

Chicken or Turkey Chop Suey

Meat/Meat Alternate-Vegetable

Main Dishes

D-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		1 gal 1 qt		2 gal 2 qt	1. Combine stock, soy sauce, pepper, and granulated garlic. Bring to boil. Add celery and onions. Reduce heat and simmer for 10-12 minutes.
Low-sodium soy sauce		1 cup		2 cups	
Ground black or white pepper		1 tsp		2 tsp	
Granulated garlic		1 tsp		2 tsp	
*Fresh celery, cut into strips	4 lb 4 oz	3 qt 1 cup	8 lb 8 oz	1 gal 2 ½ qt	2. Combine cornstarch and water. Mix until smooth.
*Fresh onions, chopped OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ½ cups OR 3 cups	
Cornstarch	8 ¾ oz	2 cups	1 lb 1 ½ oz	1 qt	
Water, cold		1 ½ cups		3 cups	
					3. Add to stock mixture. Stir well and cook over medium heat until thickened, 6-8 minutes.
*Cooked chicken or turkey, diced	6 lb 6 oz	1 gal 1 qt	12 lb 12 oz	2 gal 2 qt	4. Add chicken or turkey. Cook over medium heat for 3-5 minutes or until heated through. CCP: Heat to 165° F or higher for at least 15 seconds. 5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 6. CCP: Hold for hot service at 135° F or higher. Serve with 6 oz ladle (¾ cup). 7. Serve over cooked rice.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Celery	5 lb 2 oz	10 lb 4 oz
Mature onions	1 lb 3 oz	2 lb 6 oz
Chicken, whole, without neck and giblets OR	17 lb 12 oz OR	35 lb 8 oz OR

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Turkey, whole, without neck and giblets 13 lb 9 oz 27 lb 2 oz

SERVING:

$\frac{3}{4}$ cup (6 oz ladle) provides 2 oz meat/meat alternate and $\frac{1}{4}$ cup vegetable.

YIELD:

50 Servings: about 23 lb 3 oz

100 Servings: about 46 lb 6 oz

Tested 2004

VOLUME:

50 Servings: about 2 gallons 1 $\frac{1}{2}$ quarts

100 Servings: 4 gallons 2 $\frac{3}{4}$ quarts

Variation:

A) Chicken or Turkey Chow Mein

Follow steps 1-5. In step 7, serve over chow mein noodles.

Nutrients Per Serving

Calories 147

Protein 17.75 g

Carbohydrate 7.93 g

Total Fat 4.66 g

Saturated Fat 1.28 g

Cholesterol 52 mg

Vitamin A 77 IU

Vitamin C 2.7 mg

Iron 1.03 mg

Calcium 30 mg

Sodium 332 mg

Dietary Fiber 0.8 g