



Child Care Health Program

# Somali Spaghetti

Makes 20 Servings

- 2¾ pounds of lean ground turkey☀ or beef☀
- 1 large onion☀, diced
- 3 cloves garlic☀, minced
- 4 carrots☀, chopped
- 2 sweet potatoes☀, chopped
- 3 (15 ounce) jars marinara sauce (or tomato sauce or spaghetti sauce)
- ¼ cup cilantro☀, chopped
- 16 ounces dry spaghetti noodles
- Pepper to taste



1. Brown ground beef and onions in pan until beef reaches an internal temperature of 155°F. Drain excess fat.
2. Combine the following ingredients in a large pan: beef, onion, garlic, carrots, potatoes, marinara sauce.
3. Simmer until potatoes and carrots are tender; approximately 20-25 minutes.
4. Add cilantro during last 5 minutes of cooking.
5. Cook spaghetti according to directions.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1/20 of serving (182g)		<b>Total Fat</b> 2.5g	<b>4%</b>	<b>Total Carb.</b> 26g	<b>9%</b>
Servings 20		Sat. Fat 0g	<b>2%</b>	Fiber 3g	<b>11%</b>
<b>Calories</b> 210		Trans fats 0g		Sugars 6g	
<b>Fat Cal.</b> 25		<b>Cholest.</b> 35mg	<b>12%</b>	<b>Protein</b> 19g	
		<b>Sodium</b> 320mg	<b>13%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 90%	Vitamin C 4%	Calcium 4%	Iron 8%

Grain/Bread—1/4 cup	CACFP Crediting
Vegetable—1/4 cup	for 3-5 year olds
Meat/Meat Alternative—1.5 ounces	Lunch/Dinner

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# Stir Fried Rice

Makes 20 Servings



- 1 tablespoon vegetable oil
- 1 medium onion☀, finely chopped
- 5 cups cooked brown rice
- 1–10 oz. package frozen mixed vegetables or 2 cups fresh vegetables☀, chopped
- 2¾ pounds poultry☀ or fish☀, boneless and skinless
- 3 eggs☀, lightly beaten
- 1-2 tablespoons low salt soy sauce

1. In a large pan, heat oil on medium-high heat. Add onion, meat and rice. Stir and cook until onion is soft, about 5 minutes.
2. Reduce heat to medium; add vegetables and meat to rice mixture. Cook 2 minutes for frozen vegetables and 5-7 minutes for fresh. Poultry should reach an internal temperature of 165°F and fish should reach 145°F.
3. Spread the mixture out to the sides of the pan, leaving space in the middle for the eggs.
4. Add the eggs and scramble until eggs are cooked and reach 145°F.
5. Mix the eggs with the rice and vegetables, then sprinkle with soy sauce.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serv. size 1/20 of serving (134g)		<b>Total Fat</b> 4.5g	<b>7%</b>	<b>Total Carb.</b> 15g	<b>5%</b>
Servings 20		Sat. Fat 1g	<b>5%</b>	Fiber less than 1g	<b>6%</b>
<b>Calories</b> 190		Trans fats 0g		Sugars 0g	
<b>Fat Cal.</b> 40		<b>Cholest.</b> 75mg	<b>24%</b>	<b>Protein</b> 20g	
		<b>Sodium</b> 230mg	<b>9%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.		Vitamin A 15%	Vitamin C 4%	Calcium 2%	Iron 6%

Calculated with chicken

Grain/Bread—1/4 cup	CACFP Crediting
Vegetable—1/8 cup	for 3-5 year olds
Meat/Meat Alternative—1.5 ounces	Lunch/Dinner

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