



Pizza Cup With Ground Pork Topping

USDA Recipe for Schools

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.

NSLP/SBP CREDITING INFORMATION

2 pizza cups with 2 Tbsp pizza sauce provide 1 oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, ⅛ cup additional vegetable, and 2 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pork, raw, ground (no more than 15% fat)	2 lb 2 oz	1 qt ¼ cup	4 lb 4 oz	2 qt ½ cup	<ol style="list-style-type: none"> Place ground pork in a large stock pot. Brown ground pork uncovered over medium high heat. Stir frequently. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. Remove pork from heat. Drain pork in colander. Set aside for step 6.
Flour, whole-wheat	2 lb	1 qt 3 cups	4 lb	3 qt 2 cups	
Bread flour, enriched	1 lb 10 oz	1 qt 2 cups	3 lb 4 oz	3 qt	<ol style="list-style-type: none"> Place 1½ 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.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Yeast, active, dry	4 oz	½ cup	8 oz	1 cup	
Sugar	4 oz	½ cup	8 oz	1 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Oregano, dried		2 Tbsp 2 tsp		¼ cup 1 Tbsp 1 tsp	
Water		1 qt 1 cup		2 qt 2 cups	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		¼ cup		½ cup	
*Red bell peppers, fresh, diced	1 lb 8 oz	1 qt ½ cup	3 lb	2 qt 1 cup	6 Add peppers, onions, cheese, and ground pork to dough. Mix well for 2 minutes on low speed.
*Onions, fresh, chopped	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2¼ cups	
Mozzarella cheese, low-fat, low-moisture, part-skim, shredded	1 lb 14 oz	2 qt 1 cup 2 Tbsp 2 tsp	3 lb 12 oz	1 gal 2¼ cups 1 Tbsp 1 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 50 servings, use 6 muffin pans. For 100 servings, use 12 muffin pans.
					9 Bake until golden brown: Conventional oven: 375 °F for 17–20 minutes. Convection oven: 325 °F for 10–15 minutes.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					10 Critical Control Point: Hold for hot service at 135 °F or higher.
					11 While pizza cups are baking, begin making pizza sauce.
Tomato paste, canned, no-salt-added	1 lb	1½ cups 3 Tbsp 1 tsp (approx. ⅛ No. 10 can)	2 lb	3¼ cups 2 Tbsp 2 tsp (approx. ¼ 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	3 lb 8 oz	1 qt 2¼ cups 1 Tbsp 1 tsp (½ No. 10 can)	7 lb	3 qt ½ cup 2 Tbsp 2 tsp (1 No. 10 can)	
Garlic powder		2 Tbsp		¼ cup	
Basil, dried		2 tsp		1 Tbsp 1 tsp	
Black or white pepper, ground		1 tsp		2 tsp	
Marjoram		2 tsp		1 Tbsp 1 tsp	
					13 Critical Control Point: Heat to 135 °F.
					14 Critical Control Point: Hold for hot service at 135 °F.
					15 Set pizza sauce aside for step 17.
					16 Remove pizza cups from oven. Set aside for step 18.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>17 Using a 1 fl oz ladle, portion 2 Tbsp pizza sauce into individual soufflé cups.</p>
					<p>18 Serve 2 pizza cups with 2 Tbsp pizza sauce.</p>



NUTRITION INFORMATION

For 2 pizza cups with 2 Tbsp pizza sauce.

NUTRIENTS	AMOUNT
Calories	244
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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
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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	50 Servings	100 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Red bell peppers	1 lb 14 oz	3 lb 12 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

50 Servings	100 Servings
About 11 lb 10 oz	About 23 lb 4 oz
About 1 gal 1 qt 3¼ cups/100 cups	About 2 gal 3 qt 2½ cups/200 cups