



# Chicken Tomato Bake

## USDA Recipe for CACFP

This Chicken Tomato Bake is a combination of diced chicken, tomatoes, onions, and spices, sprinkled with cheese, and baked.

### CACFP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, ½ cup vegetable, and 1 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 gal 2 qt		3 gal	<b>1</b> Heat water to a rolling boil.
Salt		1 tsp		2 tsp	<b>2</b> Add salt.
Whole-grain elbow macaroni	1 lb 9 oz	1 qt 1¾ cups	3 lb 2 oz	2 qt 3½ cups	<b>3</b> Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 6.
*Fresh onions, chopped	7 oz	1⅓ cups 2 tsp	14 oz	2⅔ cups 1 Tbsp 1 tsp	<b>4</b> Heat onions, tomatoes, tomato paste, chicken broth, black pepper, garlic powder, ancho chili powder, chili powder, cumin, onion powder, and paprika in a large stock pot. Cook uncovered over medium–high heat for 5–10 minutes or until heated through.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned no-salt-added diced tomatoes, undrained	1 lb 9 oz	3 cups ( $\frac{1}{4}$ No. 10 can)	3 lb 2 oz	1 qt 2 cups ( $\frac{1}{2}$ No. 10 can)	
Canned low-sodium tomato paste	1 lb 8 oz	2 cups 1 Tbsp 1 $\frac{1}{2}$ tsp (about $\frac{1}{4}$ No. 10 can)	3 lb	1 qt 3 Tbsp (about $\frac{1}{2}$ No. 10 can)	
Low-sodium chicken broth		1 qt		2 qt	
Ground black or white pepper		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Garlic powder		1 Tbsp 1 $\frac{1}{2}$ tsp		3 Tbsp	
Ancho chili powder		2 Tbsp		$\frac{1}{4}$ cup	
OR Mexican seasoning mix (see Notes)		2 Tbsp		$\frac{1}{4}$ cup	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 $\frac{1}{4}$ tsp		1 Tbsp 1 $\frac{1}{2}$ tsp	
Onion powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Paprika		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
					<b>5</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen, cooked diced chicken, thawed, ½" pieces	2 lb 12 oz	2 qt 1½ cups	5 lb 8 oz	1 gal 3 cups	<b>6</b> Combine chicken, tomato mixture, and macaroni in a large bowl. Stir well.
					<b>7</b> Pour 1 gal 3 qt (about 11 lb 13 oz) chicken tomato mixture into a steam table pan (12" x 20" x 2½").  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Low-fat cheddar cheese, shredded	7 oz	1½ cups	14 oz	3 cups	<b>8</b> Sprinkle 1¾ cups (about 7 oz) cheese over each pan.
					<b>9</b> Bake: Conventional oven: 350 °F for 30 minutes. Convection oven: 325 °F for 25 minutes.
					<b>10</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>11</b> Portion with 8 fl oz spoodle (1 cup).



**NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>230</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	1 g
Cholesterol	35 mg
<b>Sodium</b>	<b>356 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	4 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>19 g</b>
Vitamin D	0 IU
Calcium	59 mg
Iron	1 mg
Potassium	120 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Mature onions	8 oz	1 lb

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**Mexican Seasoning Mix  $\frac{3}{4}$  Cup (About 4½ oz)**

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder,  $\frac{1}{4}$  tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
About 11 lb 9 oz	About 23 lb 2 oz
About 1 gal 1 qt 3½ cups/1 steam table pans (12" x 20" x 2½")	About 2 gal 3 qt 2¼ cups/2 steam table pans (12" x 20" x 2½")

