

ABCs OF SCRATCH COOKING

RECIPE SPOTLIGHT FOR K-12 SCHOOLS

SOUPS & STEWS



Friends,

We meet again on the pages of another ABCs of Scratch Cooking recipe book. As the year begins to wind down and the temperatures start to drop, we felt it would be fitting to have a few new recipes that warm both the body and the soul.

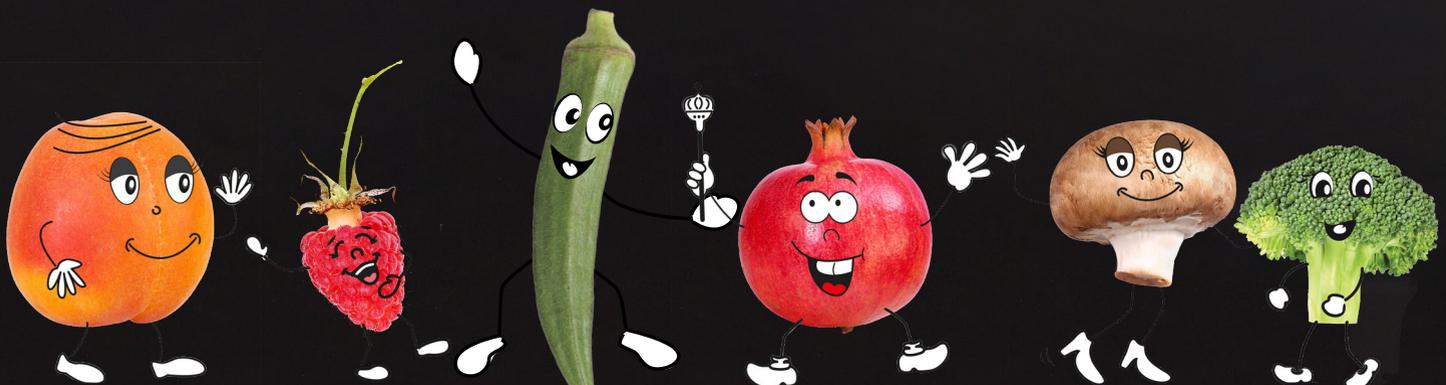
This collection features a hearty chicken and sausage gumbo over rice, a classic beef chili, a spin on the classic chili - using white beans and chicken and a potato soup - perfect for those chilly afternoons. It's our hope that you'll find these new recipes to be delicious, cozy and easy to follow.

I'd love to see what you come up with. Feel free to share your creations (and your student's reactions) with me this winter.

Happy Cooking.



Mike Burke, SNS
K-12 Ambassador
(816) 914-7444
william.burke@itwfeg.com



WHAT'S INSIDE...

Beef Chili5

White Bean Chili
with Chicken6

Chicken & Sausage Gumbo
Over Rice9

Potato Soup with
Diced Ham10





Image for illustrative purposes only and does not depict actual recipe.

BEEF CHILI

INGREDIENTS

15 lb Beef, ground (crumbles)
frozen raw [USDA 100158](#)

1 (#10) can Tomatoes, diced, no salt added
[USDA 100329](#)

½ (#10) can Tomato, paste, no salt added
[USDA 100327](#)

1 (#10) can Beans, kidney, low-sodium
[USDA 100370](#)

3 ¼ cup Peppers, sweet, green, chopped

3 tablespoon Onions, dehydrated

3 ¼ cup Garlic, dehydrated

1 tablespoon + 1 teaspoon Pepper, white, ground

2 tablespoon Chili powder

2 tablespoon Onion powder

½ cup Cumin, ground

1 gallon + 1 cup Water

INSTRUCTIONS

1. Brown ground beef in braising pan or steam jacketed kettle. Drain meat to remove excess fat.
2. Add spices and peppers and cook for 5 minutes.
3. Stir in tomatoes, water and tomato paste. Mix well.
4. Bring to boil, reduce heat and cover. Allow to simmer (about 40 minutes), stirring occasionally until thickened.

BRAISING PAN: 350°F until initial boil; reduce to 210°F to simmer

STEAM JACKETED KETTLE: follow operation manual for settings

COOK AND HOLD OVEN: hold temperature at 180°F



CCP: Heat to 165°F or higher

**CCP: Keep warm in your Vulcan Holding Cabinet
at 135°F or higher for hot service**

Number of Portions: 100 | Portion Size: ½ cup

2 ounces equivalent M/MA, ¼ cup red/orange, ½ cup other vegetable

WHITE BEAN CHILI WITH CHICKEN

INGREDIENTS

10 lb Chicken, diced, fully cooked, frozen

[USDA 100101](#)

3 lb + 4 oz Onion, yellow,
fresh coarsely chopped

5 (#10) cans Beans, Great Northern

[USDA 100373](#)

½ cup Vegetable oil

6 ½ cup Chicken broth,
low sodium

½ cup Chili powder

2 tablespoon Cumin seeds

2 tablespoon Italian seasoning

1 tablespoon Garlic powder

1 tablespoon Salt

6 cup Sour cream,
reduced fat

INSTRUCTIONS

1. Slowly thaw (slack) frozen chicken in refrigeration.
2. Heat oil in braising pan or steam jacketed kettle.
3. Add chopped onions and saute until translucent — approximately 10 minutes.
4. Add diced chicken to sauteed onions. Stir to combine.
5. Add chicken broth, beans, chili powder, cumin seeds, Italian seasoning, garlic powder and salt to mixture. Stir to combine.
6. Bring to boil, reduce heat and cover. Allow to simmer (about 40 minutes), stirring occasionally until thickened.
7. Remove from heat and add sour cream. Mix well and hold temperature at 135°F for serving.

