



# Chicken Tomato Bake

## USDA Recipe for Schools

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

### NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	<b>1</b> Heat water to a rolling boil.
Salt		2 tsp		1 Tbsp 1 tsp	<b>2</b> Add salt.
Whole-grain elbow macaroni	3 lb 2 oz	2 qt 3½ cups	6 lb 4 oz	1 gal 1 qt 3 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	14 oz	2⅔ cups 1 Tbsp 1 tsp	1 lb 12 oz	1 qt 1⅓ cups 2 Tbsp 2 tsp	<b>4</b> Heat onions, tomatoes, tomato paste, chicken broth, black pepper, garlic powder, ancho chili powder, ground 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	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned no-salt-added diced tomatoes, undrained	3 lb 2 oz	1 qt 2 cups (½ No. 10 can)	6 lb 4 oz	3 qt (1 No. 10 can)	
Canned low-sodium tomato paste	3 lb	1 qt 3 Tbsp (about ½ No. 10 can)	6 lb	2 qt ⅓ cup 2 tsp (about 1 No. 10 can)	
Low-sodium chicken broth		2 qt		1 gal	
Ground black or white pepper		1½ tsp		1 Tbsp	
Garlic powder		3 Tbsp	3¾ oz	¼ cup 2 Tbsp	
Ancho chili powder		¼ cup	2½ oz	½ cup	
OR					
Mexican seasoning mix (see Notes)		¼ cup	2½ oz	½ cup	
Chili powder		2 Tbsp		¼ cup	
Ground cumin		1 Tbsp 1½ tsp	3 oz	3 Tbsp	
Onion powder		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Paprika		1½ tsp		1 Tbsp	
					<b>5</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen, cooked diced chicken, thawed, ½" pieces	5 lb 8 oz	1 gal 3 cups	11 lb	2 gal 1 qt 2 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 50 servings, use 2 pans. For 100 servings, use 4 pans.
Low-fat cheddar cheese, shredded	14 oz	3 cups	1 lb 12 oz	1 qt 2 cups	<b>8</b> Sprinkle 1½ 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 135 °F or higher.
					<b>11</b> Portion with 8 fl oz spoodle (1 cup).



## NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
<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

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 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 <sup>3</sup>/<sub>4</sub> Cup (About 4½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ 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

50 Servings	100 Servings
About 23 lb 2 oz	About 46 lb 4 oz
About 2 gal 3 qt 2¼ cups/2 steam table pans (12" x 20" x 2½")	About 5 gal 3 qt ½ cup/4 steam table pans (12" x 20" x 2½")