





Calculating Food Group Servings from Recipes

Penne Casserole

Yield: 24 x 125 ml servings

2.2 kg (5 lb)	Lean Ground Beef
1.5 l	Water
1 x 3.5 l (100 fl oz) can	Diced Tomatoes
1 x 800 ml (24 fl oz can)	Tomato Paste
.25 kg (.5 lb)	Chopped Onion
2 stalks	Chopped Celery
1	Bay leaf
1 clove	Garlic
10 ml	Oregano
1.45 kg (3 lb)	Penne Pasta
.45 kg (1 lb)	Grated Mozzarella Cheese

Food Groups	Calculation of Food Group Servings/Serving of Recipe
	4.35 L (124 fl oz) tomatoes and paste ÷ 24 servings = 181 ml (5 fl oz) or approx. 1.25 servings
	Assume .45 kg (1 lb) dry pasta yields a volume of approx. 1 l drained pasta. 1.45 kg (3 lb) pasta = 3 l or 24 x 125 ml servings or 1 approx. 1 serving
	.45 kg (1 lb) cheese ÷ 24 = 21 g or approx .5 serving
	2.2 kg (5 lb) beef/24 servings = 90 g raw ~ 75 g cooked or approx. 1 serving