

Recipe Name	Chunky Chicken Casserole		Food Groups per Serving	
Serves	50		Vegetables & Fruits	1.5
Serving Size	125 ml		Grains	0
Total Cost per recipe	\$73.92		Milk & Alternates	0
Total Cost per serving	\$1.48		Meat & Alternates	1
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Chicken	2.75	kg	62.398	1.248
Water	2.50	l	0.000	0.000
Onion	1.00	l	2.779	0.056
Bay leaves	4.00	ea	0.498	0.010
Thyme, dried	20.00	ml	1.107	0.022
Potato	20.00	ea	2.093	0.042
Sweet potato	4.00	ea	1.639	0.033
Cabbage	1.00	ea	2.277	0.046
Parsley, dried	30.00	ml	1.127	0.023
1. In large pot, combine chicken and water; bring to boil and skim off foam.				
2. Add onions to pot along with bay leaves, thyme, sweet and regular potatoes, cover and simmer for 20 minutes.				
3. Coarsely chop cabbage and add to pot; cover and simmer for 10-20 minutes or until vegetables are tender.				
4. Using a slotted spoon, transfer chicken and vegetables to soup bowls. Remove bay leaves.				
5. Increase heat to high; boil liquid 5 minutes, or until reduced in volume.				
6. Stir in garlic, parsley, and salt and pepper to taste; ladle over each portion.				
The chicken should reach an internal temperature of 85°C or 185°F for 15 seconds.				
Variation: Carrot, squash, or turnip can be used instead of sweet potatoes.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	