

Recipe Name	Tuna-Corn Chowder		Food Groups per Serving	
Serves	50		Vegetables & Fruit:	1.00
Serving Size	125 ml		Grains	0.00
Total Cost per recipe	\$26.80		Milk & Alternates	0.25
Total Cost per serving	\$0.54		Meat & Alternates	0.50
Costed July 20, 2010				
Ingredient	Amount Used in Recipe	Unit	Cost per Recipe	Cost per Serving
Milk	3.00	l	4.500	0.090
Potato	12.00	ea	2.691	0.054
Celery, bunch	1.00	ea	1.990	0.040
Tuna, canned	1.80	l	12.388	0.248
Pepper, ground	5.00	ml	0.150	0.003
Oregano	10.00	ml	0.730	0.015
Corn, canned	1.50	l	4.355	0.087
1. In a medium saucepan, combine milk with onion, celery and potato.				
2. Cover and simmer until celery is softened, about 10 minutes. Do not boil!				
3. Stir in seasonings, corn and tuna (broken into small chunks). Heat and serve.				
Variation: For a change of taste, substitute canned salmon for tuna.				
MSVU Child Care Centre Menu Plan Project			http://www.msvu.ca/menuproject/	