

Loaves & fishes



Summer Food Service Program Recipe Book

(summer 2015)



Thank you to the Mt. Sinai Community Foundation for providing the funds for this project.

FARM-PACKED: Bringing the Loaves and Fishes Farm to Table



FARM “produce”: Throughout the recipe book, all of the ingredients containing the term “FARM” are seeded, grown, and harvested directly from our community farms and gardens. Although it isn’t necessary to derive the ingredient from the Loaves and Fishes Farm, we want to utilize as much of our fresh farm produce as possible.

FARM-Packed: This term refers to any recipe utilizing **at least 3** Loaves and Fishes Farm grown produce. Any of these recipes are great to prepare during times of peak harvest and a good way to use up excess produce.

Loaves and Fishes: Breakfast

Cheesy Amish Casserole

Main Dish Component(s): Meat/Meat Alternative, Grains/Breads, Vegetable

Serving Size: 6 oz.

Portion Utensil: Black solid spoon

Prep Time: 15 min

Cook Time: 40 min

Total Meal Contribution:

F/V: 1 cup(s)

G/B: 1 (svgs)

M/MA: 2 oz.

Serves 100

Ingredients

6 medium onions (tennis ball sized)
6 FARM Bell Peppers
60 eggs
64 oz. milk
32 oz. sour cream
10 cups shredded cheese
3 pans (Zero percent) or 15 lbs Hashbrowns, frozen
12.5 lbs meat: bacon, ham, or turkey (whole, sausage or crumbles), pre-cooked

Serve With:

100 8 oz. milk cartons
100 pieces of fruit

Instructions

Slice onions finely.

Chop FARM bell peppers into 1/2" chunks. Heat a greased pan over medium-high heat and sauté onions and peppers and season with salt and pepper. Stir and cook until slightly translucent, about 5 minutes. Turn heat off.

In a large bowl, beat eggs.

Add milk and sour cream. Mixture should be a bit soupy, not dry.

Stir in cheese, frozen hashbrowns and meat.

Bake at 400 for 40 minutes.

Loaves and Fishes: Breakfast

French Toast Bake

Main Dish Component(s): Grain/Bread, Meat/Meat Alternative

Serving Size: 6 oz. (4" x 3" piece)

Portion Utensil: Black solid spoon

Prep Time: 20-50 min

Cook Time: 30-40 min

Baking Pan: 2" shallow hotel baking pan

Total Meal Contribution:

F/V: 1 cup(s)

G/B: 1.5 (svgs)

M/MA: 2 oz.

Serves 100

Ingredients

12 loaves French bread, cubed (day old is best)

50 eggs

2 gallons milk

2 cups sugar

5 tsp salt

$\frac{3}{4}$ cup pumpkin pie spice seasoning

8 cups maple syrup

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

Instructions

Preheat oven to 425 degrees. Grease approx. 8 hotel baking pans. Layer cubed bread into the greased baking pans.

In a large bowl, mix together eggs, milk, sugar, salt and pumpkin pie seasoning. Pour egg mixture over the bread.

Press bread down to ensure it is soaked in liquid. If bread is stale, soak for 30 minutes prior to baking.

Pour $\frac{3}{4}$ cup of maple syrup over each baking pan. Bake at 425 for 30-40 minutes until puffed up and golden brown.

Loaves and Fishes: Breakfast

FARM-Packed Seasonal Scrambled Eggs

Main Dish Component(s): Vegetable, Meat/Meat Alternative

Serving Size: 8 oz. (4" x 4" square)

Portion Utensil: 8 oz. serving spoon

Prep Time: 30 min

Cook Time: 45-50 min

Total Meal Contribution:

F/V: 1.5 cup(s)

G/B: 1 (svgs)

M/MA: 5 oz.

Serves 100

Ingredients

9 dozen eggs

1 gallon milk

½ cup garlic salt

½ cup pepper

¼ cup parsley

8 onions (tennis ball sized)

10 FARM zucchini

10 FARM bell peppers

5 lbs FARM spinach

8 lbs FARM tomatoes

4 lbs cheese

Serve With:

100 8 oz. milk cartons

14 loaves of toasted bread with butter/jam or peanut butter

Instructions

In a large bowl, whisk eggs, milk, garlic salt, pepper, and parsley.

Chop onions into ¼" pieces.

Rinse and chop zucchini into ¼" pieces.

Rinse and slice bell peppers thinly.

Rinse and chop spinach roughly.

Rinse and chop tomatoes into ¼" pieces.

Add onion, zucchini, bell peppers, spinach, and tomatoes into bowl. Stir until combined and pour into 2" baking pans.

Sprinkle cheese over egg mixture.

Bake at 350 degrees for 45-50 minutes until mixture is set and reaches an internal temperature of 160 degrees.

Loaves and Fishes: Lunch/Dinner

Baked Greek Chicken

Main Dish Component(s): Meat/Meat Alternative

Serving Size: 1 piece (drumstick/thigh)

Portion Utensil: Tongs

Prep Time: 30 min

Cook Time: 40 min

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| Total Meal Contribution: |
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| F/V: 1.75 cup(s) |
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| G/B: 1 (svgs) |
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| M/MA: 4-5 oz. |
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| Serves 100 |
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Ingredients

100 bone-in chicken drumsticks or thighs, raw

50 eggs

1 cup olive oil

2 cups greek seasoning

Salt and pepper

Serve With:

9 loaves slice sourdough bread

30 lbs FARM kale

100 8 oz. milk cartons

100 pieces of fruit

Instructions

Preheat oven to 400 degrees.

