



Pizza Cup With Ground Pork Topping

USDA Recipe for CACFP

Whole-grain pizza dough and lean ground pork are baked in a muffin tin and topped with cheese. Pizza sauce is served on the side for dipping.

CACFP CREDITING INFORMATION

2 pizza cups with 2 Tbsp pizza sauce provide 1 oz equivalent meat/meat alternate, $\frac{3}{8}$ cup vegetable, and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pork, raw, ground (no more than 15% fat)	1 lb 1 oz	2 $\frac{1}{8}$ cups	2 lb 2 oz	1 qt $\frac{1}{4}$ cup	1 Place ground pork in a large stock pot. Brown ground pork uncovered over medium high heat. Stir frequently. 2 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 3 Remove pork from heat. Drain pork in colander. Set aside for step 6.
Flour, whole-wheat	1 lb	3 $\frac{1}{2}$ cups	2 lb	1 qt 3 cups	4 Place 1 $\frac{1}{2}$ cups flour, yeast, sugar, salt, and 2 tsp oregano in a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 1 minute. Leave dry ingredients in mixer.
Bread flour, enriched	13 oz	3 cups	1 lb 10 oz	1 qt 2 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yeast, active, dry	2 oz	¼ cup	4 oz	½ cup	
Sugar	2 oz	¼ cup	4 oz	½ cup	
Salt		1 tsp		2 tsp	
Oregano, dried		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Water		2½ cups		1 qt 1 cup	5 Add water and oil. Mix well for 2 minutes on medium speed. Add remaining flour to dough. Consistency should be stiff and sticky.
Canola oil		2 Tbsp		¼ cup	
*Red bell peppers, fresh, diced	12 oz	2¼ cups	1 lb 8 oz	1 qt ½ cup	6 Add peppers, onions, cheese, and ground pork to dough. Mix well for 2 minutes on low speed.
*Onions, fresh, chopped	8 oz	1½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
Mozzarella cheese, low-fat, low-moisture, part-skim, shredded	15 oz	1 qt ½ cup 1 Tbsp 1 tsp	1 lb 14 oz	2 qt 1 cup 2 Tbsp 2 tsp	
					7 Cover dough in a large bowl and let rest for 10 minutes.
					8 Lightly coat a muffin pan (20½" x 14") with pan release spray. Using a No. 16 scoop, portion ¼ cup (about 2 oz) dough into each muffin cup. For 25 servings, use 3 muffin pans. For 50 servings, use 6 muffin pans.
					9 Bake until golden brown: Conventional oven: 375 °F for 17–20 minutes. Convection oven: 325 °F for 10–15 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					10 Critical Control Point: Hold for hot service at 140 °F or higher.
					11 While pizza cups are baking, begin making pizza sauce.
Tomato paste, canned, no-salt-added	8 oz	¾ cup 1 Tbsp 2 tsp	1 lb	1½ cups 3 Tbsp 1 tsp (approx. ⅛ No. 10 can)	12 Combine tomato paste, tomato sauce, remaining oregano, garlic, basil, pepper, and marjoram in a large stock pot. Simmer uncovered over medium–high heat for 8–10 minutes. Stir occasionally.
Tomato sauce, canned, no-salt-added	1 lb 12 oz	3 cups 2 Tbsp 2 tsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2¼ cups 1 Tbsp 1 tsp (½ No. 10 can)	
Garlic powder		1 Tbsp		2 Tbsp	
Basil, dried		1 tsp		2 tsp	
Black or white pepper, ground		½ tsp		1 tsp	
Marjoram		1 tsp		2 tsp	
					13 Critical Control Point: Heat to 140 °F.
					14 Critical Control Point: Hold for hot service at 140 °F.
					15 Set pizza sauce aside for step 17.
					16 Remove pizza cups from oven. Set aside for step 18.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					17 Using a 1 fl oz ladle, portion 2 Tbsp pizza sauce into individual soufflé cups.
					18 Serve 2 pizza cups with 2 Tbsp pizza sauce.

**NUTRITION INFORMATION**

For 2 pizza cups with 2 Tbsp pizza sauce.

NUTRIENTS**AMOUNT****Calories****244****Total Fat****7 g**

Saturated Fat

3 g

Cholesterol

19 mg

Sodium**320 mg****Total Carbohydrate****33 g**

Dietary Fiber

4 g

Total Sugars

5 g

Added Sugars included

N/A

Protein**13 g**

Vitamin D

5 IU

Calcium

142 mg

Iron

2 mg

Potassium

401 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
Red bell peppers	15 oz	1 lb 14 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 5 lb 13 oz	About 11 lb 10 oz
About 2 qt 3 $\frac{2}{3}$ cups/50 cups	About 1 gal 1 qt 3 $\frac{1}{4}$ cups/100 cups

