

BEEF POT ROAST



MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2 ounces

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Beef Round, Bottom, All Grades, USDA	9 1/2 pound(s)
Salt, Table, #343	2 tablespoon(s)
Pepper, Black, Ground, #336	1 teaspoon(s)
Water, Municipal, Mississippi	2 quart(s)
Onions, Yellow, Whole, #637	1 pound(s)

DIRECTIONS

- Season meat with salt and pepper. Place in roasting pan and brown at 450 degrees F for about 30 minutes.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- When meat is browned, add water. Reduce heat to 300 degrees F and continue roasting.
- Quarter onions and place in pan after cooking for 2 1/2 hours. Cover and cook slowly until tender for an additional 30 minutes. Add additional water as necessary.
- When meat is done, remove from pan. Let stand 1/2 hour before slicing.
- Slice meat. Portion 2 ounce portion of meat per serving. Each portion provides 2 oz. eq. of meat/meat alternate.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Note: Roast may be cooked in steam-jacketed kettle or braising pan.

May be prepared ahead and refrigerated overnight. If prepared ahead, the CCP steps for below for cooling must be followed. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. and for service, reheat to 165 degrees F for 15 seconds.

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	192	Dietary Fiber	0.17 g	Sodium	314.60 mg	Sat. Fat	3.81 g
Carbohydrates	0.87 g	Protein	22.85 g	Total Fat	10.04 g	Trans Fat	0.00 g

BEEF RAVIOLI

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1/4 cup other vegetable

NUMBER OF PORTIONS: 24 **SIZE OF PORTION:** 1 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 24 SERVINGS)
Ravioli, Beef, #417	2 #10 can(s)
Cheese, American, Grated/Shredded, #60	4 ounce(s)

DIRECTIONS

- Open cans, pour two #10 cans into full-size 12" x 20" x 2 1/2" steamtable pan.
- Sprinkle 1 cup (4 ounces) shredded cheddar cheese on pan over ravioli.
- Bake at 325 degrees F until desired temperature is reached (155 degrees F)-approximately 20 minutes.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion with 8 ounce spoodle per serving. Each portion provides 2 oz. eq. of meat/meat alternate and 1/4 cup of other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

NUTRIENTS PER SERVING

Calories	249	Dietary Fiber	5.02 g	Sodium	783.25 mg	Sat. Fat	4.01 g
Carbohydrates	27.29 g	Protein	16.07 g	Total Fat	8.53 g	Trans Fat	0.00 g

BEEF TACO WITH CRISPY SHELL

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup of red/orange vegetable, 1/4 cup of other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 taco

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	13 5/8 pound(s)
Onions, Frozen, Chopped, #72	2 5/8 cup(s)
Spice Blend MS, Southwest, No Salt, #562	1 cup(s)
Garlic Powder, #331	3 tablespoon(s)
Cumin Seed, Ground, #319	2 tablespoon(s)
Salt, Table, #343	1 teaspoon(s)
Paste, Tomato, #10 Can, #266	6 1/2 cup(s)
Lemon Juice, Canned/Bottled, #398	1/3 cup(s)
Water, Municipal, Mississippi	1 3/4 quart(s)
Taco Shell, Crunchy, WGR, #416	100 shell(s)
Salsa, Mild, Bulk, #269	1/2 gallon(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 9 ounce(s)
Cheese, Mozzarella, Shredded, #58	1 pound(s) + 9 ounce(s)
Salad Mix, Green, Iceberg, Etc. #607	2 pound(s) + 2 ounce(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	1 pound(s) + 4 ounce(s)

DIRECTIONS

1. Brown ground meat and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
2. Add onions and sauté for about two minutes or until onion is tender.
3. Add Southwest spice blend, garlic powder, cumin seed, and salt. Blend well, then bring to simmer.
4. Add tomato paste and lemon juice to meat mixture, blend, and cook until mixture turns dark red.
5. Add water and bring to a simmer and cook for 25-30 minutes. Stir occasionally to prevent sticking.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
6. Warm taco shells according to package directions.
7. For toppings:
 - Dice tomatoes and combine with lettuce, toss lightly, and portion 1/2 cup in portion container.
 - Combine cheeses and portion 1/2 ounce of cheese in portion container.
 - Portion 1 ounce of salsa in portion container.
 - Cover and refrigerate for service.

CCP: Cover and refrigerate at 41 degrees F or lower until ready for service.

BEEF TACO WITH CRISPY SHELL

DIRECTIONS

8. Before serving or on serving line, fill each shell with #20 scoop meat mixture. Serve preportioned lettuce and tomato mixture, salsa, and 1/2 ounce of cheese on the side with meat-filled tortillas. Instruct students to "build" their own tacos.
 9. Portion 1 taco with trimmings, salsa, and cheese per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain, 1/4 cup of other vegetable and 1/4 cup of red/orange vegetable.
- CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	296	Dietary Fiber	3.13 g	Sodium	442.07 mg	Sat. Fat	6.79 g
Carbohydrates	20.13 g	Protein	18.90 g	Total Fat	15.59 g	Trans Fat	0.00 g

BEEF TACO WITH SOFT TORTILLA

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup red/orange vegetable, 1/4 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 taco

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	13 pound(s) + 10 ounce(s)
Onions, Frozen, Chopped, #72	10 ounce(s)
Spice Blend MS, Southwest, No Salt, #562	3/4 cup(s)
Garlic Powder, #331	3 tablespoon(s)
Salt, Table, #343	1 teaspoon(s)
Cumin Seed, Ground, #319	2 tablespoon(s)
Paste, Tomato, #10 Can, #266	6 1/2 cup(s)
Lemon Juice, Canned/Bottled, #398	1/3 cup(s)
Water, Municipal, Mississippi	1 3/4 quart(s)
Tortilla, Soft Flour, Merchants, #61	100 tortilla(s)
Salsa, Mild, Bulk, #269	1/2 gallon(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 9 ounce(s)
Cheese, Mozzarella, Shredded, #58	1 pound(s) + 9 ounce(s)
Salad Mix, Green, Iceberg, Etc. #607	2 pound(s) + 2 ounce(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	1 pound(s) + 4 ounce(s)

DIRECTIONS

1. Brown ground meat and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
2. Add onions and sauté for about two minutes or until onion is tender.
3. Add Southwest spice blend, garlic powder, cumin seed, and salt. Blend well, then bring to a simmer.
4. Add tomato paste and lemon juice to meat mixture, blend, and cook until mixture turns dark red.
5. Add water and bring to a simmer and cook for 25-30 minutes. Stir occasionally to prevent sticking.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
6. Warm tortillas according to package directions.
7. For toppings:
 - Dice tomatoes and combine with lettuce, toss lightly, and portion 1/2 cup in portion container.
 - Combine cheeses and portion 1/2 ounce of cheese in portion container.
 - Portion 1 ounce of salsa in portion container.
 - Cover and refrigerate for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

BEEF TACO WITH SOFT TORTILLA

DIRECTIONS

8. Before serving or on serving line, fill each tortilla with #20 scoop meat mixture. Serve preportioned lettuce and tomato mixture salsa, and 1/2 ounce cheese on the side with meat-filled tortillas. Instruct students to "build" their own tacos.
9. Portion 1 taco with trimmings per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain, 1/4 cup of red/orange vegetable, and 1/4 cup other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	285	Dietary Fiber	3.56 g	Sodium	631.65 mg	Sat. Fat	6.79 g
Carbohydrates	20.90 g	Protein	19.37 g	Total Fat	13.59 g	Trans Fat	0.00 g

