Recipe Crediting Worksheet

Recipe Name Vegetarian Chili **Servings** 25 **Portion Size**_____

Resource used for Crediting FBG **Yield**_____

(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, canned	7 #303	38.57		
2 Onion, large, chopped	1.5 lb		2.96	
2 Bell Pepper, chopped	.5 lb		1.22	
Tomato, canned	2 #303		3.2	
(4)	Recipe Total	38.57 ounces	7.38 cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = 29.5 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	1.5 ounces	1.1 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

FBG

Component Contribution

X____Meat/Alt X____Vegetable/Fruit

_____Grain/Bread

This recipe is creditable for 25 servings and provides 1.5 oz of protein and ¼ cup of Vegetable/Fruit

_____	3-5 yr old
Portion Size	Age Group

Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Pinto Beans 7	Canned	16 oz	
Oil			2 Tbsp
Large onions 2	Chopped	1.5 lb	
Bell Peppers 2	Chopped	.5 lb	
Garlic Cloves 3-6	Chopped		
Cumin			2 tsp
Chili powder			4 tsp
Tomato 2	Canned	16 oz	
Salt			½ tsp-1 tsp

Directions:

Saute onion and green pepper in oil for 5 minutes.
Add garlic and sauté for another minute
Add remaining ingredients and summer 20-30 minutes.
Add bean liquid, if necessary, to retain moist consistency.