COOKING for KIDS

STANDARDIZED RECIPE

Recipe Name: Cooked Cabbage			
Ingredients	**For 50 Servings**		**Directions**
	Weight	**Measure**	
Cabbage, common, cooked, drained, W/O salt	**10.5 lbs.**		**1. Wash fresh cabbage. Remove old or bad leaves. Cut into quarters. Divide into steamtable pans.**
Onion, raw, yellow or white		**1 ½ c. chopped**	**2. Sautee chopped onions in vegetable oil. Divide into pans with the cabbage.**
Oil, vegetable pure		**½ c.**	
Base vegetable soup		**1 T.**	**3. Combine vegetable (or beef) base with water. Add seasonings. Stir well.** **4. Add equal amounts of liquid in each pan. Cover tightly with foil and place in a 350°F oven for 45-60 minutes or until tender.** **May be cooked in a steamer.**
Water		**1 qt.**	
Garlic powder		**1 T.**	
Salt, table		**1 T.**	
Pepper, black ground		**1 T.**	

Serving Size for Grades: K-8 is:_____ (unit: cup, fl oz, each) Serving Utensil: _____

Serving Size for Grades: 9-12 is:_____ (unit: cup, fl oz, each) Serving Utensil: _____

Meal Pattern Contributions

0.5 c. vegetable

Courtesy of Oklahoma City Public Schools