

Title: Curried Turkey and Squash



| 112 Servings | | Directions |
|-------------------------------------------------------------------|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Ingredients | Weight Measure | |
| Turkey, ground, fresh or frozen, with skin in natural proportions | 20 lb | <ol style="list-style-type: none"> 1. Thaw turkey on bottom shelf in the refrigerator, if frozen. CCP: Hold at or below 41°F. 2. Rinse butternut squash under running water. Remove peel and seeds and dice into ¾" pieces. Set aside. 3. Rinse onions under running water. Drain well in colander. Dice into ¼" pieces. Set aside. 4. Rinse garlic under running water. Peel and mince. 5. Preheat the tilt skillet or kettle to medium high heat. Add oil. Once oil is shimmering, add diced onion and sauté for 3-5 minutes. Add curry, salt, cinnamon, ginger, and black pepper. Sauté for one more minute. Note: May substitute ¼ cup granulated garlic for fresh. 6. Add ground turkey to skillet/kettle. Break into small pieces, while mixing with onion, garlic, and spices. Cook approximately 5 minutes. CCP: Cook to a minimum internal temperature at or above 165°F. 7. Add butternut squash, tomatoes, tomato paste, water, and bay leaf. Stir to combine. 8. Bring curry to a boil and reduce to a simmer. Simmer for 20-25 minutes. |
| Butternut Squash, fresh, diced | 8 lb | |
| Onions, diced | 1 gallon | |
| Garlic, fresh, chopped | 1 cup | |
| Oil, canola | 1 cup | |
| Curry powder | 1 cup | |
| Salt | ¼ cup | |

| | | |
|---------------------------|------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Cinnamon, ground | 1 Tbsp | <p>9. CCP: Heat to minimum internal temperature at or above 165°F. Serve ¾ cup (~6.7 oz) using a 6 oz spoodle or a combination of a no. 8 disher and a no. 16 disher. Recommend serving with ½ cup (1 oz eq grain) or 1 cup (2 oz eq grain) steamed brown rice.</p> <p>CCP: No bare hand contact with ready to eat food.</p> <p>CCP: Hold for hot service at or above 135°F.</p> |
| Ginger, ground | 1 Tbsp | |
| Black pepper | 2 tsp | |
| Tomatoes, canned, crushed | 2 #10 cans | |
| Tomato paste | 1 ½ cups | |
| Water | 1 gallon | |
| Bay leaf | 4 each | |

| | | |
|-----------------|------------------------|--------------------------------------|
| Recipe Code No: | Category: Lunch Entrée | Cooking Process: #2 Same Day Service |
|-----------------|------------------------|--------------------------------------|

Title: Curried Turkey and Squash

Meal Components: 2 oz Meat/Meat Alternate, ¼ cup Red/Orange Vegetable

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

| Food as Purchased for | 112 Servings |
|-----------------------------------------|--------------|
| Onions, Mature, fresh, All sizes, whole | 6 lb 8 oz |
| Squash, Winter, fresh, Butternut, Whole | 9 lb |

Serving

1 serving provides 2 oz Meat/Meat Alternate, ¼ cup Red/Orange Vegetable.

| Serving Size | 1 Serving Provides | Yield |
|---------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------|
| K-8: ¾ cup 9-AD: ¾ cup | K-8: 2 oz Meat/Meat Alternate, ¼ cup Red/Orange Vegetable 9-AD: 2 oz Meat/Meat Alternate, ¼ cup Red/Orange Vegetable | 112 servings 112 servings |

Nutrients Per Serving:

| | | | | | |
|-----------------|---------|----------------|-------|----------------|---------|
| Calories | 178 cal | Sat Fat | 1.7 g | Iron | 2.25 mg |
| Protein | 17 g | Chol | 55 mg | Calcium | 34 mg |

| | | | | | |
|------------------|-------------|--------------|----------------|----------------------|---------------|
| Carb | 13 g | Vit A | 3852 IU | Sodium | 448 mg |
| Total Fat | 6 g | Vit C | 16.3 mg | Dietary Fiber | 3 g |