



# Texas Mushroom Queso

**Recipe Description:** A Texas twist to a favorite dish; this Mexican-inspired creamy, cheesy sauce made with roasted Texas grown mushrooms is sure to be popular with your students' tastebuds!

**Recipe Project Name:** Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development  
*Texas Department of Agriculture*

**Preparation Time:** 20-30 minutes  
**Cook Time:** 40-55 minutes

**NSLP/SBP crediting information:** One 6.5 oz serving provides 1/8 cup additional vegetable, 2 oz equivalent grain and 1/2 oz equivalent meat alternative.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Mushrooms, cremini, fresh, Texas, trimmed, sliced	4 lb 12 oz	2 gal	9 lb 7.5 oz	4 gal	<ol style="list-style-type: none"> <li>Preheat oven to 400°F.</li> <li>Measure spices into a small bowl: chili powder, cumin, garlic powder, onion powder and salt. Set aside.</li> </ol>
Chili powder		2 Tbsp		4 Tbsp	
Cumin, ground		2 Tbsp		4 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		1 ½ Tbsp		3 Tbsp	
Onion powder		1 ½ Tbsp		3 Tbsp	
Kosher salt		½ Tbsp		1 Tbsp	
Olive oil	1.8 oz	¼ cup	3.6 oz	½ cup	<p><b>3.</b> In a large bowl, add the mushrooms and drizzle with oil; toss well. Season the mushrooms with the spice mixture until evenly coated.</p> <p><b>4.</b> Add prepared mushrooms in a single layer onto parchment lined sheet pans.</p> <p><b>5.</b> Roast mushrooms in a 400°F oven with the fan on for 10-15 minutes or until golden brown. Remove from oven and chop into small pieces using food processor. Hold hot until ready to add to the queso.</p>
Cheese, American, reduced fat, bulk  <i>Note: Do <b>NOT</b> use pre-shredded cheese for this recipe; the starchy coating will prevent complete melting.</i>	2 lb	2 qt	4 lb	1 gal	<p><b>6.</b> Warm milk in a pot on low heat.</p> <p><b>7.</b> Shred bulk cheese with grater.</p>
Margarine	6 oz	¾ cup	12 oz	1 ½ cups	<b>8.</b> Melt margarine over medium heat in large pot.
All-purpose flour	6 oz	1 ¼ cups	12 oz	2 ½ cups	<b>9.</b> With a wooden spoon, whisk, or heat safe rubber spatula, stir in flour until well incorporated and smooth.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Milk, nonfat, warm	5 lb 11 oz	2 qt plus 2 1/2 cups	11 lb 3 oz	5 qt 1 cup	<p><b>10.</b> Gradually add warm milk to flour/butter mixture. Bring to a simmer, stirring constantly with a whisk for 10-15 minutes breaking up the clumps as needed.</p> <p><b>11.</b> Reduce the heat to medium low, add cheese and mix well with a wooden spoon or heat safe rubber spatula until melted and fully incorporated.</p> <p><b>12.</b> Add roasted, chopped mushrooms, and mix well.</p> <p><b>13.</b> Transfer to a pan for service.</p>
Tortilla chips	6 lbs. 4 oz		12 lbs. 8 oz		<p><b>14.</b> Serve 1/2 cup portion with No. 8 scoop or 4 oz ladle in a cup or over 2 oz of tortilla chips.</p>



**NUTRITION INFORMATION**

Per serving (6.5 oz)

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>390</b>
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<b>Total Fat</b>	<b>18 g</b>
Saturated Fat	3.5 g
Cholesterol	10 mg
<b>Sodium</b>	<b>630 mg</b>
<b>Total Carbohydrate</b>	<b>48 g</b>
Dietary Fiber	1 g
Total Sugars	5 g
Added Sugars included	0 g
<b>Protein</b>	<b>10 g</b>
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Vitamin D	1 mcg
Calcium	230 mg
Iron	1 mg
Potassium	465 mg

**SOURCE:**

FY 2021 Cohort B Team Nutrition Training Grant

**MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Mushrooms, cremini	5 lb	10 lb

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Serving Suggestions: Pair queso with vegetables, meat, or remove the chips and use as a topping for tacos. Garnish with chili powder if desired.

Note: if using pre-shredded cheese, reduce the margarine and flour by 10% to prevent a thicker consistency from the starch.

Cooking Process #2: Same Day Service

**YIELD/VOLUME**

50 Servings	100 Servings
26.25 lbs. Prepared (One serving is 4.5 oz queso and 2 oz tortilla chips)	52.5 lbs. Prepared (One serving is 4.5 oz queso and 2 oz tortilla chips)

