

Submit a Recipe

Tell us about your recipe by completing the form below. We review each item submitted. Entries must be **original** recipes as submitted and meet the [scope and criteria](#) for the *What's Cooking? USDA Mixing Bowl*. Unsure if your recipe meets our criteria? Use [SuperTracker's](#) recipe analysis feature (My Recipe) to get the nutrition information for your recipe.

When you have completed the form, click on the "submit" button at the bottom of the page.

Recipes may be submitted by anyone.

Fields below marked with an asterisk (*) are required.

*What audience is this recipe intended for?

- General Public or Individuals
- Food Distribution Programs (the recipe must be a household recipe that uses foods offered to participants of the Food Distribution on Indian Reservations (FDPIR), the Commodity Supplemental Food Program (CSFP), or The Emergency Food Assistance Program (TEFAP).
- SNAP Education (SNAP-Ed) - you must be a nutrition educator or an organization with SNAP-Ed funding to check this item
- School and Child Nutrition Food Service (the recipe must be a quantity recipe for use in schools or child care centers to check this item)

*Recipe Title

*Author/Source (*original* entries only)

Organization (if applicable)

*Contact Person

*Contact Email

Contact Phone

Website (if applicable for recipe source)

*Description (describe your recipe in 1-2 sentences)

*Number of Servings (total servings per recipe)

*Serving Size (for example: cup, piece, slice, etc.)

*Preparation Time (total minutes to prepare ingredients)

*Cook Time (total minutes to cook ingredients, enter "0" if no cooking is required)

***Ingredients** (provide exact amount, name, and description for each, for example: ½ cup carrots, peeled, sliced; 8 oz. whole grain pasta, uncooked; 1 cup rice, cooked; etc.)

***Directions** (list in numbered steps, for example: 1. Preheat the oven to 350°F)

Notes (include recipe preparation notes, serving and/or storage suggestions, alternate ingredients, etc.)

Upload an Image of the recipe

Select an image

Files must be less than **1000 KB**.

Allowed file types: **png gif jpg jpeg**.

The What's Cooking? USDA Mixing Bowl does not accept photographs that are copyright protected or contain images of people. All submissions will be reviewed before they are posted to the site.

According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor, and a person is not required to a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0518-0043. The time required to complete this information will vary based upon one's relationship to the resource being submitted. It is estimated to take 11 minutes to complete the entire survey. This includes time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. If you need help with this form, please contact us.