BEEF TIPS OVER NOODLES

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1/2 cup servings**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Pan Release Spray, Vegetable Oil, #395	1 teaspoon(s)
Beef, Cubed for Stewing, #2	12 pound(s)
Base, Beef, Low Sodium, #347	2 1/2 ounce(s)
Onions, Frozen, Chopped, #72	2 pound(s) + 8 ounce(s)
Bell Peppers, Green, Whole, Fresh, #641	1 pound(s) + 8 ounce(s)
Pepper, Black, Ground, #336	1 tablespoon(s)
Sauce, Worcestershire, Bulk, #289	3/4 cup(s)
Water, Municipal, Mississippi	1 1/2 quart(s) + 1 cup(s), divided
Flour, All Purpose, Enriched, #358	1 cup(s)
Pasta, Egg Noodle, Medium, #296	2 3/4 pound(s)
Water, Municipal, Mississippi	2 gallon(s)

DIRECTIONS

1. Brown beef in steam-jacketed or braising pan that has been sprayed with food release spray. Stir the beef frequently.
2. Continue to brown for about 30 minutes or all pieces are browned.
3. Mix beef base with 1 cup of water. Add to meat mixture. Add onions, peppers, black pepper, and worcestershire sauce. Stir well and simmer for about 45 minutes to 1 hour or until meat is tender.
4. Combine flour and 1 1/2 quarts of water to make a smooth paste. Slowly stir into beef mixture to make a gravy. Cook until the mixture is thickened. This recipe yields 1 1/2 gallons. Place in steamtable pans for service.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Cook noodles according to package directions. Place noodles in half-size steamtable pans (12" x 10" x 4"). Cover and hold in warmer until ready for service.
6. Portion 1/2 cup of noodles with 4 ounce spoodle or #8 scoop and using a 4 ounce spoodle or a #8 scoop, serve 1/2 cup beef tips mixture over noodles per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	273	Dietary Fiber	2.07 g	Sodium	502.69 mg	Sat. Fat	4.68 g
Carbohydrates	22.25 g	Protein	24.88 g	Total Fat	10.06 g	Trans Fat	0.00 g

BEEF-A-RONI**MEAL COMPONENT CONTRIBUTION:**

2 3/4 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 3/8 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 3/4 cup

RECIPE HACCP PROCESS: #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	3 gallon(s)
Pasta, Macaroni, Elbow, WGR, #295	2 pound(s) + 10 ounce(s)
Beef, Ground, 80/20, #3	8 pound(s) + 10 ounce(s)
Onions, Frozen, Chopped, #72	14 ounce(s)
Paste, Tomato, #10 Can, #266	3 1/4 cup(s)
Tomatoes, Crushed, #10 Can, #268	6 1/2 cup(s)
Sauce, Tomato, #10 Can, #264	3 1/4 cup(s)
Base, Beef, Low Sodium, #347	3/4 ounce(s)
Water, Municipal, Mississippi	1 1/2 quart(s)
Pepper, Black, Ground, #336	1 1/2 teaspoon(s)
Garlic Powder, #331	1 tablespoon(s)
Chili Powder, #329	2 tablespoon(s)
Cumin Seed, Ground, #319	1 tablespoon(s) + 1 1/2 teaspoon(s)
Paprika, Ground, Domestic, #335	1 1/2 ounce(s)
Onion Powder, #326	1 1/2 ounce(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	14 ounce(s)

DIRECTIONS

1. Heat water to rolling boil.
2. Slowly add macaroni and cook pasta until until al-dente (cooked just long enough to be still firm, and not too soft), according to directions on the package. DO NOT OVERCOOK. Drain well. Set aside for step 5. Cover and hold in warmer.
3. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
4. Add onions to beef and cook for 5 minutes.
5. Combine tomato paste, tomatoes, tomato sauce, beef base, water, pepper, garlic powder and remaining seasonings with beef and onion mixture and mix well. Add cooked macaroni from step 2.
6. Cook over medium heat, uncovered, until heated throughout, about 5-10 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
7. Pour into one 12" X 20" X 4" steamtable pan. For 50 servings, use one pan.

BEEF-A-RONI

DIRECTIONS

- 8. Sprinkle shredded cheese evenly over pans. Place uncovered in warmer to allow cheese to melt before serving.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F.
- 9. Using a 6 ounce spoodle, portion 3/4 cup per serving. Each portion provides of 2 3/4 oz. eq. meat/meat alternate, 1 oz. eq. of whole grains, and 3/8 cup of red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	306	Dietary Fiber	3.30 g	Sodium	401.87 mg	Sat. Fat	4.90 g
Carbohydrates	24.99 g	Protein	23.04 g	Total Fat	12.56 g	Trans Fat	0.00 g

BREADED STEAK WITH BROWN GRAVY

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 patty

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef Steak, Breaded, WGR, 3.5 oz., #4	100 pattie(s)
Gravy Mix, Brown, #356	2 package(s)
Water, Municipal, Mississippi	2 gallon(s)

DIRECTIONS

- Cook breaded beef patty according to package directions. After heating to correct temperature, place 50 in a full-size 2 1/2 inch deep pan. For 100 servings, use 2 steamtable pans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Prepare brown gravy according to package directions. Pour 1 gallon over beef patties in each steamtable pan. Serve immediately or cover and place in holding warmer until ready for service.
- Portion 1 patty and 2 ounces brown gravy per serving. One serving provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degree s F. Check temperature every 30 minutes. Discard any leftovers.

NUTRIENTS PER SERVING

Calories	282	Dietary Fiber	0.80 g	Sodium	842.95 mg	Sat. Fat	7.25 g
Carbohydrates	17.98 g	Protein	14.00 g	Total Fat	17.15 g	Trans Fat	0.00 g

BEEF AND BEAN BURRITO (PURCHASED)

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains

NUMBER OF PORTIONS: 96 **SIZE OF PORTION:** 1 burrito

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 96 SERVINGS)
Burrito, Beef & Bean, Whole Wheat, #1	96 burrito(s)

DIRECTIONS

- For best results, thaw product prior to baking.
- Bake according to package and/or case directions.
 CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion 1 burrito for serving. Each portion provides 2 oz. eq. meat/meat alternate and 2 oz. eq. of whole grains.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

NUTRIENTS PER SERVING

Calories	280	Dietary Fiber	8.00 g	Sodium	470.00 mg	Sat. Fat	2.00 g
Carbohydrates	39.00 g	Protein	14.00 g	Total Fat	7.00 g	Trans Fat	0.00 g

CHEESEBURGER PIE (WITH BISCUITS)

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/4 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 48 **SIZE OF PORTION:** 1 piece

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 48 SERVINGS)
Beef, Ground, 80/20, #3	10 pound(s)
Onions, Yellow, Diced 1/4", Raw, #610	1 1/4 pound(s)
Peppers, Green, Diced, Frozen, #75	1 1/4 pound(s)
Garlic Powder, #331	1 tablespoon(s)
Mustard, Powder, Dry, #332	2 tablespoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s)
Sugar, Brown, #405	2 tablespoon(s), packed
Paste, Tomato, #10 Can, #266	3 1/2 cup(s)
Catsup, Tomato, Bulk, #267	2 cup(s)
Vinegar, White, Bulk, #384	1 cup(s) + 2 tablespoon(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	2 pound(s)
Water, Municipal, Mississippi	2 quart(s)
Biscuit, WGR, 1 oz. eq., #567	48 biscuit(s)-2 grain

DIRECTIONS

1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
2. Add onions, green peppers, and garlic powder to meat. Cook until vegetables are tender.
3. Add seasonings, sugar, tomato paste, ketchup, vinegar, and water to ground beef mixture. Simmer until thick.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Evenly distribute 2 quarts ground beef mixture into steamtable pans (12" x 20" x 2 1/2"). For 48 servings use 2 steamtable pans.
5. Top with 1 quart of shredded cheese per pan.
6. Place biscuits on top of pan, 6 across and 4 down.
7. To bake:
Conventional oven: 375 degrees F for 30-35 minutes (for biscuits that are frozen.)
Convection Oven: Bake at 375 degrees F for 25 minutes (for biscuits that are frozen.)
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
8. Cut 24 (6 x 4) servings in full size pan, using biscuits as a guide. If covered, punch holes so that the crust does not become soggy.

