



# Stewpendous Chicken Mushroom Cacciatore

Hearty tomato-based stew with mushrooms, diced chicken, whole wheat noodles, and veggies.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Pennsylvania Department of Education*

**Preparation Time:** 20-45 minutes

**Cook Time:** 1 hour

**NSLP/SBP crediting information:**

1 cup provides 1 ¼ oz equivalent meats/meat alternates, ⅛ cup red/orange vegetable, ⅜ cup other vegetable, ¼ oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2 gal		4 gal	<ol style="list-style-type: none"> <li>1. Heat water to boiling in a large pot. Add pasta. Cook until al dente, according to package instructions. Drain well. Set aside.</li> <li>2. In a large, wide pot add oil and heat over medium-high heat.</li> <li>3. Dice peppers and onions and add them to the pot. Sweat for 10 minutes until onions are translucent.</li> </ol>
Elbow pasta, whole wheat, dry	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
Oil, vegetable		3 fl oz		6 fl oz	
*Onions, fresh, diced, white	1 lb 2 oz	1 qt	2 lb 4 oz	2 qt	
*Peppers, bell, fresh, green or yellow, diced	1 lb 2 oz	1 qt	2 lb 4 oz	2 qt	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, minced	2 oz	26 cloves	4 oz	52 cloves	4. Move the peppers and onions to the side and add the minced garlic. Sauté for approximately 1 minute and then incorporate with onions and peppers.
*Mushrooms, fresh, sliced	7 lb 8 oz	2 gal 2 ¼ cups	15 lb	4 gal 1 qt ½ cup	5. Slice the mushrooms and add them to the peppers/onions/garlic mixture. Sauté for 5-10 minutes.
Tomatoes, diced, canned, low-sodium	2 lb 6 oz	2 qt	4 lb 12 oz	1 gal	6. Add diced tomatoes, tomato sauce, and chicken broth. Bring to a boil and add diced chicken. Reduce to a simmer.
Tomato sauce, canned, low-sodium	2 lb 8 oz	2 qt	5 lb	1 gal	
Chicken broth, low-sodium	4 lb 11 oz	2 qt 1 cup	9 lb 6 oz	1 gal 2 cups	
Chicken, cooked, white meat, diced	4 lb 8 oz	3 qt 2 cups	9 lb	1 gal 3 qt	
Black pepper, ground		2 Tbsp		¼ cup	7. Add black pepper and Italian seasoning. Continue to cook for 20 minutes.
Italian seasoning		3 Tbsp		½ cup	8. Prior to service, add the reserved pasta to the chicken stew. <b>Critical Control Point:</b> Heat to 165 °F or higher for at least 15 seconds. 9. Serve in 1 cup portions (8 fl oz spoodle). <b>Critical Control Point:</b> Hold for hot service at 140 °F or higher.

**STEWPENDOUS CHICKEN MUSHROOM CACCIATORE**  
**NUTRITION INFORMATION**

For 1 cup (8 fl oz spoodle)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>380</b>
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<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	0 g
Cholesterol	31 mg
<b>Sodium</b>	<b>108 mg</b>
<b>Total Carbohydrate</b>	<b>16 g</b>
Dietary Fiber	3 g
Total Sugars	5 g
Added Sugars included	0 g
<b>Protein</b>	<b>13 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 IU
Calcium	23 mg
Iron	1 mg
Potassium	244 mg

N/A=data not available.

<b>*MARKETING GUIDE</b>		
<b>Food as Purchased for</b>	<b>50 Servings</b>	<b>100 Servings</b>
Onions	1 lb 8 oz	3 lb
Bell peppers	1 lb 9 oz	3 lb 2 oz
Mushrooms	7 lb 11 oz	15 lb 6 oz

<b>NOTES</b>
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>Cooking Process #2: Same Day Service.</p>

<b>YIELD/VOLUME</b>	
<b>50 Servings</b>	<b>100 Servings</b>
About 21 lb 2 oz About 3 gal 2 cups	About 42 lb 4 oz About 6 gal 1 qt

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