Coat all pieces of chicken well with olive oil. Arrange on a baking sheet, allowing space between each piece to cook evenly.

Season pieces well with salt and pepper.

Sprinkle Greek seasoning over tops of chicken, pat down to ensure the seasoning attaches to chicken.

Bake at 400 for 40 minutes or until internal temperature reaches 165.

For Sides:

Serve 1 slice of bread per person.

Rinse FARM kale. Arrange on baking sheets, drizzle with olive oil, salt, and pepper and roast at 400 degrees for 10-15 minutes. Kale should be slightly crispy. Serve a 6 oz. scoop per person

Loaves and Fishes: Lunch/Dinner

Chicken Fried Rice

Main Dish Component(s): Grains/Bread, Meat/Meat Alternative, Fruits/Vegetables

Serving Size: 8 oz.

Portion Utensil: 8 oz. solid spoon

Prep Time: 20 min

Cook Time: 1 hour

Total Meal Contribution:

F/V: 1.25 cup(s)

G/B: 1 (svgs)

M/MA: 2 oz.

Serves 100

Ingredients

6 lbs rice, dry and uncooked (either instant or standard)

17 lbs chicken, raw

8 onions, chopped

1 head garlic, minced

200 oz. stir fry vegetables, frozen

¼ cup per pan soy sauce

½ cup per pan water

Serve With:

25 lbs salad

100 8 oz. milk cartons

100 pieces of fruit

Instructions

Water to rice ratio: instant rice, 1 water : 1 rice. Standard rice, 2 water : 1 rice.

In a large stew pot, bring water to a boil over high heat.

Add rice, stir *once*, bring heat down to low and cover with a lid (must be covered, no peeking!). Allow standard rice 20-25 minutes to cook and 10-15 minutes for instant.

Cut chicken into ½" pieces. Heat a large pan over stove with oil on medium-high heat. Add chicken and brown, seasoning lightly with salt and pepper.

Reduce heat to medium and add onions and garlic.

Add in stir fry vegetables.

Add some oil to the pan and then add rice.

Add soy sauce and water and stir until rice is uniform in color. Serve.

Loaves and Fishes: Lunch/Dinner

Chicken Noodle Soup

Main Dish Component(s): Meat/Meat Alternative, Vegetable, Grains/Bread

Serving Size: 8 oz.

Portion Utensil: 8 oz. solid spoon

Prep Time: 30 min

Cook Time: 45 min

Total Meal Contribution:

F/V: 1.5 cup(s)

G/B: 1.5 (svgs)

M/MA: 2.5 oz.

Serves 100

Ingredients

19 lbs chicken, boneless, raw

6 onions

3 heads celery

5 lbs potatoes

5 lbs carrots

¼ - ½ cup chicken flavoring paste (chicken bouillon)

40 cups water

1 cup FARM parsley

¼ cup garlic salt

½ cup pepper

4 lbs noodles

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

13 loaves French bread

Salad

Instructions

Chop chicken into ½" cubes. In a pan over medium-high heat, add oil to coat pan and brown chicken. Season with pepper and salt to taste.

Chop onions coarsely and add to chicken pot.

Chop celery and add to chicken pot.

Cut potatoes into ½" cubes and add to chicken pot.

Cut carrots into ¼" pieces and add to chicken pot.

Add chicken paste, stir.

Add water slowly to ensure the chicken paste dissolves.

Boil soup on medium-high for approximately 15 minutes.

Add noodles and continue to simmer for an additional 15 minutes or until noodles are tender.

For Sides:

Slice 8 pieces per loaf of bread. Serve 1 slice per person.

Loaves and Fishes: Lunch/Dinner

Chicken Salad Wrap

Main Dish Component(s): Grains/Bread, Meat/Meat Alternative, Fruit

Serving Size: 4-6 oz. (depending on wrap size)

Portion Utensil: Green 4 oz. solid spoon or black 6 oz. solid spoon

Prep Time: 90 min

Cook Time: --

Total Meal Contribution:

F/V: 1.5 cup(s)

G/B: 1 (svgs)

M/MA: 2 oz.

Serves 100

Ingredients

100 burrito tortillas or large wraps

200 oz. (40 - 5 oz. cans) chicken, canned

10 apples

1 head celery

5 cups grapes

4 onions

60 oz. mayonnaise

¼ cup garlic salt

2 tbsp. pepper

8 heads romaine lettuce (100 leaves)

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

40 lbs FARM zucchini

Instructions

Drain chicken, and pour into a bowl.

Chop apples into ¼" pieces.

Chop celery into ¼" pieces.

Cut grapes in half.

Mince garlic finely.

Mix the apples, celery, grapes, onion, mayonnaise, garlic salt and pepper together in the bowl containing chicken.

Line tortilla or wrap with 1 lettuce leaf.