CHEESEBURGER PIE (WITH BISCUITS)

DIRECTIONS

9. Portion one piece per serving. Each portion provides 3 oz. eq. of meat/meat alternate, 1 oz. eq. of whole grain, 1/4 cup red/orange vegetable, and 1/8 cup other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	401	Dietary Fiber	2.93 g	Sodium	709.75 mg	Sat. Fat	9.82 g
Carbohydrates	24.81 g	Protein	27.63 g	Total Fat	21.07 g	Trans Fat	0.00 g

CHEESEBURGER PIE (WITH BISCUITS)

ILLUSTRATED STEPS FOR PREPARATION OF CHEESEBURGER PIE (WITH BISCUITS)

1.



Cheese sprinkled over beef mixture

2.



Biscuits placed over cheese and beef mixture

3.



One pan of Cheeseburger Pie

4.



One serving of Cheeseburger Pie

CHEESY BREADSTICKS WITH CHILI

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup chili and
1 breadstick

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Bread Mozzarella Cheese Stick, WGR, #83	100 breadstick(s)
Beef, Ground, 80/20, #3	21 pound(s) + 14 ounce(s)
Onions, Frozen, Chopped, #72	1 pound(s) + 14 ounce(s)
Peppers, Green, Diced, Frozen, #75	1 pound(s) + 14 ounce(s)
Cumin Seed, Ground, #319	1 tablespoon(s) + 3/4 teaspoon(s)
Spice Blend MS, Southwest, No Salt, #562	1 1/4 cup(s)
Chili Powder, #329	1/2 cup(s) + 2 tablespoon(s)
Sauce, Tomato, #10 Can, #264	3 quart(s) + 1/4 cup(s)
Water, Municipal, Mississippi	3 quart(s) + 1/2 cup(s)
Tomatoes, Crushed, #10 Can, #268	3 quart(s) + 1/4 cup(s)

DIRECTIONS

- Bake breaksticks according to package and/or case directions.
- Brown ground beef and drain in colander. Press draining beef to remove excess fat. After draining ground beef, return to pan to continue cooking.
- Add onions and peppers and sauté until onions and peppers are tender.
- Mix in spices and cook for 5 minutes.
- Stir in tomato sauce, water, and crushed tomatoes.
Bring to a boil, reduce to a simmer, and cook for 30-40 minutes until mixture is thickened.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Using 4 ounce ladle or 4 ounce spoodle, portion 1/2 cup chili and serve with 1 breadstick.
One portion of chili with breadstick provides 3 oz. eq. of meat/meat alternate and 1 oz. eq. whole grain.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Variation: use with Chili con Carne with Beans, MRS130

NUTRIENTS PER SERVING

Calories	353	Dietary Fiber	3.69 g	Sodium	1027.00 mg	Sat. Fat	6.53 g
Carbohydrates	24.50 g	Protein	24.81 g	Total Fat	17.34 g	Trans Fat	0.00 g

CHEESY BURGER BAKE (WITH TOTS)

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup serving red/orange vegetable, 1/2 cup serving starchy vegetable

NUMBER OF PORTIONS: 40 **SIZE OF PORTION:** 3/4 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(STARCHY) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 40 SERVINGS)
Beef, Ground, 80/20, #3	8 pound(s)
Onions, Frozen, Chopped, #72	1 pound(s)
Paste, Tomato, #10 Can, #266	6 1/2 cup(s)
Water, Municipal, Mississippi	3 quart(s)
Mustard, Powder, Dry, #332	1 1/2 tablespoon(s)
Pepper, Black, Ground, #336	2 teaspoon(s)
Catsup, Tomato, Bulk, #267	1 1/2 cup(s)
Vinegar, White, Bulk, #384	1 2/3 cup(s)
Sugar, Brown, #405	1 ounce(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	2 pound(s)
Potatoes, Nugget Shaped, #49	7 pound(s)

DIRECTIONS

1. Brown ground beef and drain. Press drained beef to remove excess fat. Add onion. Continue cooking for 5 minutes or until onion is tender.
2. Mix tomato paste, water, seasonings, ketchup, vinegar, and brown sugar. Add mixture to ground beef and simmer for 10 to 15 minutes.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
3. Let cool slightly and fold in cheese. Pour 2 quarts into full size 2 1/2-inch deep serving pans. For 40 servings use 1 serving pan.
4. Layer 2 1/2 quarts of potato nuggets in single layer on top of each pan.
Bake at 350 degrees F for 25 minutes or until tater tots are done and have been slightly browned.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Portion a 6 ounce spoodle (3/4 cup) per serving. Each portion provides 3 oz. eq. of meat/meat alternate, 1 oz. eq. of whole grain, 1/2 cup serving of starchy vegetable, and 1/2 cup serving of red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

To vary recipe, use different spice blends, such as Southwest spice blends or Creole spice blends. Use commodity products when available.

NUTRIENTS PER SERVING

Calories	465	Dietary Fiber	3.91 g	Sodium	944.64 mg	Sat. Fat	9.51 g
Carbohydrates	30.83 g	Protein	28.13 g	Total Fat	25.23 g	Trans Fat	0.00 g

CHEESY BURGER BAKE (WITH TOTS)

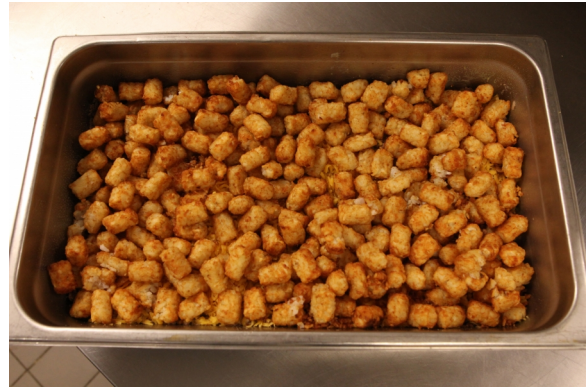
ILLUSTRATED STEPS FOR PREPARATION OF CHEESY BURGER BAKE (WITH TOTS)

1.



Pouring meat and cheese mixture into steamtable pan

2.



2 1/2 quarts of potato nuggets on top of meat and cheese mixture

3.



1 serving of Cheesy Burger Bake

CHILI CHEESE CORN CHIPS

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 80 **SIZE OF PORTION:** 3/4 cup of chili and 9-10 chips

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 80 SERVINGS)
Beef, Ground, 80/20, #3	14 pound(s)
Onions, Frozen, Chopped, #72	1 pound(s) + 3 1/4 ounce(s)
Peppers, Green, Diced, Frozen, #75	1 pound(s) + 3 1/4 ounce(s)
Cumin Seed, Ground, #319	2 3/8 teaspoon(s)
Spice Blend MS, Southwest, No Salt, #562	3/4 cup(s)
Sauce, Tomato, #10 Can, #264	1 quart(s) + 3 3/4 cup(s)
Water, Municipal, Mississippi	2 quart(s)
Tomatoes, Crushed, #10 Can, #268	1 quart(s) + 3 3/4 cup(s)
Chili Powder, #329	1/3 cup(s) + 1 tablespoon(s)
Corn Chips, Bulk, #227	5 pound(s) + 8 ounce(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	5 pound(s)

DIRECTIONS

- Brown ground beef and drain in colander. Press draining beef to remove excess fat. After draining ground beef, return to pan to continue cooking. Add onions and peppers and sauté until onions and peppers are tender.
- Mix in spices and cook for 5 minutes.
Stir in tomato sauce, water and crushed tomatoes. Bring to a boil, then reduce to a simmer and cook for 30-40 minutes until mixture is thickened.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Portion 1 ounce of corn chips (9-10 chips) in container. Top with 6 ounces of chili and 1/2 ounce grated cheese per serving. Each portion provides 3 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Chili and cheese that was not used to assemble Chili Cheese Corn Chips may be stored for later use.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F. or lower.

