

Chicken or Turkey and Noodles

Meal Components: Meat / Meat Alternate

Main Dishes, D-17

| Ingredients | 50 Servings | | 100 Servings | | Directions |
|--|-------------|--------------|--------------|-----------------|---|
| | Weight | Measure | Weight | Measure | |
| Chicken stock, non-MSG | | 2 gal | | 4 gal | <ol style="list-style-type: none"> Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered, for 6 minutes. DO NOT DRAIN |
| Enriched noodles | 2 lb 8 oz | 1 gal 3 ½ qt | 5 lb | 3 gal 3 qt | |
| *Fresh onions, chopped | 14 oz | 2 ? cups | 1 lb 12 oz | 1 qt ? cup | |
| OR | OR | OR | OR | OR | |
| Dehydrated onions | 2 ½ oz | 1 ¼ cups | 5 oz | 2 ½ cups | |
| *Fresh carrots, shredded (optional) | 8 oz | 2 ? cups | 1 lb | 1 qt ? cup | |
| Margarine or butter | 4 oz | ½ cup | 8 oz | 1 cup | |
| Enriched all-purpose flour | 4 oz | ¾ cup 3 Tbsp | 8 oz | 1 ¾ cups 2 Tbsp | |
| Instant nonfat dry milk, reconstituted | | 1 qt 2 cups | | 3 qt | |
| Ground black or white pepper | | 1 ½ tsp | | 1 Tbsp | |

Dried parsley (optional)

½ cup

1 cup

*Cooked chicken or turkey
chopped

6 lb 6 oz

1 gal 1 qt

12 lb 12 oz

2 gal 2 qt

2. Stir occasionally until thickened. CCP: Heat to 165° For higher for at least 15 seconds.

3. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

4. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

| Marketing Guide | | |
|--|-------------|-------------|
| Food as Purchased for | 50 Servings | 50 Servings |
| Mature onions | 1 lb | 2 lb |
| Carrots | 10 oz | 1 lb 4 oz |
| Chicken, whole, without neck and giblets | 17 lb 12 oz | 35 lb 8 oz |
| OR | OR | OR |
| Turkey, whole, without neck and giblets | 13 lb 9 oz | 27 lb 2 oz |

| Serving | Yield | Volume |
|--|--|---|
| 1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and 1 serving of grains/breads | <p>50 Servings: 3 medium half-steamtable pans</p> <p>100 Servings: 6 medium half-steamtable pans</p> | <p>50 Servings: about 3 gallons 2 cups</p> <p>100 Servings: about 6 gallons 1 quart</p> |

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Nutrients Per Serving

| | | | | | |
|--------------|---------|---------------|--------|---------------|---------|
| Calories | 244 | Saturated Fat | 1.88 g | Iron | 1.91 mg |
| Protein | 21.9 g | Cholesterol | 75 mg | Calcium | 63 mg |
| Carbohydrate | 21.32 g | Vitamin A | 128 IU | Sodium | 186 mg |
| Total Fat | 7.52 g | Vitamin C | 0.9 mg | Dietary Fiber | 0.8 g |