

turkey tikka masala



Serving Suggestion



turkey tikka masala

portion size:
1 bowl

Ingredients	50 Servings		100 Servings		Directions
	Measure	Weight	Measure	Weight	
Sauce					<ol style="list-style-type: none"> 1. Combine tomatoes, stock, onions, peppers, and garam masala in stock pot or kettle. Bring to boil and then simmer until vegetables are tender. 2. Cut turkey into 1" cubes. Add turkey to the sauce and simmer for 30-45 minutes. 3. Peel and dice cucumbers. Combine cucumbers, yogurt, cumin, garlic, and cilantro. Refrigerate. 4. For each serving, put #8 oz. scoop of cooked rice into bowl. Place 6 oz. of turkey masala on rice. Serve with 1 pita and a #20 scoop of raita.
Tomatoes, diced, no salt added, canned	1.5 #10		2.7 #10 cans		
Chicken stock, reduced sodium	2 qt. 2 c.		1 gal. 1 qt.		
Onions, chopped	2 qt. 2 c.	3 lbs. 5 oz.	1 gal. 1 qt.	6 lbs. 10 oz.	
Bell peppers, green or red, chopped	2 qt. 2 c.	3 lbs. 14 oz.	1 gal. 1 qt.	7 lbs. 12 oz.	
Garam masala spice blend	½ c. 2 tbsp.		1 ¼ c.		
JENNIE-O® Boneless Turkey Breast & Thigh Roast, # 317004, thawed		8 lbs.		16 lbs.	
Raita					
Cucumbers		4 lbs.		8 lbs.	
Yogurt, greek, non-fat, plain	2 qt. 2 c.	5 lbs.	1 gal. 1 qt.	10 lbs.	
Cumin, ground	1 ½ tbsp.		3 tbsp.		
Garlic, minced	2 tbsp.		¼ c.		
Cilantro, chopped	1 c.		2 c.		
Brown rice, cooked with no salt added	3 gal. 2 c.		6 gal. 1 qt.		
Pita bread, whole wheat, 6"	50 ea.		100 ea.		

1 serving provides 2 oz. meat/meat alternate,
2 oz. serving bread/grain, and ¼ vegetable (¼ c. other).

For preparation by a food preparation establishment only,
according to the food code or equivalent.

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Nutrients Per Serving					
Calories	345 cal	Trans Fat	0 g	Carbohydrates	50 g
Fat	5 g	Cholesterol	39 mg	Dietary Fiber	6 g
Saturated Fat	1 g	Sodium	581 mg	Protein	26 g