cheddar cheese	Shredded	3 quarts + 1 cup	2 pounds 10 ounces
Homemade Salsa			
Canned tomatoes, diced, with juice****		1 quart + 2 cups	3 pounds 3 ounces
Fresh onions	¼ inch diced	2 ½ cups	11 ounces
Tomato paste		2/3 cup	
Water		1 cup	
Garlic powder		1 teaspoon	

Ground cumin		1 teaspoon	
Salt		2 teaspoons	
Sugar		¼ cup	
Canned tomatoes, diced, with juice, preferably low sodium****		1 quart + 2 cups	3 pound 3 ounces

100 Servings

Total yield: 100 burrito bowls

Ingredient	Instruction	Volume	Weight
Chili Beef Filling:			
Olive oil		¼ cup	
Beef, ground 80/20, raw**			9 pounds
Onions	¼ inch diced	2 quarts	2 pounds 2 ounce
Salt		3 tablespoons	
Chili Powder		1/3 cup	
Canned low-sodium tomato sauce		3 quarts + 1 cup	
Spanish Rice:			
Water***		14 quarts	
Brown rice, long grain, raw		7 quarts	11 pounds 2 ounces
Canned tomatoes, diced, with juice, preferably low sodium****		3 quarts + 1 cup	6 pounds 6 ounces
Fillings and Toppings:			
Black Beans, canned, low-sodium, drained	Rinsed and drained	6 quarts + 2 cups	9 pounds 14 ounces
Fresh lettuce	Julienne slice	3 quarts + 1 cup	
Reduced fat cheddar cheese	Shredded	6 quarts + 2 cup	5 pounds 4 ounces
Homemade Salsa:			
Canned tomatoes, diced, with juice, preferably low		3 quarts + 1 cup	6 pounds 6 ounces

sodium****			
Fresh onions	1/4 inch diced	1 quart + 1 cup	1 pound 6 ounces
Tomato paste		1 1/3 cups	
Water		2 cups	
Garlic powder		2 teaspoons	
Ground cumin		2 teaspoons	
Salt		1 tablespoon + 1 teaspoon	
Sugar		1/2 cup	
Canned tomatoes, diced with juice. Preferably low-sodium****		3 quarts + 1 cup	6 pounds 6 ounces

Method with Critical Control Points (CCPs):

For the Chili Beef Filling:

Heat the oil in a tilt skillet or stovetop braising pan large enough to hold all ingredients.

Add beef to the pan and break up the meat as it cooks and browns.

CCP: Heat to 165°F or higher for at least 15 seconds.

Remove the meat and drain off all fat in the skillet.

Add the onions to the skillet and cook until onion is translucent, stirring to keep from sticking and browning.

Return the meat to the pan.

Add the salt, chili powder and tomato sauce and stir well to combine. Bring to a simmer and cook for 5 minutes.

CCP: Hold at hot service for 135°F or higher

For the Spanish Rice:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil and bake in a 350°F oven for approximately 40 minutes until water is almost absorbed.

Remove rice from oven and remove foil. Stir in the diced canned tomatoes until well combined. Replace foil and place back in the oven and cook for an additional 15 minutes until rice is tender and water is absorbed.

Note: If using cold water instead of boiling water, increase first cooking time by 30 minutes.

CCP: Hold at hot service for 135°F or higher

Prepare the black beans, shredded lettuce and shredded cheddar cheese for service. Black beans can either be served in a cold serving table or hot.

CCP: If beans are to be served for hot service, hold at hot service for 135°F or higher

CCP: Refrigerate until ready to serve. Hold shredded lettuce and shredded cheddar cheese (and black beans if used for cold service) at 40°F or lower

For the Salsa:

Place diced tomatoes (1 qt + 2 cups for 50 servings, 3 qt + 1 cup for 100 servings), onions, tomato paste, water, garlic powder, cumin, salt and sugar in a food processor or blender. Pulse until almost smooth.

In a bowl, mix pureed tomato mixture and remaining diced tomatoes (1 qt + 2 cups for 50 servings, 3 qt + 1 cup for 100 servings) until blended. Refrigerate until ready to serve.

CCP: Hold at 40°F or lower. Portion with 2 ounces ladle (1/4 cup)

To serve Build Your Own Burrito Bowls:

Serve 1 ounce cooked beef and 2 ounces (1/2 cup) cooked rice in bowls.

Place beans, shredded cheese, shredded lettuce and salsa in salad bar or other cold service location.