CHILI CHEESE CORN CHIPS

NUTRIENTS PER SERVING

Calories	424	Dietary Fiber	2.11 g	Sodium	620.00 mg	Sat. Fat	10.54 g
Carbohydrates	19.02 g	Protein	26.39 g	Total Fat	25.92 g	Trans Fat	0.00 g

CHILI CON CARNE WITH BEANS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. serving of meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	14 pound(s)
Onions, Frozen, Chopped, #72	1 3/4 pound(s)
Bell Peppers, Green, Whole, Fresh, #641	1 3/4 pound(s)
Spice Blend MS, Southwest, No Salt, #562	1 cup(s)
Cumin Seed, Ground, #319	2 tablespoon(s)
Sauce, Tomato, #10 Can, #264	1 #10 can(s)
Water, Municipal, Mississippi	2 quart(s)
Tomatoes, Crushed, #10 Can, #268	1 #10 can(s)
Beans, Kidney, All Types, Dried, #10 Can, #245	1 #10 can(s)

DIRECTIONS

1. Brown ground beef and drain. Press draining beef to remove excess fat.
2. After draining ground beef, continue cooking.
3. Add onions and green peppers to meat mixture. Cook for 5 minutes or until vegetables are tender. Add spices and cook for an additional 5 minutes.
4. Stir in tomato sauce, water and tomatoes; mix well. Bring to a boil and reduce heat. Cover. Simmer slowly, stirring occasionally until thickened, about 30 minutes.
5. Stir in canned beans.
6. Cover and simmer about 10 minutes.
7. Pour into serving pans. Serve immediately or cover and place in the warmer until ready for service.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
8. Portion 1 cup of chili using 8 ounce spoodle or 8 ounce ladle per serving. Each portion provides 2 oz. eq. serving of meat/meat alternate, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

SERVING NOTES

SOUP AND SANDWICH COMBO: May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich.

The nutrition analysis for this recipe does not include any of these sandwiches.

CHILI CON CARNE WITH BEANS

NUTRIENTS PER SERVING

Calories	171	Dietary Fiber	2.66 g	Sodium	275.09 mg	Sat. Fat	3.31 g
Carbohydrates	8.05 g	Protein	15.33 g	Total Fat	8.68 g	Trans Fat	0.00 g

CHILI CON CARNE WITHOUT BEANS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 80 **SIZE OF PORTION:** 1 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 80 SERVINGS)
Beef, Ground, 80/20, #3	17 pound(s) + 8 ounce(s)
Onions, Frozen, Chopped, #72	1 1/2 pound(s)
Peppers, Green, Diced, Frozen, #75	1 1/2 pound(s)
Cumin Seed, Ground, #319	1 tablespoon(s)
Spice Blend MS, Southwest, No Salt, #562	1 cup(s)
Sauce, Tomato, #10 Can, #264	9 3/4 cup(s)
Water, Municipal, Mississippi	2 1/2 quart(s)
Tomatoes, Crushed, #10 Can, #268	9 3/4 cup(s)
Chili Powder, #329	1/2 cup(s)

DIRECTIONS

1. Brown ground beef and drain in colander. Press draining beef to remove excess fat. After draining ground beef, return to pan to continue cooking.
2. Add onions and peppers and sauté until onions and peppers are tender.
3. Mix in cumin and spice blend and cook for 5 minutes.
4. Stir in tomato sauce, water, and crushed tomatoes. Bring to a boil, reduce to a simmer, and cook for 30-40 minutes until mixture is thickened.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Portion 1/2 cup of chili using 4 ounce spoodle or 4 ounce ladle per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable and 1/8 cup other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

SERVING NOTES

SOUP AND SANDWICH COMBO: May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich.

The nutrition analysis for this recipe does not include any of these sandwiches.

NUTRIENTS PER SERVING

Calories	182	Dietary Fiber	1.10 g	Sodium	221.75 mg	Sat. Fat	4.11 g
Carbohydrates	3.88 g	Protein	17.37 g	Total Fat	10.63 g	Trans Fat	0.00 g

COUNTRY FRIED STEAK (MADE)


MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 patty**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Flour, All Purpose, Enriched, #358	8 ounce(s)
Salt, Table, #343	1 tablespoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s)
Onions, Chopped, Dehydrated, #278	3/4 cup(s)
Beef, Ground, 80/20, #3	9 pound(s)
Margarine, Bulk, #119	2 ounce(s)
Flour, All Purpose, Enriched, #358	5 ounce(s)
Base, Beef, Low Sodium, #347	1 1/2 ounce(s)
Water, Municipal, Mississippi	2 quart(s) + 1/2 cup(s)
Onion Powder, #326	2 teaspoon(s)
Pepper, Black, Ground, #336	1/4 teaspoon(s)

DIRECTIONS

1. Combine flour, salt and pepper.
2. Combine about 1/2 of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
3. Place 4 pounds 8 ounces (2 1/4 quarts) ground beef into each sheet pan (18" x 26" x 1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 sheet pans.
4. Sprinkle remaining seasoned flour evenly over meat, about 1/2 cup per pan. Pat into meat.
5. Cut each pan 5x5 (25 portions per pan).
Alternate instructions: With a #12 scoop, portion steaks onto ungreased sheet pans (18" x 26" x 1"). Flatten into an oval patty. For 50 servings, use 2 sheet pans. Place pan liner on top of patties. Stack several filled pans on top of each other to flatten patties.
6. To bake:
Conventional oven: 375 degrees F for 15 minutes.
Convection oven: 300 degrees F for 10 minutes.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
7. Transfer steaks, browned side up, into steamtable pans (12"x20"x2 1/2"). For 50 servings, use 1 steamtable pan.
8. For brown gravy: Melt margarine in stockpot. Blend in flour and cook mixture on medium heat, stirring frequently until golden brown or about 8-10 minutes.
9. Slowly stir in beef base, water, onion powder, and pepper. Blend well and bring to a boil. Reduce heat. Simmer, stirring constantly until thickened, 6-8 minutes.
10. Pour gravy over steaks, approximately 2 quarts per pan.

COUNTRY FRIED STEAK (MADE)

DIRECTIONS

11. Serve immediately or cover and place in warmer until ready for service.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F.

