

Recipe Crediting Worksheet

Recipe Name Lima Bean Soup w/Ham Resource used for Crediting FBG
 Servings 25 Portion Size _____ 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)
Lima Bean, dry small	1.25 lb	29		
Lean Ham, chopped	1 lb	11		
(4)	Recipe Total	40 ounces	cup(s)	equiv
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u> </u> ¹ / ₄ c	divide by the number of servings the recipe yields
(6)		25	divide by the number of servings the recipe yields	
(7)	Each portion contributes	1.6 ounces	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 ___ Vegetable/Fruit
 ___ Grain/Bread

<u>25</u> Servings	— Portion Size	<u>3-5 yr old</u> Age Group
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Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure
Lima Beans, small	Dry	1.25 lb	
Lean Ham	Cubed	1 lb	
Onions	Chopped		2 cups
Garlic	Minced		2 Tbsp
Chicken broth			4 14.5 oz cans
Carrots	Fresh, sliced		1 cup
Water			1 cup
Pepper			1 tsp

Directions:

1. Soak lima beans overnight, discard liquid and go to step #2 **or** place lima beans in stock pot; add water to cover by 2 in. Bring to a boil; boil for 2 minutes. Remove from the heat; cover and let stand for 1 hour. Drain and rinse beans, discard liquid.
2. In a stock pot coated with nonstick cooking spray, cook onions and garlic until tender. Stir in the broth, ham, carrots, water, pepper and lima beans. Bring to a boil. Reduce heat; cover and simmer for 50 minutes or until beans are tender.