Recipe Crediting Worksheet

Recipe Name 4 Bean Salsa Soup **Portion Size**_____

Resource used for Crediting SBG **Yield** Serves 64-97

(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)
Pinto Beans	#10	37.2		
Black Beans	#10	27.8		
Kidney Beans	#10	38.9		
Garbanzo Beans	#10	42		
Salsa	5 lb			
Low Fat Turkey Sausage	1 lb			
(4)	Recipe Total	145.9 ¼ cups ounces	cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = _____¼ c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	Each portion contributes	2.25 ounces	¼ cup(s)	equiv

Instructions:

1. List all ingredients and the form they are in (whole, diced, chopped, etc).
2. List the measured amount of the food item in either the weight or measure (volume).
3. 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.
4. 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.
5. Multiply the total cups of Vegetable/Fruit by 4 to get the total number of ¼ cups.
6. 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.
7. 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 ¼ cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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Resources used for Crediting
SBG

Component Contribution
X____Meat/Alt _____Vegetable/Fruit
_____Grain/Bread

_____	3-5 yr old
Portion Size	Age Group

Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Pinto Beans	Undrained	#10 can	
Black Beans	Undrained	#10 can	
Kidney Beans	Undrained	#10 can	
Garbanzo Beans	Undrained	#10 can	
Salsa		5 lb	
Low Fat Turkey Sausage	1 lb		
Cilantro, opt			
Cheese, opt			

Directions:
Heat all ingredients and simmer until hot.
Stir in cilantro (opt) and top with cheese (opt)