Spread 4 oz. of filling down the middle of lettuce leaf/tortilla.

Roll tortilla tightly and then place in foil, saran wrap or a sandwich bag.

For Sides:

Rinse zucchini well and chop into ½" disks.

Serve ¾ cup per person.

Loaves and Fishes: Lunch/Dinner

FARM-Packed Kale Chicken Stuffing Bake

Main Dish Component(s): Meat/Meat Alternative, Vegetable, Grains/Bread

Serving Size: 6 oz.

Portion Utensil: Black, solid spoon

Prep Time: 20 min

Cook Time: 30-45 min

Total Meal Contribution:

F/V: 2 cup(s)

G/B: 1 (svgs)

M/MA: 2 oz.

Serves 100

Ingredients

3 pans (0%) or 17 lbs of raw, boneless chicken (Bone-in chicken thighs, cooked or chicken, raw, thawed)

6 onions

10 lbs FARM kale

6 pans 0% or 13 pkgs dry stuffing mix (6 oz.), Chicken Stuffing/Stuffing Mix

13 cups water (DRY stuffing mix only!)

12 cans (10.5 oz.) cream of mushroom soup

20 oz. sour cream

¼ cup FARM sage

4 lbs noodles

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

30 lbs FARM green beans

Instructions

For 0% - de-bone chicken, separating meat and skin and discarding excess skin. Place chicken in a large mixing bowl.

For boneless/raw chicken - De-bone chicken if necessary and cut chicken into ½" chunks.

Slice onions, add to the mixing bowl.

Rinse FARM kale, chop finely and add to the mixing bowl.

For 0% - Mix/fluff the chicken stuffing so that it separates into crumbles. Add the chicken and onions equally to each pan and mix until evenly combined. Mixture can bake in the metal 0% pans.

For dry stuffing mix - In a large bowl, empty all pkgs of dry stuffing mix. Add 13 cups of water and stir just until moistened. Add the chicken and onions to the stuffing and mix until evenly combined. Distribute mix evenly into baking pans.

Whisk mushroom soup and sour cream together.

Mince sage finely. Add to soup mixture. Pour equal amounts of soup over each baking pan.

For mixtures with cooked/0% chicken - bake for 30 minutes at 400 degrees.

For mixtures with raw chicken – bake for 45-50 minutes at 400 degrees.

For Sides:

Rinse FARM green beans well. Steam and serve a 6 oz. scoop per person.

Loaves and Fishes: Lunch/Dinner

FARM-Packed Beef Goulash

Main Dish Component(s): Meat/Meat Alternative, Grains/Breads, Vegetable

Serving Size: 6 oz. / 8 oz.

Portion Utensil: Solid spoons (both)

Prep Time: 15 min

Cook Time: 70-85 min

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| <p>Total Meal Contribution: F/V: 1 cup(s) G/B: 2.5 (svgs) M/MA: 2.5 oz. Serves 100</p> |
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Ingredients

20 lbs ground beef, raw

20 FARM Bell peppers

10 onions

12 FARM eggplants

16 cloves garlic, minced

10 lbs FARM tomatoes

12 cans diced tomatoes

15 cans tomato sauce

30 cups water

1 cup soy sauce

1 cup Italian seasoning

10 bay leaves

10 lbs Elbow macaroni

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

13 loaves French bread

30 lbs FARM green beans

Instructions

Brown meat in a large pot over medium-high heat.

Coarsely chop FARM bell peppers.

Mince onions.

Chop FARM eggplant into ½" chunks.

Add in FARM bell pepper, onion, FARM eggplant, and garlic. Bring heat down to low and saute until onions are translucent, approximately 10 minutes.

Chop FARM tomatoes into ¼" pieces

Drain canned tomatoes.

Add FARM tomatoes, canned tomatoes, sauce, water, soy sauce, Italian seasoning and bay leaves. Stir and simmer over medium heat for 20 minutes.

Add in macaroni, cover and bring to a boil. Simmer until pasta is al dente, approximately 30-45 minutes (depending on size of pot).

Remove bay leaves and serve. Goulash should be slightly saucy/soupy and not dry.

For Sides:

Slice 8 pieces per loaf of bread. Serve 1 slice per person.

Rinse FARM green beans well. Steam and serve a 6 oz. scoop per person.

Loaves and Fishes: Lunch/Dinner

FARM-Packed Chicken Mexican Casserole

Main Dish Component(s): Meat/Meat Alternative, Grains/Breads

Serving Size: 6 oz. / 8 oz.

Portion Utensil: 6 oz. solid spoon

Prep Time: 20 min

Cook Time: 30-45 min

Total Meal Contribution:

F/V: 1.5 cup(s)

G/B: 1 (svgs)

M/MA: 2 oz.

Serves 100

Ingredients

42 whole-wheat tortillas
1 cup cumin
½ cup chili powder
½ cup garlic salt
17 lbs boneless chicken, raw
5 lbs rice, dry and uncooked (either instant or standard)
Water (Instant: 3 cups, Standard: 6 cups)
10 onions, chopped
½ cup FARM parsley
16 FARM bell peppers
10 cloves garlic
16 cans (14.5 oz.) black beans, drained and rinsed
5 lbs FARM tomatoes
7 cans (28 oz.) enchilada sauce
7 cups (56 oz.) cheddar cheese, shredded

Serve With:
100 8 oz. milk cartons

Instructions

Grease bottom of baking pan and layer approximately 6 tortillas along the bottom of the pan.