12. Portion 1 patty with gravy per serving. Each portion provides 2 oz. eq. meat/meat alternate.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	210	Dietary Fiber	0.32 g	Sodium	232.84 mg	Sat. Fat	4.62 g
Carbohydrates	6.59 g	Protein	18.15 g	Total Fat	11.68 g	Trans Fat	0.00 g

BEEF STROGANOFF OVER RICE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. of meat/meat alternate, 1 oz. eq. whole grain

NUMBER OF PORTIONS: 48 **SIZE OF PORTION:** 3/4 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 48 SERVINGS)
Rice, Long Grain,Brown, Parboiled, #556	2 pound(s) + 14 1/8 ounce(s)
Water, Hot, Municipal	2 quart(s) + 1 1/2 cup(s)
Salt, Table, #343	1 7/8 teaspoon(s)
Beef, Ground, 80/20, #3	9 pound(s) + 4 ounce(s)
Flour, All Purpose, Enriched, #358	1 cup(s)
Onions, Frozen, Chopped, #72	1 pound(s) + 12 ounce(s)
Garlic Powder, #331	1 1/2 teaspoon(s)
Parsley, Dried, Chopped, #316	1/3 cup(s)
Pepper, Black, Ground, #336	1 teaspoon(s)
Milk, Dry, Nonfat Powder, #376	8 ounce(s)
Base, Beef, Low Sodium, #347	1 1/2 ounce(s)
Water, Municipal, Mississippi	2 quart(s) + 3 cup(s)
Soup, Cream of Mushroom, Low Sodium, #353	2 50 ounce can(s)

DIRECTIONS

- To prepare rice:
 - Place brown rice in each 12" x 20" x 4" deep steamtable pan and add hot water to each pan.
 - Add 2 teaspoons salt to each pan and mix.
 - Steam for approximately 45 minutes or until tender and fluffy. Check at 30 minutes of cooking time for water absorption. If needed add more water.
 - Cover, and place in warmer until ready to serve.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
- Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Sprinkle flour over beef and stir.
- Add onions, garlic powder, parsley flakes, and pepper. Stir to combine. Cook over low heat for approximately 5 minutes or until onions are soft.
- In a separate bowl, combine dry milk, water, and beef base. Wisk until well blended.
Add milk mixture and undiluted soup to beef mixture and blend well. Cook until thickened.
Pour into serving pans. Serve immediately or cover and place in warmer until ready for service.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

BEEF STROGANOFF OVER RICE

DIRECTIONS

5. Portion meat mixture with 6-ounce ladle (3/4 cup) over 1/2 cup cooked rice for each servings. Each portion provides 2 oz. eq. of meat/meat alternate and 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	349	Dietary Fiber	1.64 g	Sodium	445.28 mg	Sat. Fat	4.88 g
Carbohydrates	32.05 g	Protein	23.85 g	Total Fat	13.09 g	Trans Fat	0.00 g

BEEF STROGANOFF OVER RICE

ILLUSTRATED STEPS FOR PREPARATION OF BEEF STROGANOFF OVER RICE

1.



After the beef, dry milk, beef broth mixture has been blended into the beef mixture

2.



One serving of beef stroganoff over rice

HAMBURGER STEAK WITH GRAVY-2 OUNCE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 patty

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef Pattie, Broiled, 2 oz. eq., #6	100 pattie(s)
Gravy Mix, Brown, #356	1 packet(s)
Water, Municipal, Mississippi	1 gallon(s)

DIRECTIONS

- Cook hamburger patties according to package and/or case directions. For 100 servings, use 2 full-size 2 1/2 inch pans.

CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Prepare brown gravy according to package directions. Pour 2 quarts over hamburger patties in each steamtable pan. Serve immediately or cover and place in holding warmer until ready for service.
- Portion 1 patty and 1 ounce brown gravy per serving. Each portion provides 2 oz. eq. meat/meat alternate.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 Fdegrees or lower.

NUTRIENTS PER SERVING

Calories	143	Dietary Fiber	0.00 g	Sodium	500.31 mg	Sat. Fat	2.82 g
Carbohydrates	3.87 g	Protein	14.00 g	Total Fat	7.32 g	Trans Fat	0.00 g

BEEF STEAK WITH GRAVY**MEAL COMPONENT CONTRIBUTION:**

2 1/4 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 steak**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef Steak Burger, 3 oz., #531	100 beef steak burger(s)
Gravy Mix, Brown, #356	1 package(s)
Water, Municipal, Mississippi	1 gallon(s)

DIRECTIONS

- Cook hamburger patties according to case/package directions. Shingle 50 in each full-size 2 1/2 inch pan. For 100 servings use 2 full-size 2 1/2 inch pans.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Prepare brown gravy according to package directions.
- Pour 2 quarts over hamburger patties in each steamtable pan.
- Serve immediately or cover and place in holding warmer until ready for service.
Portion 1 patty and 1 ounce brown gravy per serving. Each portion provides 2 1/4 oz. eq. meat/meat alternate.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

NUTRIENTS PER SERVING

Calories	223	Dietary Fiber	0.00 g	Sodium	550.97 mg	Sat. Fat	6.12 g
Carbohydrates	4.59 g	Protein	15.00 g	Total Fat	15.32 g	Trans Fat	0.00 g

ITALIAN ROTINI CASSEROLE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup red/orange vegetable, 1/4 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 3/4 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Beef, Ground, 80/20, #3	8 pound(s) + 12 ounce(s)
Onions, Frozen, Chopped, #72	14 ounce(s)
Peppers, Green, Diced, Frozen, #75	14 ounce(s)
Spice Blend MS, Italian, No Salt, #561	3/4 cup(s)
Salt, Table, #343	1 tablespoon(s)
Tomatoes, Diced, #10 Can, #265	2 quart(s) + 3/4 cup(s)
Paste, Tomato, #10 Can, #266	3 cup(s)
Sauce, Tomato, #10 Can, #264	2 quart(s) + 1 1/2 cup(s)
Sauce, Worcestershire, Bulk, #289	1/3 cup(s)
Water, Municipal, Mississippi	1 quart(s) + 1 1/2 cup(s)
Pasta, Spiral, WGR, #298	3 pound(s) + 4 ounce(s)
Water, Boiling, Municipal	1 gallon(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	2 pound(s)

DIRECTIONS

- Brown ground beef and drain. Press draining beef to remove excess fat. Add onions and green peppers to ground beef mixture. Sauté beef mixture for 2 minutes or until onions are lightly browned.
- Add Italian spice blend and salt. Blend well and add diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, and water. Bring this mixture to a boil and lower to a simmer and cook the spaghetti sauce for 1 hour stirring occasionally to prevent sticking.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Weigh out uncooked rotini pasta to cook. Slowly add rotini to boiling water. Stir constantly until water boils again. Cook pasta until al-dente (cooked just long enough to be still firm, and not too soft), about 7 to 9 minutes. DO NOT OVERCOOK. Drain well and set aside for Step 4.
- Combine spaghetti sauce with cooked rotini and cook over medium heat, uncovered, until heated through, 5 to 10 minutes.
- Portion about 7 1/2 quarts per full-size steamtable pan.
- Sprinkle shredded cheese evenly over pans. Bake at 350 degrees F for 15 minutes.
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.

ITALIAN ROTINI CASSEROLE

DIRECTIONS

7. Portion 3/4 cup per serving using a 6 ounce spoodle per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup red/orange vegetable, and 1/4 cup other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

Do not overcook rotini. This increases the volume.

NUTRIENTS PER SERVING

Calories	357	Dietary Fiber	3.55 g	Sodium	640.63 mg	Sat. Fat	5.97 g
Carbohydrates	28.72 g	Protein	26.62 g	Total Fat	14.46 g	Trans Fat	0.00 g

ITALIAN ROTINI CASSEROLE

ILLUSTRATED STEPS FOR PREPARATION OF ITALIAN ROTINI CASSEROLE

1.



Combine spaghetti sauce with cooked rotini

2.



Sprinkle shredded cheese evenly over pans

3.



