

# Hotdish and Other Mixed Dishes in the CACFP

Hotdish and casseroles are popular Minnesota dishes that typically include a grain, meat and vegetable combined together with a sauce. Historically, additional rice or pasta was added in these dishes to “stretch” the meat and vegetables. The Child and Adult Care Food Program (CACFP) requires that the minimum portions be served at each meal, however, it can be difficult to tell if a Hotdish is creditable or not.

***When making a traditional Minnesota Hotdish the amount of meat/meat alternate compared to the amount of vegetable and pasta/rice will need to be adjusted.***

## Making a Creditable Hotdish

### **Requirements for a 3-5 year old:**

- 1 ½ oz. **cooked** meat (approx. 1/3 cup)
  - ¼ cup vegetable
  - ¼ cup pasta/rice

### **To serve 8 children:**

- 1.5 oz. MMA x 8 children = **12 oz. (¾ lb.) cooked meat**  
 ¼ cup VEG x 8 children = **2 cups cooked vegetable**  
 ¼ cup grain x 8 children = **2 cups cooked pasta/rice**



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## **Hotdish Favorites – serves 8 preschool children**

<u>Tater Tot Hotdish</u>	<u>Ground Beef Goulash</u>	<u>Tuna Noodle Casserole</u>
1 lb. ground beef (80/20) ¼ bag frozen tater tots (32 oz. bag) 2 cans (10.5 oz.) cream of mushroom soup 1 can (14.5 oz.) cut green beans (drained) –or- ½ lb. frozen cut green beans ¼ cup shredded cheese (any kind)	½ medium yellow onion, chopped 1 lb. ground beef (80/20) ¼ tsp garlic powder 1 Tbsp. tomato paste 1 can (15 oz.) tomato sauce 1 can (15 oz.) diced tomatoes 1 tsp. Italian seasoning ¾ cup (¾ lb.) elbow macaroni, uncooked ½ cup shredded cheddar cheese	3 cans (5 oz.) tuna in water, drained 1 can (10.5 oz.) cream of mushroom soup ½ cup milk 1 lb. frozen peas 2 cups medium egg noodles, cooked 2 Tbsp. dry bread crumbs 1 Tbsp. butter, melted
1. Preheat oven to 350 degrees. 2. Brown and cook ground beef, drain off excess grease. 3. Combine beef, beans and soup (use soup as is, do not add additional liquid). Transfer to a 2 ½ quart baking dish. 4. Arrange tater tots on top. 5. Bake, uncovered for 50 minutes. During last 10 minutes sprinkle cheese on top.	1. In a large skillet over medium heat, heat oil. Add onion and cook until softened, 5 min. Add ground beef, season with garlic powder, salt and pepper and cook until no longer pink. Drain off excess grease. 2. Add tomato paste and stir to coat. Add tomato sauce and diced tomatoes and ½ cup water. Season with Italian seasoning. Stir in macaroni. Bring to a boil and simmer for 15 minutes until pasta is tender. 3. Stir in cheese and remove from heat.	1. Preheat oven to 400 degrees. 2. Combine soup, milk, peas, tuna and noodles in a 1 ½ quart baking dish. 3. Bake tuna mixture for 20 minutes or until hot and bubbling. Stir the casserole. 4. Combine bread crumbs and butter in a small bowl. Sprinkle bread crumb mixture over casserole. 5. Bake for 5 minutes or until bread crumbs are golden brown.
<b>Credit:</b> 1.5 oz. MMA, ¼ cup VEG	<b>Credit:</b> 1.5 oz. MMA, 0.5 oz. eq. grain, ¼ cup VEG	<b>Credits:</b> 1.5 oz. MMA, 0.5 oz. eq. grain, ¼ cup VEG

# How Much Do I Need?

## Preschool (3-5 year old) lunch servings

<b>Meat/ Meat Alternates</b> Minimum Serving Size: 1.5 oz.	<b>4 Servings</b> yields 6 oz. cooked	<b>8 Servings</b> yields 12 oz. cooked
Beans (15.5 oz. can) (Black, Kidney, Baked, etc.)	1 ¼ cans	2 ¼ cans
Beef, Ground (80/20)	½ lb.	1 ¼ lb.
Beef, Roast/ Stew Meat	2/3 lb. (10 oz.)	1 ¼ lbs. (20 oz.)
Chicken, Breasts/ Thighs	¾ lb. (12 oz.)	1 ½ lbs. (24 oz.)
Cheese, shredded	1 ½ cups	3 cups
Eggs, large	3 eggs	6 eggs
Ham	¾ lb. (12 oz.)	1 ½ lbs. (24 oz.)
Pork or Turkey, Ground	2/3 lb. (10 oz.)	1 ¼ lb. (20 oz.)
Pork, Roast	2/3 lb. (10 oz.)	1 ¼ lbs. (20 oz.)
Tuna packed in water (5 oz. cans)	1 ½ cans	3 cans

<b>Grains</b> Minimum Serving Size: 0.5 oz. eq.	<b>4 Servings</b>	<b>8 Servings</b>
Bread, sliced	2 slices	4 slices
Pasta, Egg Noodles, uncooked	1 ¼ cups	2 3/8 cups
Pasta, Elbow Macaroni, uncooked	3/8 cup	¾ cup
Pasta, Lasagna Noodles, uncooked	1/4 lb.	1/3 lb.
Pasta, Spiral (Rotini) or Penne, uncooked	2/3 cup	1 1/3 cups
Pasta, Spaghetti, uncooked	¼ lb.	3/8 lb.
Rice, Instant (Brown/ White), uncooked	2/3 cup	1 1/3 cup
Rice, Long Grain (Brown/ White), uncooked	½ cup	1 cup

<b>Vegetables</b> Minimum Serving Size: ¼ cup	<b>4 Servings</b>	<b>8 Servings</b>
Broccoli, served fresh	1 cup	2 cups
Broccoli, served cooked	½ lb.	1 lb.
Carrots, served fresh	1 cup	2 cups
Carrots, served cooked	1 lb.	½ lb.
Green Beans, served cooked	1/3 lb. or 1- 15 oz. can	2/3 lb. or 1 ½ - 15 oz. cans
Lettuce, served fresh	2 cups	4 cups
Mixed Vegetables, served cooked	½ lb. or 1- 15 oz. can	1 lb. or 2- 15 oz. cans
Peas, served cooked	½ lb. or 1- 15 oz. can	1 lb. or 1 ½ - 15 oz. cans
Potatoes, served cooked	½ lb. or 1 large potato	1 lb. or 2 large potatoes

<b>Fruit</b> Minimum Serving Size: ¼ cup	<b>4 Servings</b>	<b>8 Servings</b>
Apples, medium	2 apples	4 apples
Applesauce, mixed fruit (canned or fresh)	1 cup	2 cups
Banana, medium	2 bananas	4 bananas
Clementines	4 oranges	8 oranges
Raisins	½ cup	1 cup