Allow students to add their own toppings to burrito bowls. Additional toppings may include reduced-fat sour cream, sliced jalapenos and canned corn.

To serve ready prepared Burrito Bowls:

Place 1 ounce cooked beef and 2 ounces (1/2 cup) cooked rice in bowls. Top with 1/8 cup shredded lettuce, 1/4 cup shredded cheese, 2 ounces salsa, and 1 ounce (1/4 cup) black beans.

***National School Lunch Program meal contributions calculated based on USDA Food Buying Guide for Child Nutrition Programs.**

****If using cooked beef that credits ounce for ounce, use 6 pounds 4 ounces for 100 servings, 3 pounds 2 ounces for 50 servings**

*****Cooking directions for rice utilize a 2:1 water to rice ratio. Since different rice product require different water ratios, please follow directions on package, if available.**

******If using prepared salsa, substitute 3 quarts 2 ounces for 50 servings and 7 quarts for 100 servings**

*******An equal volume of fresh, diced tomatoes may be used in place of the canned, diced tomatoes.**

**NUTRITIONAL ANALYSIS PER SERVING: (1 ounce cooked beef, 2 ounces cooked rice, ¼ cup shredded lettuce, ¼ cup shredded cheese, 2 ounces salsa, and 1 ounce (1/4 cup) black beans)
561 calories, 12.3 g fat, 5.6 g saturated fat, 0 g trans fat, 54 mg cholesterol, 516 mg sodium, 1337 mg potassium, 78.7 g carbohydrates, 11.9 g fiber, 6.4 g sugars, 35.6 g protein (USDA)**

Recipe developed by Tomato Products Wellness Council.

SOUTH OF THE BORDER PIZZA



Meal Plan Contributions: 2 ounces whole grain, 2 ounces meat alternative, ½ cup red/orange vegetable*

Serving Size: 1 slice, 9”X5”

50 Servings

Total yield: 2 ½ sheets

Ingredient	Instruction	Volume	Weight
Whole Grain Pizza Crust**:			
Whole wheat/enriched flour blend (at least 51% whole		3 quarts + 1 cup	3 pounds 8 ounces

wheat flour with remaining grain enriched)			
Salt		1 1/2 teaspoons	
Sugar		2 tablespoons + 1 teaspoon	
Active dry yeast***		2 tablespoons + 1 1/2 teaspoons	1 ounce
Water	Warmed to 130° F	1 quart + 1/4 cup	
Vegetable oil		1/3 cup	
Cornmeal, whole grain		1/2 cup	2 ounces
Pizza Topping:			
Tomato Sauce		1 quart + 2 cups	3 pounds 3 ounces
Refried Beans		3 quarts + 1 cups	
Taco Seasoning (preferably salt-free)		2/3 cup	
Canned low-sodium corn	Drained and rinsed	1 quart + 1 cup	2 pounds + 8 ounces
Fresh green bell peppers	Diced	1 quart + 1 cup	1 pound 9 ounces
Tomatoes, canned diced	Drained	3 quarts + 1 cup	6 pounds 6 ounces
Taco Seasoning (preferably salt-free)		3 tablespoons + 1 teaspoon	
Reduced-fat cheddar cheese	Shredded	3 quarts + 1 cup	2 pounds 10 ounces
Fresh Lettuce	Julienne sliced	1 quart + 1 cup	
Salsa, prepared		1 quart + 2 cups	

100 Servings

Total yield: 5 sheet pans

Ingredient	Instruction	Volume	Weight/Measurement
Whole Wheat Pizza Crust**:			
Whole wheat/enriched flour blend (at		6 quarts + 2 cups	7 pounds

least 51% whole wheat flour with remaining grain enriched)			
Salt		1 tablespoon	
Sugar		¼ cup + 2 teaspoons	
Active dry yeast***		¼ cup + 1 tablespoons	
Water	Warmed to 130° F	2 quarts + ½ cup	
Vegetable oil		2/3 cup	
Cornmeal, whole grain		1 cup	4 ounces
Pizza Topping:			
Tomato Sauce		3 quarts + 1 cup	6 pounds 6 ounces
Refried Beans		6 quarts + 2 cups	
Taco Seasoning (preferably salt-free)		1 1/3 cups	
Canned low-sodium corn	Drained and rinsed	2 quarts + 2 cups	5 pounds
Fresh green bell peppers	Diced	2 quarts + 2 cups	3 pounds 2 ounces
Tomatoes, canned diced	Drained	6 quarts + 2 cups	12 pounds 12 ounces
Taco Seasoning (preferably salt-free)		6 tablespoons + 2 teaspoons	
Reduced-fat cheddar cheese	Shredded	6 quarts + 2 cups	5 pounds 4 ounces
Fresh Lettuce	Julienne sliced	2 quarts + 2 cups	
Salsa, prepared		3 quarts + 1 cup	

