

Recipe Crediting Worksheet

Recipe Name Red Beans Resource used for Crediting FBG
 Servings 22 Portion Size 1.09 cup Yield 24 cups

(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)
Kidney Beans, canned	4 27 oz	46.4 ¼ cups		
Crushed tomato, canned	28 oz		3.17	
Onion, diced	1 large		1.97	
Bell Peppers, diced	2		2.45	
(4)	Recipe Total	46.4 ¼ cups	7.59 cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u>30.36</u> ¼ c	divide by the number of servings the recipe yields
(6)		22	divide by the number of servings the recipe yields	
(7)	Each portion contributes	2.1 ¼ cups	1.3 ¼ 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 ¼ 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 of 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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Component Contribution

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

<u>22</u> Servings	<u>1.09 cups</u> Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	<u>24 cups</u> Recipe Yield	
		Weight	Measure
Kidney Beans	Canned, Undrained		4 27 oz
Crushed Tomato	Canned		28 oz
Onion, large	Chopped		1 large
Bell peppers	Chopped		2 peppers
Bay leaves			4
Garlic	Chopped		3 Tbsp
Parsley	Chopped		3 Tbsp
Thyme	Dried, crushed		2 tsp
Salt			1 tsp
Pepper			1 tsp

Directions:

Combine all ingredients in a large stockpot.
 Simmer until vegetables are tender.