One serving of Italian Rotini Casserole

JOHN WAYNE CASSEROLE

MEAL COMPONENT CONTRIBUTION:

2 1/4 oz. eq. meat/meat alternate, 1/2 oz. eq. whole grain, 1/8 cup other vegetable

NUMBER OF PORTIONS: 120 **SIZE OF PORTION:** 1 piece

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 120 SERVINGS)
Dough Sheets, Pizza, WGR, #56	5 sheet(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Beef, Ground, 80/20, #3	17 pound(s)
Spice Blend MS, Southwest, No Salt, #562	1 cup(s)
Salt, Table, #343	2 tablespoon(s)
Garlic Powder, #331	2 1/2 tablespoon(s)
Water, Municipal, Mississippi	1 gallon(s)
Sour Cream, Cultured, MS #16	3 1/2 quart(s)
Mayonnaise, Reduced Calorie, Bulk, #283	3 3/4 quart(s)
Cheese, American, Grated/Shredded, #60	3 1/2 pound(s)
Onions, Frozen, Chopped, #72	1 quart(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	1 1/4 quart(s), chopped or sliced
Peppers, Green, Diced, Frozen, #75	1 1/4 quart(s)
Jalapenos, Peppers, Nacho, Sliced, #204	2 1/2 cup(s)
Cheese, American, Grated/Shredded, #60	2 1/2 pound(s)

DIRECTIONS

- Pat one thawed dough sheet in the bottom and up a half inch of sides of 2-1/2" x 12" x 20" pan sprayed with pan release spray. For each 24 servings, use 1 pan.
- Heat oven to 350 degrees F and bake dough sheets for 10 minutes.
- Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, return to pan to continue cooking.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Combine Southwest seasoning blend, salt, and garlic powder.
- Add enough water to dry seasonings to mix well.
- Add seasoning mixture to ground beef. Stir well and add remaining water to ground beef mixture.
- Simmer for 10 minutes. Keep warm to combine with other ingredients.
- Combine sour cream, mayonnaise, cheese, and onion for filling. Set aside for step 9.

JOHN WAYNE CASSEROLE

DIRECTIONS

9. On top of dough sheet, evenly distribute ingredients as follows:
 - 5 1/2 cups of ground beef mixture
 - 1 cup of chopped tomatoes
 - 1 cup green peppers
 - 1/2 cup drained jalapenos
 - 5 cups of sour cream mixture
10. To bake: Convection oven 325 degrees F for 30 to 45 minutes and until edges of dough are lightly brown.
11. Ten minutes before end of cooking time, spread two cups of grated cheese per pan. Return to oven and cook for remaining 10 minutes.
 CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
12. At end of cooking time, cover pans with foil or saran wrap and hold in warmer until service.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F.
13. To portion, cut pan 4 x 6 for 24 servings. Serve one piece for a portion. Each portion provides 2 1/4 oz. eq. of meat/meat alternate, 1/2 oz. eq. whole grain, and 1/8 cup of other vegetable.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Do not substitute canned tomatoes for fresh sliced tomatoes.

If students do not prefer spicy foods, jalapenos may be eliminated. Nutrient analysis will need to be recalculated if jalapenos are not included in the recipe.

Use commodity products when available.

MISCELLANEOUS NOTES

120 servings will fill 5 full-size steamtable pans.

NUTRIENTS PER SERVING

Calories	408	Dietary Fiber	1.42 g	Sodium	802.70 mg	Sat. Fat	12.20 g
Carbohydrates	17.40 g	Protein	22.00 g	Total Fat	27.20 g	Trans Fat	0.00 g

JOHN WAYNE CASSEROLE

ILLUSTRATED STEPS FOR PREPARATION OF JOHN WAYNE CASSEROLE

1.



Dough sheets topped with ground beef mixture, chopped tomatoes, green peppers, and drained jalapenos

2.



Adding sour cream mixture to recipe

3.



One serving of John Wayne Casserole

LASAGNA

MEAL COMPONENT CONTRIBUTION:

3 oz. eq. meat/meat alternate, 3/4 oz. eq. whole grain, 3/8 cup red/orange vegetable, 1/4 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 piece

RECIPE HACCP PROCESS: #3 - Complex food preparation



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Beef, Ground, 80/20, #3	9 pound(s)
Onions, Frozen, Chopped, #72	2 1/2 quart(s)
Spice Blend MS, Italian, No Salt, #561	1 cup(s)
Tomatoes, Crushed, #10 Can, #268	8 2/3 cup(s)
Paste, Tomato, #10 Can, #266	3 1/4 cup(s)
Water, Municipal, Mississippi	2 quart(s)
Pasta, Lasagna, #294	2 pound(s) + 2 ounce(s)
Cheese, Mozzarella, Shredded, #58	3 pound(s)

DIRECTIONS

- Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking. Add onions. Cook for 5 minutes.
- Add spice blend, crushed tomatoes, tomato paste, and water. Heat to boiling, uncovered. Remove from heat.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Assemble ingredients as follows:
 - 1st layer--1 quart plus 1 cup sauce
 - 2nd layer--9 uncooked noodles lengthwise
 - 3rd layer--1 quart plus 1 cup sauce
 - 4th layer--12 ounces mozzarella cheese (3 cups)
 - 5th layer--10 uncooked noodles crosswise
 - 6th layer--1 quart and 3/4 cup sauce
 - 7th layer--12 ounces mozzarella cheese (3 cups)
 For 50 servings, use 2 steamtable pans (12" x 20" x 2 1/2").
- Cover and refrigerate for 24 hours in refrigerator.
CCP: Cool to 70 degrees F within 2 hours and from 70 degrees F to 41 degrees F or lower within an additional 4 hours
- Keep covered to bake:
Conventional oven: 350 degrees F for 1 hour, 15 minutes to 1 hour, 30 minutes
Convection oven: 325 degrees F for 45 minutes.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Remove pans from oven. Loosen the aluminum foil allowing steam to escape, but do not remove cover. Let stand for 15 minutes before serving.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F until time of service.

LASAGNA

DIRECTIONS

- Cut each pan 5 x 5 for 25 servings per pan. Portion one slice per serving. Each portion provides 3 oz. eq. of meat/meat alternate, 3/4 oz. eq. of whole grain, 3/8 cup of red/orange vegetable, and 1/4 cup of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	334	Dietary Fiber	4.29 g	Sodium	444.00 mg	Sat. Fat	6.54 g
Carbohydrates	24.25 g	Protein	28.63 g	Total Fat	13.72 g	Trans Fat	0.00 g

LASAGNA

ILLUSTRATED STEPS FOR PREPARATION OF LASAGNA

1.



Adding tomatoes and spices to meat mixture

2.



Laying noodles over meat mixture (layers 1 and 2)

3.



Adding layer 6 (second meat mixture over second noodle layer)

4.



Layer 7 (mozzarella cheese)

5.



One steamtable pan of baked lasagna

6.



One serving of lasagna

MEATLOAF

MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 piece**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Buns, Hamburger, WGR, #564	7 bun(s)
Beef, Ground, 80/20, #3	18 pound(s) + 12 ounce(s)
Onions, Frozen, Chopped, #72	1 quart(s) + 5/8 cup(s)
Sauce, Worcestershire, Bulk, #289	3/8 cup(s)
Eggs, Whole, Liquid, Frozen, #115	3 3/4 cup(s)
Salt, Table, #343	1 tablespoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s)
Garlic Powder, #331	1 tablespoon(s)
Onion Powder, #326	1 tablespoon(s)
Sauce, BBQ, Hickory Smoke, #287	1 1/2 quart(s)
Mustard, Prepared, Yellow, Bulk, #282	1/4 cup(s)
Sugar, Brown, #405	1 1/4 cup(s), packed

DIRECTIONS

- To make breadcrumbs, toast hamburger buns in a low temperature oven (200 degrees F) until slightly golden brown and firm. Cool before preparing crumbs.
Break buns into pieces and place in food processor or appropriate grinder. Process bread until desired crumb size is obtained.
- Place ground beef in large mixer bowl with paddle attachment.
Combine ingredients onions through onion powder with ground beef. Mix well for 2 minutes on medium speed.
- Shape into loaves and place in steamtable pans (2 loaves per pan, running the length of the pan).
- To bake:
Conventional oven: 350 degrees F for 1 hour.
Convection oven: 275 degrees F for 50 minutes.
Combi oven: 325 degrees F for 45 minutes.
- Combine barbecue sauce, mustard, and brown sugar. Mix ingredients well to combine.
- Remove meatloaf from oven and pour one cup of barbecue sauce topping on each meatloaf.
Place back in oven and bake an additional 20-25 minutes.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Slice each loaf into 20 servings. Portion one slice per serving. Each portion provides 2 oz. eq. of meat/meat alternate.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

MEATLOAF

PRODUCTION NOTES

When shaping meat into loaves, wrap in plastic wrap, securing ends by twisting plastic together. This will look like a large sausage. Then wrap in aluminum foil and place in pan to bake. Bake for about 45 minutes before removing aluminum foil and wrap and adding BBQ topping to top. This method adds flavor and makes for easier pan clean-up.