Mix cumin, chili powder, and garlic salt in a bowl.

Cut chicken into bite-sized, ½" pieces. Coat bottom of pan with oil and heat to medium-high heat. Pour spices listed above over chicken. Add chicken and brown, stirring minimally. Sprinkle salt and pepper over the chicken as it cooks. Spread cooked chicken over the tortilla-lined baking pans.

In a large stew pot, bring water to a boil over high heat.

Add rice, stir *once*, bring heat down to low and cover with a lid (must be covered, no peeking!). Allow 20-25 minutes for rice to cook.

Coat bottom of pan with oil and heat to medium-high heat. Sauté onions in pan until fragrant. Add chili powder, cumin, salt, pepper, and parsley. Stir.

Chop FARM parsley roughly.

Chop FARM bell peppers, add to pan and reduce heat to medium-low.

100 pieces of fruit
25 lbs FARM spinach

Add garlic and stir until fragrant,
approximately 2 minutes.

Turn off heat. Stir in drained and rinsed
beans.

Spread mixture evenly over the tortilla-lined
baking pans.

Chop FARM tomatoes and spread over the
baking pans.

Pour a can of enchilada sauce over each
baking pan. ***If no enchilada sauce is
available, you may use chicken flavoring paste
(chicken bouillon) with water to make a
flavored sauce to pour over the bake. This will
add moisture and flavor so it isn't dry!!

Spread cheese over the pans, using 1 cup per
baking pan.

Bake at 375 for 30-45 minutes or until bubbly.

Loaves and Fishes: Lunch/Dinner

FARM-Packed Chicken Orzo Pasta Salad

Main Dish Component(s): Meat/Meat Alternative, Grains/Breads, Vegetable

Serving Size: 6 oz.

Portion Utensil: Black, solid spoon

Prep Time: 20 min

Cook Time: 45 min

Total Meal Contribution:

F/V: 2 cup(s)

G/B: 2 (svgs)

M/MA: 2.5 oz.

Serves 100

Ingredients

22 lbs chicken, raw

12 onions, chopped coarsely

7 lbs orzo, dry

1 head celery

10 lbs FARM tomatoes

10 lbs FARM spinach

2 cups oil (olive preferred or vegetable)

2 cups FARM basil

3 tbsp. pepper

Salt to taste

4 lemons, juiced

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

13 loaves French bread

40 lbs carrots

Instructions

Cut chicken into ½" chunks. Drizzle oil in a pan over medium-high heat. Season with salt and pepper and brown, stirring minimally.

Stir in onions and cook until fragrant, about 2 minutes. Take off of heat.

Boil dry orzo until cooked al dente. Drain.

Rinse FARM tomatoes. Chop into ¼" pieces.

In a large bowl, mix together the chicken/onions, cooked orzo, FARM tomato, FARM spinach, oil, pepper and salt.

Shred FARM basil finely. Stir into dish.

Squeeze juice of lemon evenly over the pasta, stir and serve.

For Sides:

Slice 8 pieces per loaf of bread. Serve 1 slice per person.

Serve carrots cold, 6 oz. per person.

Loaves and Fishes: Lunch/Dinner

FARM-Packed Hobo Packets

Main Dish Component(s): Meat/Meat Alternative, Vegetable

Serving Size: 6 oz. / 8 oz.

Portion Utensil: Solid 6 oz. spoon (kale) / (individual portions)

Prep Time: 45 min

Cook Time: 30-40 min

Total Meal Contribution:

F/V: 1.5 cup(s)

G/B: 1 (svgs)

M/MA: 3 oz.

Serves 100

Ingredients

100 squares aluminum foil
12 onions, tennis ball sized
100 turkey or beef patties, thawed
25 lbs potatoes, medium
19 lbs FARM green beans
15 lbs FARM bell peppers
Salt, pepper, and garlic powder to taste

Serve With:

100 8 oz. milk cartons
100 pieces of fruit
13 loaves French bread
25 lbs FARM Kale

Instructions

Cut out 100 - 6"x6" squares of foil.

Slice onions to 1/4" thickness. Place 4-5 rings on each square of foil.

Place patty on top of onion. Season well with salt, pepper, and garlic powder.

Slice potatoes thinly. Place 4-6 slices of potatoes on top of patty.

Place 1/3 cup of FARM green beans on top of potatoes.

Slice FARM bell peppers thinly. Place 2-3 slices on top of green beans.

Fold edges of aluminum foil upwards to make a bowl shape.

Bake in oven at 350 degrees for 30-40 minutes or until potatoes are tender and internal temp of patty reaches 165 degrees.

For Sides:

Slice 8 pieces per loaf of bread. Serve 1 slice per person.

Rinse FARM kale. Arrange on baking sheets, drizzle with olive oil, salt and pepper and roast at 400 degrees for 10-15 minutes. Kale

should be slightly crispy. Serve a 6 oz. scoop per person.