Method with Critical Control Points (CCPs)

To prepare the Pizza Crust**:

Place flour, salt, sugar, and dry yeast in large mixer bowl. Mix with a dough hook for 30 seconds on low speed.

Combine warm water and oil. Add liquids to the dry ingredients. Mix on low speed for 5 minutes.

Divide and shape dough. For 10 servings, shape 1 ball, for 50 servings, divide into 2 balls, 2 pounds 6 ounces each and 1 ball, 1 pound 3 ounces. For 100 servings, divide into 5 balls, 2 pounds 6 ounces each. Let sit at room temperature for at least 20 minutes before stretching.

Lightly coat sheet pans (18"x26"x1") and half sheet pan (13"x18"x1") with cooking spray. For 10 servings, use 1 half sheet pan, for 50 servings, use 2 pans and 1 half pan, for 100 servings, use 5 large pans. Sprinkle each pan for 1 ounce (3 tablespoons) cornmeal and set aside.

Place dough ball in center of pan and flatten dough by rolling or spreading with fingers to the rim of pans. Keep edges thicker than center to create a crust when baked.

To prepare the Pizza Toppings:

If using prepared pizza balls or dough, spread them on prepared baking sheets before preparing the toppings.

Heat tomato puree and refried beans in a steam-jacketed kettle or stock pan large enough to hold ingredients. Mix well to combine and season with taco seasoning ($\frac{2}{3}$ cup for 50 servings, $1\frac{1}{3}$ cup for 100 servings).

Heat corn, green peppers, diced tomatoes and remaining taco seasoning (3 tablespoons + 1 teaspoon for 50 servings, 6 tablespoons + 2 teaspoons for 100 servings) in a tilt skillet or large stovetop pan. Cook for 10 minutes, stirring occasionally. Drain off any excess liquid.

Assemble the pizza. Spread tomato/bean mixture onto pizza crust (approximately 2 quarts for large pizza pans, 1 quart for half size pan) followed by tomato-corn-pepper mixture (approximately $2\frac{1}{2}$ cups for large pizza pans, $1\frac{1}{4}$ cups for half size pan).

Sprinkle on cheddar cheese (1 quart + 2 cups) per large pan and bake until crust is lightly browned: Conventional oven at 475°F for 15-18 minutes. Convection oven at 450°F for 15 minutes.

CCP: Hold at 135°F or higher for hot service.

Top with shredded lettuce and salsa.

Cut each sheet pan 4 X 5 (20 pieces per pan). Cut each half-sheet pan 2 x 5 (10 pieces per pan).

***National School Lunch Program meal contributions calculated based on USDA Food Buying Guide for Child Nutrition Programs.**

****May substitute with whole-grain prepared pizza crust or dough. Prepared pizza crust to provide at least 51% whole-wheat flour with remaining grain product to be enriched.**

*****To use high activity (instant) yeast, follow manufactures instructions**

NUTRITION INFORMATION PER SERVING: 313 calories, 12.8 g fat, 6.3 g saturated fat, 0.0 g trans fat, 30 mg cholesterol, 580 mg sodium, 467 mg potassium, 44.3 g carbohydrates, 7.4 fiber, 6 g sugars, 17.3 g protein

Recipe developed by Tomato Products Wellness Council.

PENNE WITH CHORIZO AND KALE



Meal Plan Contributions: 2 ounces meat/ meat alt., 2 ounces grain, 1/2 cup vegetable (1/4 cup red/orange, 1/4 cup dark green)

Serving Size: 8 ounce spoodle

One 8 ounce spoodle portion weighs 12 ounces

50 Servings

Total yield: 37 pounds 8 ounces

Ingredient	Instruction	Volume	Weight/Measurement
Penne pasta, whole wheat, uncooked		8 quarts + 1/3 cup	6 pounds 4 ounces
Water *		31 ounces	
Olive oil		2 tablespoons	

