



Meatball Madness

USDA Recipe for CACFP

In our Meatball Madness recipe, lean ground turkey, spices, and vegetables are shaped and baked in a muffin tin, and then topped with a dollop of mashed potatoes.

CACFP CREDITING INFORMATION

Two meatball cups provide 2 oz equivalent meat/meat alternate and 7/8 cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2 qt		1 gal	1 Heat water to a rolling boil. 2 Pour water, milk, potato flakes, margarine, and salt in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed. Mashed potatoes should appear stiff. DO NOT OVERMIX. For 25 servings, mix for 2–3 minutes. For 50 servings, mix for 4–5 minutes. 3 Transfer 3 gal 1 ½ cup (about 6 lb 7 oz) mashed potatoes to a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4 Critical Control Point: Hold for hot service at 140 °F or higher.
Nonfat milk		1 ¾ cups		3 ½ cups	
Instant potato flakes	1 lb 5 oz	2 qt 2 ½ cups		1 gal 1 qt 1 cup	
Margarine, trans-fat free	3 oz	½ cup 2 tsp		¾ cup 1 Tbsp 1 tsp	
Salt		1 ¼ tsp		2 ½ tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
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					5 Set aside for step 13.
Raw ground beef (no more than 15% fat)	1 lb 13 oz	3 ½ cups 2 Tbsp	3 lb 10 oz	1 qt 3 ¼ cups	6 Place ground beef, ground turkey, milk, eggs, oats, tomato paste, onions, celery, bell peppers, carrots, pepper, salt, garlic powder, and celery seed in a commercial mixer (batch as needed).
Raw ground turkey (no more than 15% fat)	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups	7 Using a paddle attachment, mix on low speed for 2–3 minutes. DO NOT OVERMIX.
Instant nonfat dry milk		½ cup		¼ cup	
Egg whites	1 lb 1 oz	2 ⅞ cups	2 lb 2 oz	1 qt ¼ cup	
Oats, rolled, quick, dry	1 lb	1 qt 2 cups 1 Tbsp ¼ tsp	2 lb	3 qt 2 Tbsp ½ tsp	
Canned no-salt-added tomato paste	4 oz	⅓ cup 1 Tbsp 1 ¾ tsp	8 oz	⅔ cup 3 Tbsp ½ tsp	
*Fresh onions, finely chopped	6 oz	1 cup 2 Tbsp 2 ¼ tsp	12 oz	2 ¼ cups 1 Tbsp 1 ½ tsp	
*Fresh celery, diced	5 oz	¾ cup 3 Tbsp 2 tsp	10 oz	1 ¾ cups 3 Tbsp 1 tsp	
*Fresh green bell pep- pers	8 oz	1 ½ cups	1 lb	3 cups	
*Fresh carrots, shredded	5 oz	1 ½ cups	10 oz	3 cups	
Ground black or white pepper		¼ tsp		½ tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Celery seed		1 Tbsp 1 ½ tsp		3 Tbsp	
					<p>8 Lightly coat a muffin pan (20 ½" x 14") with pan-release spray. Using a No. 16 scoop, portion ¼ cup 1 ½ tsp (about 2²/₅ oz) meatball mixture into each muffin cup. Flatten the top of each meatball. For 25 servings, use 3 muffin pans. For 50 servings, use 6 muffin pans.</p>
					<p>9 Bake: Conventional oven: 400 °F for 25–30 minutes. Convection oven: 375 °F for 20–25 minutes.</p>
					<p>10 Critical Control Point: Heat to 165 °F or higher.</p>
					<p>11 Remove from oven.</p>
					<p>12 Transfer meatballs to a steam table pan (12" x 20" x 2 ½") lined with parchment paper; 25 meatballs per pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p>
					<p>13 Using a No. 20 scoop, portion ¾ cup 2 Tbsp 2 tsp (about 2 oz) mashed potatoes on top of each meatball.</p>
					<p>14 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>15 Serve 2 meatball cups.</p>



NUTRITION INFORMATION

For 2 meatball cups.

NUTRIENTS	AMOUNT
Calories	272
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Total Fat	7 g
Saturated Fat	2 g
Cholesterol	28 mg
Sodium	437 mg
Total Carbohydrate	36 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	17 g
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Vitamin D	14 IU
Calcium	73 mg
Iron	3 mg
Potassium	219 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz
Celery	7 oz	14 oz
Green bell peppers	10 oz	1 lb 4 oz
Carrots	5 oz	10 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 13 lb 3 oz	About 26 lb 6 oz
About 1 gal 2 qt 2 ½ cups 2 tsp/25 meatball cups	About 3 gal 1 qt ¾ cup/50 meatball cups

