

Chicken and Noodles

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 gal		2 gal	<ol style="list-style-type: none"> Heat chicken stock to a boil. Slowly stir in noodles, onions, and carrots (optional). Boil, uncovered for 6 minutes. DO NOT DRAIN. Melt margarine or butter. Add flour and stir until smooth. Add flour mixture, milk, pepper, marjoram (optional), parsley (optional), and chicken or turkey to noodles. Stir gently to combine. Cook over medium heat, stirring occasionally until thickened, 6-8 minutes. CCP: Heat to 165° F or higher. Pour 2 qt of chicken mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 3 pans. For 50 servings use 6 pans. Bake: Conventional oven: 190° F for 30 minutes Convection oven: 180° F for 30 minutes CCP: Hold for hot service at 140° F or warmer. <p>Portion with 8 oz ladle (1 cup).</p>
Enriched noodles	1 lb 4 oz	3 qt 3 cups	2 lb 8 oz	1 gal 3 ½ qt	
*Fresh onions, chopped OR	7 oz	1 ¼ cups OR	14 oz OR	2 ½ cups OR	
Dehydrated onions		½ cup 2 Tbsp	2 ½ oz	1 ¼ cups	
*Fresh carrots, shredded (optional)	4 oz	1 cup	8 oz	2 cups	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Enriched all-purpose flour	2 oz	½ cup	4 oz	1 cup	
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dried marjoram (optional)		¾ tsp		1 ½ tsp	
Dried parsley (optional)		¼ cup		½ cup	
*Cooked chicken or turkey, chopped	3 lb 3 oz	2 qt 2 cups	6 lb 6 oz	1 gal 1 qt	

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	8 oz	1 lb
Carrots (optional)	5 oz	10 oz
Chicken, whole, without neck and giblets	8 lb 14 oz	17 lb 12 oz
OR	OR	OR
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: 3 pans	25 Servings: 1 gallon 2 ¼ quarts
	50 Servings: 6 pans	50 Servings: 3 gallons 2 cups
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Nutrients Per Serving					
Calories	263	Saturated Fat	1.92 g	Iron	2.14 mg
Protein	22.37 g	Cholesterol	79 mg	Calcium	61 mg
Carbohydrate	24.83 g	Vitamin A	148 IU	Sodium	187 mg
Total Fat	7.73 g	Vitamin C	0.6 mg	Dietary Fiber	1.1 g