



Texas Mushroom Queso

A Texas twist to a favorite dish; this Mexican-inspired creamy, cheesy sauce made with roasted Texas grown mushrooms is sure to be popular with your students' tastebuds!

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
Texas Department of Agriculture

Preparation Time: 30 minutes

Cook Time: 50 minutes

NSLP/SBP crediting information:

½ cup queso and 2 oz tortilla chips provide ⅛ cup additional vegetable, 2 oz eq grains, and ½ oz eq meat/meat alternate.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Mushrooms, cremini, fresh, Texas, trimmed, sliced	4 lb 12 oz	2 gal	9 lb 7 ¾ oz	4 gal	<ol style="list-style-type: none"> Preheat convection oven to 400 °F. Measure spices into a small bowl: chili powder, cumin, garlic powder, onion powder, and salt. Set aside.
Chili powder		2 Tbsp		¼ cup	
Cumin, ground		2 Tbsp		¼ cup	
Garlic powder		1 ½ Tbsp		3 Tbsp	
Onion powder		1 ½ Tbsp		3 Tbsp	
Kosher salt		½ Tbsp		1 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil	1 4/5 oz	1/4 cup	3 3/5 oz	1/2 cup	<p>3. In a large bowl, add the mushrooms and drizzle with oil; toss well. Season the mushrooms with the spice mixture until evenly coated.</p> <p>4. Add the prepared mushrooms in a single layer onto parchment lined 18" x 26" sheet pans. For 50 servings, use two sheet pans. For 100 servings, use three sheet pans.</p> <p>5. Roast the mushrooms in a 400 °F convection oven with the fan on for 10-15 minutes or until golden brown. Remove from oven and chop into small pieces using a food processor. Hold hot until ready to add to the queso. Critical Control Point: Hold hot at 135 °F or higher.</p>
Cheese, American, reduced fat, bulk <i>Note: Do NOT use pre-shredded cheese for this recipe; the starchy coating will prevent complete melting.</i>	2 lb	2 qt	4 lb	1 gal	<p>6. Warm the milk in a pot on low heat. Heat to 135 °F or higher. Critical Control Point: Hold hot at 135 °F or higher.</p> <p>7. Shred the bulk cheese with a grater.</p>
Margarine	6 oz	3/4 cup	12 oz	1 1/2 cups	8. Melt margarine over medium heat in a large pot.
Flour, all-purpose	6 oz	1 1/4 cups	12 oz	2 1/2 cups	9. Using a wooden spoon, whisk, or heat-safe rubber spatula, stir in the flour until well incorporated and smooth.
Milk, nonfat, warm	5 lb 11 oz	2 qt 2 1/2 cups	11 lb 3 oz	5 qt 1 cup	<p>10. Gradually add the warm milk to the flour/butter mixture. Bring to a simmer, stirring constantly with a whisk for 10-15 minutes breaking up the clumps as needed.</p> <p>11. Reduce the heat to medium low, add cheese, and mix well with a wooden spoon or heat-safe rubber spatula until melted and fully incorporated.</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>12. Add roasted, chopped mushrooms and mix well.</p> <p>13. Transfer to a 20" x 12" x 4" pan for service.</p> <p>Critical Control Point: Heat to 135 °F or higher for at least 15 seconds. Hold for hot service at 135 °F or higher.</p>
Chips, tortilla	6 lb 4 oz		12 lb 8 oz		<p>14. Serve ½ cup, portion with No. 8 scoop or 4 oz ladle in a cup or over 2 oz of tortilla chips.</p>



**TEXAS MUSHROOM QUESO
NUTRITION INFORMATION**

For ½ cup queso (No. 8 scoop) and 2 oz tortilla chips

NUTRIENTS	AMOUNT
Calories	390
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Total Fat	18 g
Saturated Fat	3.5 g
Cholesterol	10 mg
Sodium	430 mg
Total Carbohydrate	47 g
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	11 g
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Vitamin A	124 mcg
Vitamin C	0 mg
Vitamin D	1 mcg
Calcium	269 mg
Iron	1 mg
Potassium	470 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Mushrooms, cremini	5 lb	10 lb

NOTES
<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>Serving Suggestions: Pair queso with vegetables, meat, or remove the chips and use as a topping for tacos. Garnish with chili powder if desired.</p> <p>Note: if using pre-shredded cheese, reduce the margarine and flour by 10% to prevent a thicker consistency from the starch.</p> <p>Cooking Process #2: Same Day Service</p>

YIELD/VOLUME	
50 Servings	100 Servings
26 ¼ lb prepared	52 ½ lb prepared

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant

