



Chicken or Turkey Chop Suey USDA Recipe for CACFP

Chicken or Turkey Chop Suey consists of diced chicken or turkey combined with vegetables, including fresh snow peas and corn, cooked in chicken broth-based sauce. This dish may be served over brown rice.

CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup (6 fl oz spoodle) provides 2 oz equivalent meat and $\frac{1}{4}$ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken broth, low-sodium		2½ qt		1 gal 1 qt	1 Combine broth, soy sauce, pepper, and garlic powder in a large stock pot. Bring to a boil.
Soy sauce, low-sodium		½ cup		1 cup	
Black pepper, ground		½ tsp		1 tsp	
Garlic powder		½ tsp		1 tsp	
*Celery, fresh, diced ½" (cut at an angle)	2 lb 2 oz	1 qt 2¾ cups	4 lb 4 oz	3 qt 1½ cups	2 Add celery and onions. Reduce heat to low and simmer uncovered for 10–12 minutes. Set aside for step 4.
*Onions, fresh, chopped ¼"	8 oz	1½ cups	1 lb	3 cups	
Cornstarch	4½ oz	¾ cup	9 oz	1½ cups	3 Combine cornstarch and water in a small bowl. Stir.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		¾ cup		1½ cups	
					4 Add cornstarch mixture to broth mixture. Stir well. Simmer uncovered over medium heat until thickened for 6–8 minutes.
Chicken, frozen, cooked, diced, thawed ½" pieces	3 lb 3 oz	2 qt 3 cups	6 lb 6 oz	1 gal 1 qt 2 cups	5 Add chicken and snow peas. Continue to simmer over medium heat, uncovered, for 3–5 minutes.
OR Turkey, frozen, cooked, diced, thawed ½" pieces	3 lb 3 oz	2 qt 3 cups	6 lb 6 oz	1 gal 1 qt 2 cups	
Snow peas, frozen, cooked	8 oz	1½ cups	1 lb	3 cups	
					6 Critical Control Point: Heat to 165 °F or higher for 15 seconds.
					7 Pour into a steam table pan (12" x 20" x 4"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					8 Critical Control Point: Hold for hot service at 140 °F or higher.
					9 Portion with 6 fl oz spoodle (¾ cup).
(Optional) Cooking Rice USDA Recipe for CACFP					10 (Optional) Serve over cooked rice. See Cooking Rice USDA Recipe for CACFP for ingredients and directions.

NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	133
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	38 mg
Sodium	269 mg
Total Carbohydrate	9 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	14 g
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Vitamin D	0 IU
Calcium	22 mg
Iron	1 mg
Potassium	134 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	2 lb 9 oz	5 lb 2 oz

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.

YIELD/VOLUME

25 Servings	50 Servings
About 10 lb	About 20 lb
About 1 gal 1 qt/1 steam table pan (12" x 20" x 4")	About 2 gal 2 qt/2 steam table pans (12" x 20" x 4")