

Recipe Crediting Worksheet

Recipe Name Italian Beef Soup

Portion Size 1 cup = 32 servings

Resource used for Crediting S.B.G Yield 8 quarts

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Ground Beef, 10% fat	2.11 lb	25.53		
Kidney Beans, drained , 2	#2 1/2	23.2		
Corn, drained, 2	#300		2.75	
Carrots, fresh, sliced	1 lb		2	
Cabbage, chopped	1 lb		3.25	
Tomato, fresh, chopped	1.3 lb		1.5	
Cut Green Beans, drained, 2	#300		2.5	
Onion, diced	1 lb		1.5	
(4)	Recipe Total	48 ounces	13.5 cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u>54</u> 1/4 c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	Each portion contributes	32 Servings= 1.5 ounces	1.6 = 33 servings 1.3 = 41 servings 1/4 cup(s)	equiv

Instructions:

- List all ingredients and the form they are in (whole, diced, chopped, etc).
- List the measured amount of the food item in either the weight or measure (volume).
- Record the yield of the Meat/Meat Alt. in ounces, the yield of Vegetable/Fruit in whole cup servings, and the Grains/Breads in equivalents for ages 3-5. Use the *USDA Food Buying Guide* and the *Easy to Use Grains/Breads Chart* to determine the yield of these ingredients.
- Add up the number of ounces of Meat/Meat Alt., total cup servings of Vegetable/Fruit, and the total equivalents of Grains/Breads for ages 3-5.
- Multiply the total cups of Vegetable/Fruit by 4 to get the total number of 1/4 cups.
- Divide the total of each component (Meat/Meat Alt., Grain/Bread, Vegetable/Fruit) by the total number of portions the recipe yields to get the amount each portion contributes.
- Round down the ounces fo Meat/Meat Alt. to the nearest 0.25 ounce. Round down the Grain/Bread to the nearest 0.25 equivalent. Round down the Vegetable/Fruit to the nearest 0.5 1/4 cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

Recipe Name: Italian Beef Soup

Resources used for Crediting

S.B.G

Component Contribution

X ___ Meat/Alt

X ___ Vegetable/Fruit

___ Grain/Bread

1 cup
Portion Size

3-5 year old
Age Group

Ingredient	Form (whole, chopped)	<u>8 quarts=32 servings</u> Recipe Yield	
		Weight	Measure
Kidney beans	Canned,Drained	2 #2 1/2	
Ground Beef, 10 % fat		2.11 lb	
Corn	Canned, Drained	2 #300	
Carrots	Fresh, sliced	1 lb	
Cabbage	Fresh, chopped	1 lb	
Tomato	Fresh, chopped	1.3 lb	
Cut Green Beans	Canned, drained	2 #300	
Onion	Diced	1 lb	
Macaroni	Uncooked	2 cups	
Oregano, parsley, salt, Pepper, opt.			

Directions:

1. Place ground beef in a large soup pot. Cook over medium heat until evenly browned. Drain excess fat. Stir in all remaining items and simmer until raw vegetables are cooked.
2. If using pasta, stir in to soup and simmer until pasta is tender.