

Recipe Crediting Worksheet

Recipe Name Spanish Meatballs

Portion Size 1 Meatball

Resource used for Crediting SBG Yield 48 meatballs

(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)
Rice, cooked	9 oz			9.8
Ground Beef, 20%	6 lb	70.8		
Eggs	6	12		
Mashed Potato	1/2 lb			
Onion, grated	2 oz			
Green Peppers, chopped	2 oz			
(4)	Recipe Total	82.8 ounces	cup(s)	equiv
(5)	(6) 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	1.7 ounces	1/4 cup(s)	equiv

Ingredient	Form (whole, chopped)	<u>48 meatballs</u> Recipe Yield	
		Weight	Measure
Rice		9 oz	
Ground Beef	20 %	6 lb	
Eggs	Raw		6 eggs
Mashed Potato		1/2 lb	
Onion	Grated	2 oz	
Green Pepper	Chopped	2 oz	
Salt		2 oz	3 Tbsp
Pepper, black			1 1/2 Tbsp
Chili Sauce			1.5 qt
Water			1 qt

Directions:

Partially cook rice, drain off excess liquid Mix ingredients, ground beef through pepper. Using a #16 disher (1/4 cup), make 48 meatballs. Place meatballs on baking pans. Bake at 325 degrees for 1 1/2 hours. Drain off the fat. Mix Chili sauce and water. Pour over meatballs. Cover tightly and bake 30 minutes. Add more liquid if necessary.

Note: Tomato puree can be substituted for the chili sauce