Loaves and Fishes: Lunch/Dinner

FARM-Packed Open-Faced Turkey Melt

Main Dish Component(s): Grains/Breads, Meat/Meat Alternative, Vegetable

Serving Size: 1 or 2 halves (depending on size of bread)

Portion Utensil: --

Prep Time: 30-45 min

Cook Time: 15 min

Total Meal Contribution:

F/V: 2 cup(s)

G/B: 1-2 (svgs)

M/MA: 2 oz.

Serves 100

Ingredients

Bread: English muffins, brioche bread and French bread work best

3 French bread loaves, cut lengthwise and then cut each half into 4 pieces (1 piece per person)

100 slices brioche, 1 slice per person

100 English muffins, cut in half (2 halves per person)

50 oz. mayonnaise

½ cup garlic powder

⅓ cup Italian seasoning

¼ cup pepper

25 FARM Tomatoes

3 cups FARM Basil

16 lbs turkey lunchmeat, thickly sliced

100 slices cheese (preferably provolone, Swiss or white cheddar)

Serve with:

100 8 oz. milk cartons

Instructions

Preheat oven to 375.

In a bowl, mix mayonnaise, garlic powder, pepper, and Italian seasoning together.

Spread 1 tbsp of the mayonnaise mixture on each piece of bread.

Slice each FARM tomato into 4 thick slices. Place 1 slice of tomato on each piece of bread.

Slice FARM basil thinly. Place a few slices on top of each tomato slice.

Put 2-3 slices of turkey on top of basil.

Top with 1 slice of cheese.

Bake at 350 degrees until cheese is melted and bubbly, about 12-15 minutes.

For Sides:

Rinse FARM green beans well. Steam and serve a 6 oz. scoop per person.

100 pieces of fruit

25 lbs FARM Spinach

30 lbs FARM Green Beans

Loaves and Fishes: Lunch/Dinner

FARM-Packed Southwest Bean Wraps

Main Dish Component(s): Meat/Meat Alternative, Grain/Bread, Vegetable

Serving Size: 4 - 6 oz.

Portion Utensil: 4 oz. solid spoon / 6 oz. solid spoon

Prep Time: 30 min – 1 hour

Cook Time: --

Total Meal Contribution:

F/V: 2 cup(s)

G/B: 1 (svgs)

M/MA: 2 oz.

Serves 100

Ingredients

15 cans black beans, drained and rinsed

10 lbs FARM Tomatoes

10 FARM bell peppers

60 oz. corn, canned or frozen

5 lbs FARM lettuce

32 oz. cheddar cheese, shredded

2 cups FARM cilantro

¾ cup cumin

¼ cup chili powder

¼ cup garlic salt

¼ cup lime juice

100 tortillas (burrito or wrap size)

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

40 lbs FARM Cucumbers

Instructions

Rinse black beans in cold water.

Chop fresh tomatoes into bite sized pieces or drain can thoroughly.

Chop bell peppers into bite sized pieces.

Drain canned corn or thaw frozen corn completely.

Rinse and chop FARM cilantro (no need to pluck leaves from stem).

Combine all ingredients in a bowl together and mix. Scoop 4 oz. of mixture (or more to adequately fill the tortilla used) into the tortilla. Roll burrito-style and wrap in foil or saran wrap.

For Sides:

Rinse FARM cucumbers well. Slice into ½" thick disks and serve a 6 oz. spoon per person.

Loaves and Fishes: Lunch/Dinner

Jamaican Baked BBQ Chicken

Main Dish Component(s): Meat/Meat Alternative

Serving Size: 1 drumstick / 4 oz. rice

Portion Utensil: Tongs / 4 oz. solid spoon

Prep Time: 30 min

Cook Time: 45-50 min

Total Meal Contribution:

F/V: 1 cup(s)

G/B: 1 (svgs)

M/MA: 4-5 oz.

Serves 100

Ingredients

100 chicken drumsticks, raw, thawed
300 oz. BBQ Sauce
8 onions, chopped (tennis ball sized)
10 cloves garlic, minced
½ cup Jamaican seasoning
7 lbs rice, dry and uncooked, standard (NOT instant)
14 cups water
¼ cup garlic salt
¼ cup lime juice
100 tortillas (burrito or wrap size)

Serve With:

100 8 oz. milk cartons
100 pieces of fruit
25 lbs FARM Spinach

Instructions

Preheat oven to 400. Lightly coat rimmed baking pans with oil. Place drumsticks on the pans, filling the whole pan. **Be sure not to overcrowd the pans (double layering) so that chicken bakes evenly.** Bake at 400 for 15 minutes.

Meanwhile, make the sauce for the chicken. Pour the sauce into a large pot and over medium heat, add onions, garlic and Jamaican seasoning. Stir often until sauce lightly simmers to combine flavors, about 10 minutes. Turn heat off and set pot of sauce aside.

After the chicken bakes for 15 minutes, spread sauce evenly over the drumsticks, turn heat down to 375 and bake another 30 minutes. Check that internal temperature of chicken reached 165 with thermometer.

In a large stew pot, bring water to a boil over high heat.

Add rice, stir **once**, bring heat down to low and cover with a lid (must be covered, no peaking!). Allow 20-25 min for rice to cook.