BRAISING PAN: 350°F for initial boil, reduce to 210°F for simmer

STEAM JACKETED KETTLE: follow operation manual for settings

COOK AND HOLD OVEN: hold temperature at 180°F



CCP: Heat to 165°F or higher

CCP: Keep warm in your Vulcan Holding Cabinet
at 135°F or higher for hot service

Number of Portions: **80** | Portion Size: **¾ cup**

2 ounces M/MA; ½ cup vegetables (½ cup legumes)





*Image for illustrative purposes only
and does not depict actual recipe.*

CHICKEN & SAUSAGE GUMBO OVER RICE

INGREDIENTS

3 ½ cup flour, all purpose, enriched
[USDA 100400](#)

3 lb Rice, long grain, brown, parboiled
[USDA 100500](#) or [USDA 101031](#)

10 cup Water

2 tablespoon + 2 teaspoon Salt

¾ cup Oil, vegetable

Holy Trinity equal part onions, celery, and green peppers:

3 ½ cup Onions, diced

3 ½ cup Celery, diced

3 ½ cup Pepper, green, diced

1 lb + 4 oz Okra, cut

¼ cup Garlic powder

2 tablespoon Thyme, dried

¼ cup Creole spice blend, no salt

14 ½ cup Broth, chicken, low sodium

6 lb Chicken, diced, fully cooked, frozen
[USDA 100101](#)

2 lb Sausage, sliced, pork and beef

½ cup Worcestershire sauce

1 (#10 can) Tomatoes, diced
[USDA 100329](#)

INSTRUCTIONS

1. Make rice:

Combine rice, water and 2 tbsp salt in 12" x 20" x 4" food pan. Stir until all rice is wet and steam for 45 minutes or until tender and fluffy. Cover and place in heated holding cabinet until ready to serve.

**CONVECTION
OVEN:**
325°F

**STANDARD
OVEN:**
350°F

**COMBI
OVEN:**
212°F

2. Make dry roux:



Brown flour in oven on a sheet pan at 400°F for 15-20 minutes or until flour is peanut butter color. Stir occasionally and watch closely.



Alternate method using braising pan:
Brown flour over medium heat (300°–400°F) stirring constantly with a wire whip. Lower temperature if flour browns too quickly.

3. Make gumbo:

1. Heat oil in braising pan or steam jacketed kettle over medium heat.
2. Add Holy Trinity, okra and garlic powder to oil and saute for 5 minutes or until tender.
3. Sprinkle roux, thyme, Creole spice blend and 2 tsp salt over sautéed vegetable mixture. Stir constantly until mixture thickens.
4. Slowly mix in chicken broth. Use a wire whip to keep thickened broth smooth. Do not allow to lump.
5. Add chicken, sausage, Worcestershire sauce and tomatoes. Bring to a boil.
6. Reduce heat and cover. Allow to simmer (about 20 minutes), stirring occasionally until thickened.

BRAISING PAN:
350°F boil/210°F simmer

STEAM JACKETED KETTLE:
see operation manual

CCP: Heat to 165°F or higher | CCP: Keep warm in your Vulcan Holding Cabinet at 135°F or higher for hot service

Number of Portions: **25** per 12" x 20" x 4" food pan | Portion Size: **6 oz gumbo & ½ cup rice**

2 ¼ ounces equivalent M/MA, 1 ounce equivalent whole grain; ½ cup red/orange, ¾ cup other vegetable

POTATO SOUP WITH DICED HAM

INGREDIENTS

2 lb Margarine

2 lb Celery, fresh, chopped

1 cup Onions, dehydrated

2 gallons Water

1 ½ cup Dry milk, nonfat

6 lb Potatoes, diced

[USDA 110844](#)

2 cup Bacon bits

10 lb Ham, diced

[USDA 100188](#)

2 teaspoon Salt

1 teaspoon Pepper, black (white)

1 cup + 2 tablespoon Potato flakes, instant mashed

4 lb Cheddar cheese, shredded

[USDA 100012](#)

INSTRUCTIONS

1. Melt margarine without burning.
2. Add celery and cook over medium heat for 5-10 minutes until tender.
3. Reduce heat to low and add onions.
4. In a separate bowl, combine water and dry milk. Once combined, add to margarine, celery and onion mixture.
5. Add diced potatoes, bacon bits and ham. Cook over low heat until heated (about 15-25 minutes). Do NOT boil; overheating may cause curdling.
6. Add salt and pepper and instant mashed potatoes to thicken.
7. Serve in bowl topped with shredded cheese.

BRAISING PAN: 350°F for initial boil, reduce to 210°F for simmer

STEAM JACKETED KETTLE: follow operation manual for settings

COOK AND HOLD OVEN: hold temperature at 180°F



CCP: Heat to 165°F or higher

CCP: Keep warm in your Vulcan Holding Cabinet at 135°F or higher for hot service

Number of Portions: **100** | Portion Size: **1 cup**

1.95 ounces M/MA; ½ cup fruit/vegetables



*Image for illustrative purposes only
and does not depict actual recipe.*

KITCHEN CONVERSIONS