NUTRIENTS PER SERVING

Calories	231	Dietary Fiber	0.37 g	Sodium	373.95 mg	Sat. Fat	4.62 g
Carbohydrates	10.62 g	Protein	19.39 g	Total Fat	11.99 g	Trans Fat	0.00 g

MEAT BALLS**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1/2 oz. eq. whole grain, 1/8 cup serving other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2 meat balls

RECIPE HACCP PROCESS: #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Paste, Tomato, #10 Can, #266	6 ounce(s)
Water, Municipal, Mississippi	1 cup(s)
Base, Beef, Low Sodium, #347	1/2 quart(s)
Eggs, Whole, Liquid, Frozen, #115	2 cup(s)
Cereal, Oatmeal, Quick, WGR, #165	1 pound(s)
Milk, Dry, Nonfat Powder, #376	2 1/4 ounce(s)
Beef, Ground, 80/20, #3	7 pound(s) + 14 ounce(s)
Onions, Yellow, Diced 1/4", Raw, #610	9 ounce(s)
Celery, Fresh, Diced, #604	1 pound(s)
Spice Blend MS, Italian, No Salt, #561	3/8 cup(s)

DIRECTIONS

- In mixer with the paddle attachment, combine tomato paste, water, stock, eggs, oats, and dry milk for 2 minutes on medium speed.
- Add ground beef, onions, celery, and spice blend to mixture. Mix on low speed for 3 minutes or until blended. **DO NOT OVERMIX.** Small amounts can be mixed in a bowl.
- Portion with level firmly packed #20 scoop (1/4 cup) onto sheet pan sprayed with pan release spray or lined with sheet liners.
- To bake:
Conventional oven: 325 degrees F for 45 minutes.
Convection oven: 300 degrees F for 50 minutes.
- Drain fat from pans. Place meat balls in 2 1/2" inch deep full size pans and serve immediately or cover and keep warm until ready for service.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Serve with brown gravy, meatless tomato sauce, or in a meat ball submarine sandwich. If gravy or tomato sauce is added, or the meat balls are served with additional ingredients, the nutritional analysis will be altered and a recipe analysis must be modified to include additional ingredients.
- Portion 2 meat balls for serving. Each portion provides 2 oz. eq. meat/meat alternate, 1/2 oz. eq. of whole grain, and 1/8 cup serving of other vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

MEAT BALLS

NUTRIENTS PER SERVING

Calories	209	Dietary Fiber	1.34 g	Sodium	138.07 mg	Sat. Fat	4.08 g
Carbohydrates	8.35 g	Protein	18.67 g	Total Fat	10.87 g	Trans Fat	0.00 g

BEEFY NACHOS GRANDE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup other vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2 ounces of meat, 2 ounces of cheese sauce, 1 ounce of chips

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Beef, Ground, 80/20, #3	8 1/2 pound(s)
Spice Blend MS, Southwest, No Salt, #562	1/2 cup(s)
Water, Municipal, Mississippi	1 quart(s)
Cheese Sauce, Regular, Bulk, #302	1 #10 can(s)
Jalapenos, Peppers, Nacho, Sliced, #204	2 ounce(s)
Chips, Tortilla, Light Salt, Bulk, #228	3 pound(s) + 2 ounce(s)
Salad Mix, Green, Iceberg, Etc. #607	2 1/2 pound(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	1 1/2 pound(s)

DIRECTIONS

- Brown ground beef in a tilt skillet. Press draining beef to remove excess fat.
- Add Southwest spice blend and water to the beef and combine until mixed.
- Set cooked ground beef aside until cheese sauce is heated thoroughly.
 CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Pour cheese sauce in steamtable pan and heat thoroughly either in a steamer or a combi oven.
- Add diced jalapeno peppers to cheese mixture, and stir to combine.
 Or offer jalapeno peppers as a self serve item. Portion in 1 ounce cups. Nutrient analysis will need to be recalculated if the amount of jalapeno peppers is altered.
 CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- To maintain best consistency, serve immediately or place in warmer until ready to use. Portion 2 ounces (1/4 cup) of meat with a #16 scoop and 2 ounces of cheese sauce over 1 ounce tortilla chips (approximately 9 chips) per serving. Using a #16 scoop (1/4 cup), add lettuce and tomato to side of chip and beef mixture. One portion provides 2 oz. eq. of meat/meat alternate, 1 oz. eq. of whole grain, and 1/8 cup of other vegetable.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	380	Dietary Fiber	2.51 g	Sodium	700.62 mg	Sat. Fat	7.52 g
Carbohydrates	25.42 g	Protein	18.45 g	Total Fat	22.45 g	Trans Fat	0.00 g

TAMALE PIE**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 1/4 oz. eq. whole grains, 1/8 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 piece

RECIPE HACCP PROCESS: #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	17 1/2 pound(s)
Onions, Chopped, Dehydrated, #278	1/2 cup(s)
Bell Peppers, Green, Whole, Fresh, #641	3 cup(s), chopped
Salsa, Mild, Bulk, #269	3 3/4 quart(s)
Chili Powder, #329	1/4 cup(s)
Cumin Seed, Ground, #319	3 tablespoon(s)
Spice Blend MS, Southwest, No Salt, #562	1/4 cup(s)
Cornmeal, WRG, #361	4 pound(s) + 8 ounce(s)
Salt, Table, #343	1 1/2 tablespoon(s)
Margarine, Bulk, #119	1/4 pound(s)
Chili Powder, #329	7 tablespoon(s)
Water, Municipal, Mississippi	1 1/4 quart(s)

DIRECTIONS

- Brown ground beef and drain. Press drained beef to remove excess fat. After draining ground beef, continue cooking. Add dehydrated onions and frozen (or fresh) green peppers, cook until tender.
- Add salsa, chili powder, cumin, and Southwest spice blend. Mix well. Bring to boil, reduce heat and simmer for 15-20 minutes until thickened. Divide mixture evenly among steamtable pans, (12" x 20" x 2 1/2"). For 100 servings, use 4 pans.
CCP: Heat to 160 degrees F for at least 15 seconds.
- Ground beef mixture may be prepared ahead and refrigerated overnight. If cooled, must be reheated to 165 degrees.
CCP: Heat to 160 degrees F for at least 15 seconds.
CCP: Cool to 70 degrees F within 2 hours and from 70 degrees F to 41 degrees F or lower within an additional 4 hours.
CCP: Reheat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
- For cornbread topping: Mix cornmeal, salt, margarine and chili powder. Stir into water and bring to boil. Reduce heat and simmer, stirring frequently, until thickened.
- In each steamtable pan, pour 7 cups cornmeal mixture onto beef mixture. Set aside to cool for 5 to 10 minutes. After cooling smooth cornmeal mixture over beef with gloved hands.
- To bake:
Conventional oven: 400 degrees F for 30-35 minutes.
Convection oven: 350 degrees F for 25-30 minutes.