Loaves and Fishes: Lunch/Dinner

Meatloaf

Main Dish Component(s): Meat/Meat Alternative

Serving Size: 4 oz. / 2" x 2" square

Portion Utensil: 4 oz. scoop

Prep Time: 25 min

Cook Time: 60 min

Total Meal Contribution:

F/V: 1.75 cup(s)

G/B: 1 (svgs)

M/MA: 4 oz.

Serves 100

Ingredients

35 lbs ground meat (beef, turkey or chicken),
raw

16 sleeves saltine crackers

24 eggs, whisked

4 bunches green onions, minced

8 onions, minced finely

6 FARM bell peppers, chopped

1 cup soy sauce

48 oz. ketchup

24 oz. BBQ Sauce

2 tbsp pepper

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

13 loaves French bread

30 lbs FARM Zucchini

Instructions

Preheat oven to 325.

Combine all dry ingredients together in a large mixing bowl/pot.

Grease 4 hotel pans (2" depth) and spread meat mixture evenly. Pat down to condense and eliminate any air bubbles.

In a bowl, mix together the ketchup, BBQ sauce and pepper.

Spread sauce evenly over the 4 pans of meat mixture.

Bake at 325 for 55 minutes, checking temps at 45 minutes and 55 minutes. Bake until internal temp reaches 160 degrees (does not need to cook longer if internal temp is reached and the meatloaf is firm in texture).

For Sides:

Slice 8 pieces per loaf of bread. Serve 1 slice per person.

Rinse FARM zucchini. Arrange on baking sheets, drizzle with olive oil, balsamic salt and pepper and roast at 400 degrees for 15 minutes. Serve a 6 oz. scoop per person.

Loaves and Fishes: Lunch/Dinner

Shepherd's Pie

Main Dish Component(s): Meat/Meat Alternative, Vegetable

Serving Size: 8 oz.

Portion Utensil: Black 8 oz. spoon

Prep Time: 45 min

Cook Time: 30-40 min

Total Meal Contribution:

F/V: 2.5 cup(s)

G/B: 1 (svgs)

M/MA: 2.5 oz.

Serves 100

Ingredients

20 lbs ground meat (beef or turkey), raw
30 lbs potatoes, sliced
5 cups sour cream
2 cups milk
10 onions, minced
10 egg yolks
1 cup butter
1 cup flour
12 cups beef/chicken/vegetable broth/milk
12 cups vegetables, canned or frozen
Paprika

Serve With:

100 8 oz. milk cartons
100 pieces of fruit
13 loaves French bread
30 lbs FARM Zucchini

Instructions

Preheat oven to 400 and bring water to boil over 2 large pots.

Drizzle oil to coat a large pan and brown ground beef over medium-high heat. Season well with salt and pepper.

Add onions and cook until fragrant, about 5 minutes.

Add potatoes to boiling water and cook until tender, about 20 minutes.

Drain potatoes and mash until smooth. Add sour cream, milk and egg to potato mixture.

Add butter to meat mixture over medium-low heat and allow to melt (but not burn!).

Add flour and stir until no lumps show. Increase heat to medium-high.

Slowly*** add broth, whisking to ensure the sauce doesn't clump up. Bring to a simmer for about 5-10 minutes or until thickens into a sauce.

Add vegetables.

In 2" hotel baking pans, add meat/vegetable mixture. Top with mashed potato mixture and sprinkle with paprika.

Bake at 400 for about 30-40 minutes until top browns and sauce is bubbly, and an internal temp of 160 is reached.

For Sides:

Slice 8 pieces per loaf of bread. Serve 1 slice per person.

Rinse FARM zucchini. Arrange on baking sheets, drizzle with olive oil, balsamic salt and pepper and roast at 400 degrees for 15 minutes. Serve a 6 oz. scoop per person.

Loaves and Fishes: Lunch/Dinner

Spinach, Ham & Cheese Casserole

Main Dish Component(s): Meat/Meat Alternative, Grains/Breads

Serving Size: 8 oz. casserole / 6 oz. zucchini

Portion Utensil: Solid 8 oz. spoon / solid 6 oz. spoon

Prep Time: 20 min

Cook Time: 50-55 min

Total Meal Contribution:

F/V: 1.25 cup(s)

G/B: 2 (svgs)

M/MA: 3.2 oz.

Serves 100

Ingredients

7 lbs pasta, dry

10 cups milk

12 cans (12.5 oz.) cream of " " soup (chicken, broccoli, celery, etc.)

20 lbs ham (turkey or chicken would work as well), cooked

1 cup FARM Parsley

3 tbsp black pepper

10 lbs FARM Spinach

8 cups (6 to mix in, 2 to top) cheese, divided

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

13 loaves French bread

25 lbs FARM Zucchini

Instructions

Bring a large pot of water to boil, add pasta and cook until al dente (still slightly firm to the bite). Drain and set aside.

In a large bowl, blend milk and soup together.

Cube ham into 1/2" chunks.

Chop FARM parsley finely.

Rinse FARM spinach. Chop coarsely.

Mix noodles, ham chunks, FARM parsley, black pepper, FARM spinach, and 6 cups of cheese together. Spread evenly into greased baking pans.