Onions, diced		1 quart + 2 ¼ cups	1 pounds 12 ounces
Garlic, fresh	Chopped	2 tablespoons	
Chicken stock, low sodium		3 quarts	
Tomatoes, diced, canned with juice		3 quarts + 2 cups	108 ounces
Crushed red pepper		2 teaspoons	
Chorizo, cooked, crumbled			6 pounds 4 ounces
Kale **	Ribbed, chopped	30 quarts	5 pounds
Mexican cheese (optional)	Shredded	3 cups + 2 tablespoons	10 ounces
Cilantro (optional)	Chopped	1 cup	

100 Servings

Total yield: 75 pounds

Ingredient	Instruction	Volume	Weight/Measurement
Penne pasta, whole wheat, uncooked		16 quarts + 2/3 cup	12 pounds ounces
Water *		62 ounces	
Olive oil		¼ cup	
Onions, diced		3 quarts + ½ cup	3 pounds 8 ounces
Garlic, fresh	Chopped	¼ cup	
Chicken stock, low sodium		6 quarts	
Tomatoes, diced, canned with juice		7 quarts	216 ounces
Crushed red pepper		4 teaspoons	

Chorizo, cooked, crumbled			12 pounds 8 ounces
Kale **	Ribbed, chopped	60 quarts	10 pounds
Mexican cheese (optional)	Shredded	6 1/4 cups + 2 tablespoons	1 pound 4 ounces
Cilantro (optional)	Chopped	2 cups	

Method with Critical Control Points (CCP):

For the Pasta:

Cook pasta according to package instructions.

Drain and lay out on sheet pans to cool if not using right away. Pasta may be cooked and cooled a day ahead.

CCP: keep cold food at or below 41°f.

For the Sauce:

In a tilt skillet or stovetop braising pan, heat the oil over medium-high heat. Add the onions and sauté until soft, about 5 minutes.

Stir in the garlic and cook 1 more minute. Add the stock, tomatoes with juice, crushed red pepper, chorizo, and kale.

Cover and reduce the heat to low. Simmer for 15 minutes. Add cooked pasta to the pan and simmer to heat the pasta.

Transfer pasta and sauce to steam table pans, garnish with cheese and cilantro (optional). Hold hot for service.

CCP: hold for hot service at 135°f or higher.

Portioned Re-therm/Reheat Method:

Cook and drain pasta according to package instructions. Let the pasta cool covered so that it does not dry out. You may choose to gently rinse the pasta under cold water so that it does not stick together.

Cook the sauce exactly as above, and cool the sauce in a blast chiller (preferred) or under refrigeration until cold (41°f or below).

Mix the cold sauce into the pasta. If the sauce seems thick, add a few cups of water, as this will help steam the pasta when reheating and keep it from drying out.

Scoop one large 8 ounce spoodle (approximately 12 ounce portion) of pasta and sauce into food trays and seal the trays. Keep cold until service.

Reheat/Re-therm on medium for 30–35 minutes until hot (165°f) and serve immediately.

Hint: re-therms can dry out pasta and rice, so it's a good idea to add water to pasta as instructed above. Alternately, you may put a pan of warm water in the bottom of the re-therm to create some steam, which will help keep the pasta and sauce moist and soft.

*our pasta preparation method uses a 5 quarts : 1 pound water: pasta ratio.

**kale can also be oven steamed by placing cut kale in 6-inch steam table pans, sprinkling with water, covering, and placing in a 350°f oven for about 30 minutes.

NUTRITION INFORMATION PER SERVING: 456 calories, 19g fat, 7g saturated fat, 47mg cholesterol, 644mg sodium, 51g carbohydrate, 8g fiber, 20g protein

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RED BEANS, SPINACH, AND BEEF



Meal Plan Contributions: 2 ounces meat/ meat alt. (1 ounce meat, 1 ounce meat alt.), 2 ounces grains, 1/2 cup vegetable (1/4 cup dark green, 1/4 cup red/orange)

Serving size: 8 ounce spoodle

One 8 ounce spoodle portion weighs 9.8 ounces

50 Servings

Total yield: 30 pounds 14 ounces

Ingredient	Instruction	Volume	Weight/Measurement
Olive oil		2 tablespoons	
Beef, ground, 80/20, raw *			4 pounds 8 ounces
Onions	¼-inch dice	2 quarts	2 pounds 2 ounces
Kosher salt		2 tablespoons	

