

Recipe Crediting Worksheet

Recipe Name Navy Beans W/ Turkey Ham

Portion Size 1/2 cup

Resource used for Crediting S.B.G. Yield 3.75 quarts Serves 25-31

(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)
Navy Beans, dry	2 lb	31.8		
Turkey Ham, diced	1.5 lb	16.8		
(4)	Recipe Total	48.6 ounces	cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = _____ 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	1.5 oz = 31 servings 1.9 oz = 25 servings ounces	1/4 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 1/4 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 1/4 cup. If the Vegetable/Fruit contribution is less than 0.5, it is too small to be counted.

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