

Chicken and Noodles

Meat-Grains/Breads

Main Dishes

D-17

| Ingredients | 25 Servings | | 50 Servings | | Directions |
|---------------------------------------|-------------|----------------|-------------|----------------|--|
| | Weight | Measure | Weight | Measure | |
| Chicken stock OR | | 1 gal | | 2 gal | 1. Heat chicken stock to boiling. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered for 6 minutes. DO NOT DRAIN. |
| Low-sodium chicken stock | | 1 gal | | 2 gal | |
| Noodles | 1 lb 4 oz | 3 qt 3 cups | 2 lb 8 oz | 1 gal 3 1/2 qt | |
| *Onions, chopped OR | 7 oz | 1 cup 2 Tbsp | 14 oz | 2 1/4 cups | |
| Dehydrated onions | | 1/4 cup | | 1/2 cup | |
| *Carrots, shredded (optional) | 4 oz | 1 cup | 8 oz | 2 cups | |
| Butter or margarine | | 1/4 cup | 4 oz | 1/2 cup | 2. Melt butter or margarine. Add flour and stir until smooth. |
| All-purpose flour | | 1/4 cup 3 Tbsp | 4 oz | 3/4 cup 2 Tbsp | |
| Reconstituted instant nonfat dry milk | | 3 cups | | 1 qt 2 cups | 3. To noodles, add: flour mixture, milk, pepper, marjoram (optional), parsley flakes (optional), and chicken or turkey. Stir gently to combine. |
| Black or white pepper | | 3/4 tsp | | 1 1/2 tsp | |
| Flaked marjoram (optional) | | 3/4 tsp | | 1 1/2 tsp | |
| Parsley flakes (optional) | | 1/4 cup | | 1/2 cup | |
| *Cooked chicken or turkey, chopped | 3 lb 3 oz | 2 qt 2 cups | 6 lb 6 oz | 1 gal 1 qt | |
| | | | | | 4. Cook over medium heat, stirring occasionally until thickened, 6 to 8 minutes. |
| | | | | | CCP Heat to 165 degrees F or higher for at least 15 seconds. |
| | | | | | 5. Pour into serving pan. Hold for 30 minutes on a 180 degrees F to 190 degrees F steamtable to allow sufficient time for mixture to thicken properly. |
| | | | | | CCP Hold for hot service at 140 degrees F or higher. |
| | | | | | 6. Portion with 8-oz ladle (1 cup). |
| *See Marketing Guide | | | | | |

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| Marketing Guide | | |
|--|-------------|-------------|
| Food as Purchased | For 25 Svgs | For 50 Svgs |
| Mature onions | 8 oz | 1 lb |
| Carrots | 6 oz | 12 oz |
| Chicken, whole, without neck and giblets OR | 8 lb 14 oz | 17 lb 12 oz |
| Turkey, whole, without neck and giblets | 6 lb 13 oz | 13 lb 10 oz |

| SERVING: | YIELD: | VOLUME: |
|---|---|--|
| 1 cup (8-oz ladle) provides 2 oz of cooked poultry and the equivalent of 1 slice of bread | 25 Servings: 1 gal 2 qt (approximately) 50 Servings: 3 gal (approximately) | 25 Servings: 50 Servings: |

| Nutrients Per Serving | | | |
|-----------------------|-------|----------------------|--------------|
| Calories | 242 | Saturated Fat | 2.6 g |
| Protein | 21 g | Cholesterol | 75 mg |
| Carbohydrate | 21 g | Vitamin A | 38 RE/138 IU |
| Total Fat | 7.4 g | Vitamin C | 1 mg |
| | | Iron | 1.9 mg |
| | | Calcium | 66 mg |
| | | Sodium | 1032 mg |
| | | Dietary Fiber | 1 g |