Chili powder		2 tablespoons	
Tomatoes, diced, low sodium, canned, with juice **		3 quarts + 1 cup	6 pounds 11 ounces
Beans, canned, kidney, low sodium, drained ***		5 quarts + 2 cups	8 pounds 7 ounces
Spinach, baby, raw		38 quarts	6 pounds 12 ounces
Black pepper, ground		1 tablespoon	
Water ****		7 quarts	11 pounds 3 ounces
Brown rice, long grain, raw*****		3 quarts + 2 cups	5 pounds 9 ounces

100 Servings

Total yield: 61 pounds 12 ounces

Ingredient	Instruction	Volume	Weight/Measurement
Olive oil		¼ cup	
Beef, ground, 80/20, raw *			9 pounds
Onions	¼-inch dice	4 quarts	4 pounds 4 ounces
Kosher salt		¼ cup	
Chili powder		¼ cup	
Tomatoes, diced, low sodium, canned, with juice **		6 quarts + 3 cups	13 pounds 6 ounces
Beans, canned, kidney, low		11 quarts	18 pounds 14 ounces

sodium, drained ***			
Spinach, baby, raw		76 quarts	13 pounds 8 ounces
Black pepper, ground		2 tablespoons	
Water ****		14 quarts	22 pounds 6 ounces
Brown rice, long grain, raw ****		7 quarts	11 pounds 2 ounces

Method with Critical Control Points (CCP)

Heat the oil in a tilt skillet or stovetop braising pan large enough to hold all ingredients. Add beef to the pan and break up the meat as it cooks and browns.

CCP: heat to 165°f or higher for at least 15 seconds. Remove the meat and drain off all the fat in the skillet.

Add the onions to the skillet and cook until translucent, stirring to keep from burning. Return the meat to the pan.

Add the salt and chili powder and stir well to combine.

Add the tomatoes and beans. Bring to a simmer, simmer for 5 minutes. Add the spinach and cook, stirring, until wilted.

Simmer an additional 10 minutes.

CCP: hold for hot service at 135°f or higher.

For the rice:

Bring water to a boil.

Place rice in a steam table pan. Pour boiling water over rice, cover tightly with foil, and bake in a 350°f oven for approximately 50 minutes or until rice is tender and water is absorbed.

Note: if boiling water is unavailable, cold water may be used. Increase the cook time by approximately 30 minutes.

To make rice in a steamer:

Put 5 pounds 9 ounces rice in two 6-inch hotel pans. Cover with 5 quarts water and steam on high, uncovered, for 50 minutes. Let rest 10 minutes, then fluff with a spatula.

CCP: heat to 165°F or higher for at least 15 seconds.

CCP: hold for hot service at 135°F or higher.

Batch cooking in a tilt skillet:

Follow methods above, scaling for your production needs.

Portioned Re-therm/Reheat Method:

Follow methods above, scaling for your production needs, except add the spinach after simmering for 10 minutes and stir to wilt.

Remove the beef and beans from the heat and transfer to 6-inch hotel pans or larger containers to cool for 15 minutes at room temperature. Then cool in a blast chiller (preferred) or under refrigeration until cold (41°F or below).

Cook and cool the rice in a blast chiller (preferred) or under refrigeration until 41°F or below. Fluff the rice once cool.

Note that beef and bean stews, and other stews like them, are very dense and take a long time to cool down. You may need to stir occasionally to cool them per your CCP plan.

Place a 1 cup scoop of rice in the center of the food trays and spread the rice to the sides, leaving a space in the center, and place one heaping 8 ounce spoodle (10 fluid ounces stew) in the center.

Seal the food trays and keep cold until service.

Re-therm or heat trays on medium-high, or 275°F for 35–40 minutes or until hot (165°F), and serve immediately.

* If using cooked beef that credits ounce for ounce, use 6 pounds 4 ounces for 100 servings, 3 pounds 2 ounces for 50 servings.

** If using fresh tomatoes, use 7 pounds 8 ounces for 50 servings, 15 pounds for 100 servings.

*** If using dry kidney beans, use 2 pounds for 50 servings, 4 pounds for 100 servings.

**** Our rice preparation method uses a 2:1 water: rice ratio. Since different rice products require different water ratios, please follow directions on the package, if available.

NUTRITION INFORMATION PER SERVING: 406 calories, 8g total fat, 3g saturated fat, 31mg cholesterol, 432mg sodium, 63g carbohydrate, 11g fiber, 20g protein

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