

Recipe Crediting Worksheet

Recipe Name Pozole

Portion Size 29 2/3 cup

Resource used for Crediting SBG

Yield 4 3/4 qts

| (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) |
|-------------------------|---|--|--|--|
| B.S. Chicken Breast | 4 lb | 46.4 | | |
| Onion, chopped | 2 cups | | 2 | |
| Cabbage, shredded | Head | | 8 | |
| Hominy, canned, drained | 2 #2 1/2 | | ---- | |
| Broth or water | 3 qts | | | |
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| (4) | Recipe Total | 46.25 ounces | 10 cup(s) | equiv |
| (5) | Calculations | divide by the number of servings the recipe yields | Multiply by 4 = 40 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 | 1.59 ounces | 1.37 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.

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Resources used for Crediting
SBG

Component Contribution
 X ___ Meat/Alt X ___ Vegetable/Fruit
 ___ Grain/Bread

| | |
|--------------------------------|--------------------------------|
| <u>2/3 cup</u> Portion Size | <u>3-5 yr old</u> Age Group |
|--------------------------------|--------------------------------|

| Ingredient | Form (whole, chopped) | <u>4.78 qts</u> Recipe Yield | |
|---------------------|--------------------------|---------------------------------|---------------|
| | | Weight | Measure |
| B.S. Chicken Breast | Diced | 4 lb | |
| Onion | Chopped | | 2 cups |
| Cabbage | Shredded | | 8 cups |
| Broth or water | | 3 quarts | |
| Hominy, canned | Drained | | 2 #2 1/2 cans |
| Salt | | | 2 tsp |
| Pepper | | | 2 tsp |
| Margarine | | | 1/4 cup |
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Directions:

- Place margarine in stock pot over medium heat
- Add chopped onion and diced chicken, sauté until chicken is tender.
- Add water or broth, cabbage, hominy and seasonings.
- Bring to boil, then simmer 2 hours.