

Recipe Name:

Resources used for Crediting
S.B.G. _____

Component Contribution

X _____ Meat/Alt _____ Vegetable/Fruit
_____ Grain/Bread

<u>1/2 cup</u> Portion Size	<u>3-5 year old</u> Age Group
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Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Navy Beans	Dry	2 lb	
Turkey Ham	Diced	1.5 lb	
Water			1 gal
Onion	Diced		1 cup
Ham boullion			4 tsp
Salt			1 Tbsp
Pepper			1/4 tsp

Directions:

1. soak beans in refrigerator overnight
2. Drain beans and add new water
3. Add Turkey Ham, onion, boullion
4. Bring to boil, then simmer
5. Add water as needed
6. Cook til beans are tender, 2-2.5 hours
7. Season with salt and pepper