



BARBACOA MANAPUA

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PORTION SIZE:
2 ENTRÉES

Ingredients (yields 50 servings)	Quantity
JENNIE-O® Turkey Shredded Barbacoa, 131053, 4/5#	9 lb. 6 oz.
Cooking spray, non-stick	50 sprays
Whole grain dinner rolls, frozen	100 rolls
White onion, diced	1 qt., 2 ¼ c.
Green onion	10 oz.
Brown sugar	1 c., packed
Chicken broth, canned	1 ½ c.
Canola olive oil	2 oz.
Corn starch	3 Tbsp.
Water	1 c.
Honey	½ c., 1 tsp.
All purpose flour	½ c.

Directions	
<ol style="list-style-type: none"> Remove turkey barbacoa from freezer and allow to thaw under refrigeration for 24-72 hours. Remove frozen dough rolls from freezer and place on a lined sheet pan. Cover with plastic wrap to proof or thaw for 2 to 4 hours. Trim and dice white onion. Thinly slice green onion. Prepare turkey barbacoa according to package directions, using one of the following methods: bake, boil, combi heat or sear. <ol style="list-style-type: none"> Searing is recommended for this recipe Once meat has been heated, break up into shreds and juices. Add white onions to meat, heating until they are translucent. Add brown sugar, broth and oil. Bring meat to a simmer. Combine cold water and cornstarch in a separate cup and stir into a slurry. Slowly add the slurry to the barbacoa and allow to simmer and thicken, before removing from heat to cool. 	<p>Assemble Manapua:</p> <ol style="list-style-type: none"> Preheat oven to 350°F. Line a sheet pan with parchment paper and spray with non-stick cooking spray. Place dough balls on a floured surface and using palm of hand, flatten into 3-4" circles. Place 1.75 oz. of meat in the center of each circle. Use fingers to gather the sides of the dough around the meat mixture to close into balls. Pinch the edges until filling is fully enclosed and the balls are sealed. Place seam side down on parchment lined sheet pan. Bake 18-20 minutes or until golden brown. After removing from oven, brush the tops of each ball with ½ teaspoon of honey. <p>Offer each student two (2) Barbacoa Manapua rolls to provide 2.0 oz. meat/meat alternate and 3 oz. equivalent whole grain.</p>

Turkey Barbacoa (3.0 oz.): 2.0 oz. Meat/Meat Alternate Whole Grain Rolls (2 rolls): 3 oz. eq. Whole Grain Rich (According to manufacturer product formulation statement)

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

*Indicates missing Nutrient Information.

Nutrients Per Serving			
Calories	402 cal	Potassium	304 g*
Fat	10 g	Carbohydrates	60 g
Saturated Fat	2 g	Dietary Fiber	10 g
Trans Fat	0 g	Sugars	14 g
Cholesterol	51 mg	Protein	26 g
Sodium	893 mg	Iron	4 mg
		Calcium	13 mg
		Vitamin A	57 iu*
		Vitamin C	2 mg*
		Vitamin D	0 mg*

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