Cover with foil and bake for 45 minutes at 350 degrees.

After 45 minutes, uncover casserole and sprinkle remaining 2 cups of cheese on top. Bake for an additional 5-10 minutes uncovered until cheese on top is bubbly and melted.

For Sides:

Slice 8 pieces per loaf of bread. Serve 1 slice per person.

Rinse FARM zucchini. Arrange on baking sheets, drizzle with olive oil, balsamic salt and

pepper and roast at 400 degrees for 15 minutes. Serve a 6 oz. scoop per person.

Loaves and Fishes: Lunch/Dinner

Stir Fry w/ Rice

Main Dish Component(s): Meat/Meat Alternative, Grains/Bread, Vegetable

Serving Size: 6 oz. stir fry / 4 oz. rice / 6 oz. carrots

Portion Utensil: Solid 6 oz. spoon / solid 4 oz. spoon

Prep Time: 20 min

Cook Time: 45-75 min

Total Meal Contribution:

F/V: 2 cup(s)

G/B: 1 (svgs)

M/MA: 3 oz.

Serves 100

Ingredients

25 lbs whole meat (not ground), raw, cubed

OR

25 lbs 0% meat, cooked (curry chicken, Indian chicken, beef broccoli etc.)

25 lbs various vegetables (frozen or fresh):
onions, peppers, carrots, peas, etc., chopped.

12 cloves garlic, minced

For Sauce:

12.5 cups/ 100 oz. premade sauce (orange sauce, sesame ginger, teriyaki, etc.)

OR

4 cups soy sauce

½ cup brown sugar/white sugar

½ cup vinegar

10 cloves garlic, minced

½ cup oil - vegetable or sesame (NO peanut oil per allergies)

1 tbsp. cayenne pepper or red pepper flakes

½ cup fresh or ¼ cup powdered fresh ginger
or ginger powder

Instructions

For raw meat: cut meat into ½" cubes. Brown over medium-high heat for approximately 2 minutes on each side, stirring minimally.

OR

For 0% meat: De-bone and cut meat into ½" cubes if meat is in large pieces (no need to if shredded or already cut up).

For raw meat: Chop vegetables into 1" or smaller pieces. Add vegetables to cooking chicken.

OR

For 0% meat: Chop vegetables into 1" or smaller pieces. Drizzle vegetable/canola oil in pan to lubricate. Add vegetables and sauté over medium-high heat until vegetables begin to soften (hard vegetables like carrots should be added first), about 2 minutes. Add 0% precooked meat into the sautéed vegetables.

Reduce to medium heat. Add minced garlic to the pot, stir and cook until fragrant, about 2 minutes.

Add premade sauce to the meat/vegetable mixture. Ensure mixture achieves an internal temperature of 165 degrees.

OR

½ cup cornstarch or flour

6 lbs rice, dry and uncooked (either instant or standard) (6 cups water for instant, 12 for standard)

Serve With:

100 8 oz. milk cartons

100 pieces of fruit

40 lbs carrots

Combine soy sauce, brown sugar, vinegar, garlic, oil, cayenne, and ginger.

In a small bowl, add about 1 cup of the sauce mixture to the cornstarch/flour. Transfer back to the large mixture of sauce.

Add sauce to the meat/vegetable mixture over medium heat. Stir and cook over medium heat until sauce thickens. Ensure mixture achieves an internal temperature of 165 degrees.

In a large stew pot, bring water to a boil over high heat.

Add rice, stir *once*, bring heat down to low and cover with a lid (must be covered, no peeking!). Allow 20-25 minutes for rice to cook.

For Sides:

Steam carrots and serve 6 oz. per person.

Loaves and Fishes: Lunch/Dinner

Teriyaki Turkey Meatballs w/ Rice

Main Dish Component(s): Meat/Meat Alternative, Grains/Bread (w/ rice)

Serving Size: 4, 1 oz. meatballs / 4 oz. rice

Portion Utensil: Tongs / green, solid 4 oz. spoon

Prep Time: 30 min

Cook Time: 30-45 min

Total Meal Contribution:

F/V: 1 cup(s)

G/B: 1 (svgs)

M/MA: 4 oz.

Serves 100

Ingredients

32.5 lbs turkey, ground, raw

24 eggs

16 sleeves breadcrumbs or crushed crackers

6 inches ginger, fresh

2 cups FARM Parsley

1 head garlic, fresh

8 onions, tennis ball sized

¾ cup soy sauce (or teriyaki sauce)

2 tbsp black pepper

For Sauce:

200 oz. teriyaki sauce, prepared

OR

12 cups soy sauce

12 cups brown sugar

18 cups water

1 cup sesame oil

2 cups rice wine vinegar

10 inches ginger, fresh, minced

Serve With:

Instructions

Mince ginger finely.

Chop FARM parsley.

Mince garlic finely.

Mince onion finely.

Preheat oven to 400. Mix all ingredients together until evenly combined (especially eggs).

Cover baking sheet with foil. Use a 1 oz. scoop or scale to measure 1 oz. and use as reference to form small, uniform meatballs. Place on baking sheet as they are formed.

