



Turkey and Beef Macaroni

USDA Recipe for CACFP

Lean ground turkey and beef are blended into tomato sauce with tomatoes and onions, then combined with whole-grain macaroni and sprinkled with cheese.

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		3 gal	1 Heat water to a rolling boil.
Salt		2 tsp		1 Tbsp 1 tsp	2 Add salt.
Whole grain elbow macaroni	1 lb 9 oz	1 qt 1¾ cups	3 lb 2 oz	2 qt 3½ cups	3 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 8.
Raw ground turkey (no more than 15% fat)	2 lb 8 oz	1 qt 1 cup	5 lb	2 qt 2 cups	4 Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5–8 minutes. Stir often until meat is well done.
Raw ground beef (no more than 15% fat)	1 lb 12 oz	3½ cups	3 lb 8 oz	1 qt 3 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					6 Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.
*Fresh onions, chopped	7 oz	1⅓ cups 1¼ tsp	14 oz	2⅔ cups 2½ tsp	7 Add onions. Heat uncovered for 5 minutes.
Canned no-salt-added tomato paste	1 lb 8 oz	2½ cups 1 Tbsp 1½ tsp (approx. ¼ No. 10 can)	3 lb	1 qt 1 cup 3 Tbsp (approx. ½ No. 10 can)	8 Add tomato paste, diced tomatoes, beef stock, spices, and macaroni. Heat uncovered over medium heat for 5–10 minutes.
Canned diced tomatoes, no-salt-added, undrained	1 lb 9½ oz	3 cups 1 Tbsp (¼ No. 10 can)	3 lb 3 oz	1 qt 2 cups 2 Tbsp (½ No. 10 can)	
Beef stock, non-MSG		1 qt		2 qt	
Ground black or white pepper		¾ tsp		1½ tsp	
Garlic powder		1½ tsp		1 Tbsp	
Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2¼ tsp		1 Tbsp 1½ tsp	
Paprika		¾ tsp		1½ tsp	
Onion powder		¾ tsp		1½ tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ancho chili powder		1 Tbsp		2 Tbsp	9 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
OR					
Mexican seasoning mix (see Notes)		1 Tbsp		2 Tbsp	
					10 Pour 1 gal 3 qt 2 cup (about 11 lb 10 oz) turkey and beef macaroni 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	1¾ cups	14 oz	3½ cups	11 Sprinkle 1¾ cup (about 7 oz) shredded cheese evenly over each pan.
					12 Critical Control Point: Hold for hot service at 140 °F or higher.
					13 Portion with 8 fl oz spoodle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	230
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	34 mg
Sodium	377 mg
Total Carbohydrate	29 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	19 g
Vitamin D	1 IU
Calcium	120 mg
Iron	4 mg
Potassium	453 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
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

25 Servings	50 Servings
About 11 lb 10 oz	About 23 lb 4 oz
About 1 gal 1 qt 3¼ cups/1 steam table pan (12" x 20" x 2½")	About 2 gal 3 qt 2½ cups/2 steam table pans (12" x 20" x 2½")