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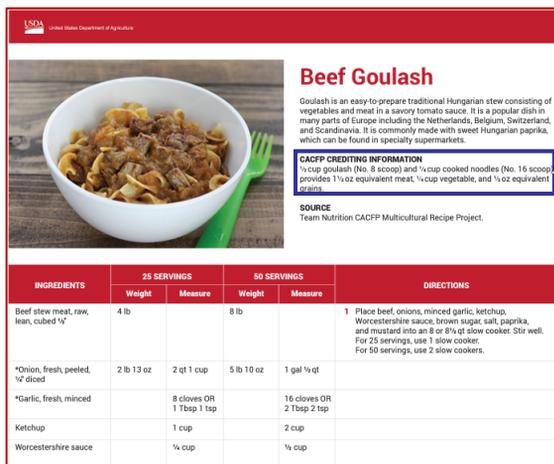
RECIPES FOR FOODS PREPARED FROM SCRATCH

Programs that prepare combination dishes from scratch, such as homemade casseroles, soups, pizza, and quiches, must use standardized recipes. A standardized recipe includes:

- A specified serving size (portion)
- CACFP crediting information per serving (how the serving size contributes to the CACFP meal pattern*)

This information is required so staff know how much to serve to each participant, how the amount served meets CACFP meal pattern requirements, and whether additional foods must be served as part of the meal to meet the minimum amounts for each component.

This standardized recipe for [Beef Goulash](#) includes a serving size and CACFP crediting information per serving. Use this information to calculate amounts to serve to each age group.



Beef Goulash

Goulash is an easy-to-prepare traditional Hungarian stew consisting of vegetables and meat in a savory tomato sauce. It is a popular dish in many parts of Europe including the Netherlands, Belgium, Switzerland, and Scandinavia. It is commonly made with sweet Hungarian paprika, which can be found in specialty supermarkets.

CACFP CREDITING INFORMATION
 ½ cup goulash (No. 8 scoop) and ¼ cup cooked noodles (No. 16 scoop) provides 1½ oz equivalent meat, ¼ cup vegetable, and ¼ oz equivalent grains.

SOURCE
 Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef stew meat, raw, lean, cubed ½"	4 lb		8 lb		1 Place beef, onions, minced garlic, ketchup, Worcestershire sauce, brown sugar, salt, paprika, and mustard into an 8 or 8½ qt slow cooker. Stir well. For 25 servings, use 1 slow cooker. For 50 servings, use 2 slow cookers.
*Onion, fresh, peeled, ½" diced	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal ½ qt	
*Garlic, fresh, minced		8 cloves OR 1 Tbsp 1 tsp		16 cloves OR 2 Tbsp 2 tsp	
Ketchup		1 cup		2 cup	
Worcestershire sauce		¼ cup		¼ cup	

CACFP CREDITING INFORMATION
 ½ cup goulash (No. 8 scoop) and ¼ cup cooked noodles (No. 16 scoop) provides 1½ oz equivalent meat, ¼ cup vegetable, and ¼ oz equivalent grains.

Age Group	Serving Size (Portion)
1-2	1/3 cup goulash and ¼ cup noodles
3-5	½ cup goulash and ¼ cup noodles
6+	1 cup goulash and ½ cup noodles
Adults (ADC)	1 cup goulash and 1 cup noodles

When the serving size (portion) does not contain the entire amount of a component needed to meet CACFP meal pattern requirements, additional food(s) must be served.

For example, one serving of [Chicken or Turkey Pot Pie](#) (1 biscuit with 2/3 cup chicken mixture) provides:

- 2-ounce equivalent meat
- ¼ cup vegetable
- 1.5-ounce equivalent grains



When this serving size (portion) is served to a 6–18-year-old at lunch/supper, an additional ¼ cup vegetable must be served to meet the ½ cup minimum requirement for the vegetable component. For example, serving ¼ cup carrots alongside the Chicken/Turkey Pot Pie.

*School Food Authorities operating the At-Risk Afterschool Program using the NSLP meal pattern must use recipes that contribute to the NSLP meal pattern.



Standardized Recipes

Websites listed below provide recipes with serving sizes (portions) and CACFP crediting information. Most recipes are for 25 or 50 servings for larger groups, and 6 servings for family child care.

See the Adjusting Recipes section, at the bottom of this page, for information on how to modify the yield of a recipe when needing a different number of servings than provided in recipes.

[Child Nutrition Recipe Box](#)
(Institute of Child Nutrition (ICN))

[New CACFP Snack Recipes](#) (ICN)

[New CACFP Lunch/Supper Recipes](#) (ICN)

[USDA Multicultural Child Care Recipes](#)

USDA Recipes for Healthy Kids:

- [Cookbook for Child Care Centers](#)
- [Cookbook for Homes](#)

[Snack Inspiration](#) (Wisconsin CACFP)

[Idaho Menu Toolkit](#)

[Multicultural Recipes](#) (Texas)



[Let's Cook Wisconsin School Meals Rock](#)

A resource designed for school nutrition; recipes include serving size and crediting information applicable to CACFP programs. *(Note: the National School Lunch Program credits vegetables to different vegetable subgroups. This is not required for CACFP. When using a recipe, total the vegetable subgroup contribution to get the total amount of creditable vegetable).*

[Providers Choice](#)

Recipes from a non-profit CACFP sponsor operating in Minnesota. Only refer to recipes on this site; other forms/resources may not be applicable in Wisconsin.

Adjusting Recipes

The number of servings (yield) in a recipe can be increased or decreased depending on the number needed. Below are instructions for adjusting a recipe and an example.

Step 1: Determine the Multiplying Factor:

$$\frac{\text{New Yield}}{\text{Original Yield}} \div \text{Original Yield} = \text{Multiplying Factor}$$



Step 2: Determine the New Quantity of Each Ingredient:

$$\text{Original Quantity} \times \text{Multiplying Factor} = \text{New Quantity}$$

Adjusting Recipes Example

A program needs 35 servings. The recipe's original yield is 25 servings.

Step 1: $35 \div 25 = 1.4$

Step 2: Original recipe calls for 3 cups of tomatoes: $3 \text{ cups} \times 1.4 = 4.2 \text{ cups}^*$

*Round 4.2 cups up to 4.25 cups (4 ¼ cups of tomatoes)