*****MEASURE OUT 1 OZ. OF MEAT WITH SCALE*** Do not guess!!! This ensures that everyone is getting an adequate amount, that the recipe yields are accurate and that the cooking time is sufficient to safely cook the meat.**

Bake for 35-40 minutes or until internal temperature reaches 160 degrees.

While meatballs are baking, make sauce and rice.

Heat prepared teriyaki sauce in a large pot over medium heat. Once meatballs are ready and out of the oven, transfer to a hotel

100 8 oz. milk cartons

100 pieces of fruit

25 lbs FARM spinach

serving pan. Pour teriyaki sauce over the meatballs, stir and serve with rice.

OR

Combine all ingredients except cornstarch in a large pot over medium-low heat. Heat until brown sugar is dissolved.

Dissolve cornstarch in enough water to make it pourable, making sure there are no lumps. Pour into the pot and turn heat up to medium-high. Stir and cook until thickened (about when it's beginning to simmer).

Once meatballs are ready and out of the oven, transfer to a hotel serving pan. Pour teriyaki sauce over the meatballs, stir and serve with rice.

In a large stew pot, bring water to a boil over high heat.

Add rice, stir *once*, bring heat down to low and cover with a lid (must be covered, no peeking!). Allow 20-25 minutes for rice to cook.

Loaves and Fishes: Lunch/Dinner

Turkey and Cheese Potato Casserole

Main Dish Component(s): Meat/Meat Alternative

Serving Size: 6 oz.

Portion Utensil: Black, solid 6 oz. spoon

Prep Time: 30 min

Cook Time: 1 hour

Total Meal Contribution:

F/V: 1 cup(s)

G/B: 1 (svgs)

M/MA: 2.5 oz.

Serves 100

Ingredients

30 lbs potatoes, washed

8 onions

16 lbs turkey, fully cooked

36 cups premade alfredo sauce or cream-based soup

OR Homemade Sauce:

2 sticks butter

1 cup flour

12 cups milk

4-5 cups shredded cheese, cheddar

2 cups FARM parsley

Salt and pepper to taste

Serve With:

25 lbs FARM spinach

100 8 oz. milk cartons

100 pieces of fruit

13 loaves French bread

Instructions

Thinly slice potatoes and set aside. No need to peel. Boil in water for about 15 minutes or until partially soft (no need to fully cook, but this will help with properly cooking the casserole later on).

Coarsely chop onions. Set aside.

Chop turkey into 1/2" cubes. Set aside.

Preheat oven to 350.

Heat alfredo sauce in a pot until warm.

Cut butter into 1" chunks and then melt in a large pot over medium heat.

Stir in butter and whisk until fully combined. Cook for 1 minute and take off heat.

Whisk in milk incrementally and then return to heat until sauce begins to simmer.

Salt and Pepper to taste.

Stir in FARM parsley.

Pour 1 cup of sauce on the bottom of baking pan.

Divide potatoes in half and use one half to make a bottom layer on baking pans. Potatoes don't need to be a single layer.

Divide the turkey in half and use one half over the top of the potatoes.

Add all onions on top of the turkey.

Use the second half of potatoes to layer over the onions.

Use the second half of turkey to layer over the potatoes

Pour 3 cups of alfredo sauce over each baking pan.

Top with 1 cup of shredded cheese for each baking pan.

Bake for 45 minutes or until golden and bubbly on top.

For Sides:

Slice 8 pieces per loaf of bread. Serve 1 slice per person.

Loaves and Fishes: Lunch/Dinner

Turkey Tacos

Main Dish Component(s): Meat/Meat Alternative

Serving Size: 2 tacos – 2 oz. meat in each tortilla

Portion Utensil: Red, perforated spoon (taco meat)

Prep Time: 30 min

Cook Time: 45 min

Total Meal Contribution:

F/V: 1 cup(s)

G/B: 2 (svgs)

M/MA: 4 oz.

Serves 100

Ingredients

32.5 lbs taco flavored turkey meat, raw, thawed (0%) or plain ground turkey, raw, thawed

4 medium onions, chopped

6 cloves fresh garlic, minced

½ cup cumin, dried

⅔ cup chili powder, dried

¼ cup oregano, dried

⅔ cup salt

4 cups water

Toppings:

10 lbs FARM lettuce, shredded

10 lbs FARM tomatoes, chopped

4-5 cups cheese, shredded

200 tortillas, 2 per person

Serve With:

100 pieces of fruit

100 8 oz. milk cartons

30 lbs FARM green beans

Instructions

Brown ground turkey meat on medium-high heat (no additional oil needed). Turkey should be cooked thoroughly to 165°F.

Add onions, stir. Cook for 5 minutes or until onions are softened.

Add garlic, stir. Cook for 2 minutes or until garlic is fragrant. Lower heat to medium-low.

Add cumin, chili powder, oregano, salt and stir.

Add water, stir. Simmer for 10-15 minutes. Water should be mostly evaporated but meat should not be dry.

Prepare toppings and serve with tacos.

Use red, perforated spoon to portion 2 oz. of taco meat onto each tortilla and garnish with desired toppings.

For Sides:

Rinse FARM green beans well. Steam and serve a 6 oz. scoop per person.