TAMALE PIE**DIRECTIONS**

7. Cook until lightly brown and product has reached proper temperature. Cover and keep in warmer until service.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
8. Cut each pan 5 x 5 for 25 servings per pan. Serve with spatula.
May be garnished with cheese. If cheese is added, nutritional analysis must be recalculated.
9. Portion 1 piece per serving. Each portion provides 2 oz. eq. of meat/meat alternate, 1 1/4 oz. eq. of whole grains, and 1/8 cup of red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Discard any leftovers.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

Tamale Pie may be served with salsa or hot sauce. If these are added to the recipe, the nutritional analysis must be re-calculated.

NUTRIENTS PER SERVING

Calories	258	Dietary Fiber	3.05 g	Sodium	368.44 mg	Sat. Fat	4.50 g
Carbohydrates	18.43 g	Protein	18.81 g	Total Fat	12.12 g	Trans Fat	0.00 g

TAMALE PIE

ILLUSTRATED STEPS FOR PREPARATION OF TAMALE PIE

1.



Adding meat mixture to steam table pan

2.



Cornmeal mixture covering the meat mixture

3.



One serving of Tamale Pie

CHILI CHEESE QUESADILLA

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 3 pieces

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Quesadilla, WGR, Beef and Cheese, #550	100 quesadilla(s)

DIRECTIONS

1. Keep product frozen until ready to bake.
2. Line 18" x 26" sheet pans with pan liners.
3. Place quesadilla portions on pan.
4. Bake according to directions on case and/or package.
 CCP: Internal temperature must reach 140 degrees F or higher for 15 seconds.
5. Portion 3 pieces of quesadilla with a spatula for each serving. Each portion provides 2 oz. eq. of meat/meat alternate and 2 oz. eq of whole grains.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

NUTRIENTS PER SERVING

Calories	260	Dietary Fiber	4.00 g	Sodium	690.00 mg	Sat. Fat	3.00 g
Carbohydrates	30.00 g	Protein	15.00 g	Total Fat	10.00 g	Trans Fat	0.00 g

SALISBURY STEAK WITH GRAVY


MEAL COMPONENT CONTRIBUTION:

2 1/4 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 steak**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Beef, Ground, 80/20, #3	10 pound(s)
Cereal, Oatmeal, Quick, WGR, #165	2 cup(s)
Eggs, Whole, Liquid, Frozen, #115	3/4 cup(s)
Water, Municipal, Mississippi	1 cup(s)
Water, Boiling, Municipal	1 cup(s)
Base, Beef, Low Sodium, #347	1 ounce(s)
Milk, Dry, Nonfat Powder, #376	1/2 cup(s)
Onions, Frozen, Chopped, #72	3 cup(s)
Parsley, Dried, Chopped, #316	1/4 cup(s)
Pepper, Black, Ground, #336	1/2 tablespoon(s)
Gravy Mix, Brown, #356	1/2 package(s)
Water, Municipal, Mississippi	2 quart(s)

DIRECTIONS

- Blend ingredients beef through black pepper in mixer for 4 minutes on low speed. DO NOT OVERMIX.
- Portion steaks onto ungreased sheet pans (18" x 26" x 1") with a #12 scoop (1/3 cup), approximately 25 steaks per pan. For 50 servings, use 2 sheet pans. Flatten into an oval pattie.
- Bake until browned and cooked thoroughly:
 Conventional oven: 350 degrees F for 25-30 minutes.
 Convection oven: 300 degrees F for 12-15 minutes.
 CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Transfer steaks to steamtable pans (12" x 20" x 2 1/2"). For 50 servings, use 2 steamtable pans.
- Cover with plastic wrap and place in warmer until ready for service.
- Prepare gravy according to package directions.
- Portion 1 steak with 1 ounce of gravy per serving. Each portion provides 2 1/4 oz. eq. of meat/meat alternate.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

May substitute 1/2 cup of dehydrated onions for every 2 cups of fresh onions.
 Use commodity products when available.

NUTRIENTS PER SERVING

Calories	240	Dietary Fiber	0.97 g	Sodium	306.00 mg	Sat. Fat	5.16 g
Carbohydrates	8.53 g	Protein	21.09 g	Total Fat	12.93 g	Trans Fat	0.00 g

SALISBURY STEAK WITH GRAVY

ILLUSTRATED STEPS FOR PREPARATION OF SALISBURY STEAK WITH GRAVY

1.



Using a #12 scoop to portion steaks

2.



Flattening steaks into oval patties

3.



1 Salisbury Steak with 1 ounce of brown gravy

SHEPHERD'S PIE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1/4 cup starchy vegetable

NUMBER OF PORTIONS: 96 **SIZE OF PORTION:** 2/3 cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 96 SERVINGS)
Beef, Ground, 80/20, #3	17 pound(s) + 8 ounce(s)
Onions, Frozen, Chopped, #72	1 pound(s)
Soup, Cream of Mushroom, Low Sodium, #353	2 50 ounce can(s)
Water, Municipal, Mississippi	1 quart(s)
Sauce, Browning/Seasoning, #305	1 tablespoon(s) + 1 teaspoon(s)
Thyme, Dried, #327	1 tablespoon(s)
Onion Powder, #326	1 tablespoon(s) + 1 teaspoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s) + 1 teaspoon(s)
Spice Blend MS, Italian, No Salt, #561	1 tablespoon(s)
Water, Boiling, Municipal	2 gallon(s)
Margarine, Bulk, #119	8 ounce(s)
Potatoes, Instant, Mashed, #262	1 package(s)
Salt, Table, #343	1 teaspoon(s)
Pepper, White, Ground, #337	1 teaspoon(s)
Garlic Powder, #331	1 teaspoon(s)
Onion Powder, #326	1 teaspoon(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)
Cheese, Cheddar, Low Fat, Shredded, USDA	2 pound(s)

DIRECTIONS

1. Brown ground beef. Drain excess fat. Press draining beef to remove excess fat. After draining beef, continue cooking.
2. Add diced onions to ground beef and sauté for 5 minutes or until onions are translucent. Stir mixture.
3. Add soup, 1 quart of water, and browning sauce to beef mixture and bring to a simmer.
4. Stir thyme, onion powder, black pepper, and Italian spice blend into soup mixture.
5. Spray steamtable pans (12" x 20" x 2 1/2") with pan release spray. Pour 2 quarts and 1 cup of ground beef mixture into each steamtable pan.
6. Place boiling water in a large mixer bowl. Add margarine, potato flakes, salt, white pepper, garlic powder, and onion powder. Mix with a paddle for 1 minute, until well blended.
7. Spread 2 quarts of mashed potatoes over the ground beef mixture in each steamtable pan. Spray top of potatoes lightly with vegetable oil.

SHEPHERD'S PIE

DIRECTIONS

8. To bake:
 Conventional oven: 375 F, 25 minutes.
 Convection oven: 350 F, 20 minutes.
 CCP: Heat to 165° F or higher for at least 15 seconds.
9. Top each pan with 2 cups grated cheese.
10. Serve immediately or cover and place in warmer until ready for service.
 Portion using a #6 scoop (2/3 cup) for each serving. Each portion provides 2 oz. eq. meat/meat alternate and 1/4 cup starchy vegetable.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use commodity products when available.

MISCELLANEOUS NOTES

100 servings: 4 full-size steamtable pans.

NUTRIENTS PER SERVING

Calories	249	Dietary Fiber	1.44 g	Sodium	281.52 mg	Sat. Fat	4.29 g
Carbohydrates	16.31 g	Protein	18.10 g	Total Fat	11.52 g	Trans Fat	0.00 g

SPAGHETTI AND MEAT SAUCE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/2 cup red/orange vegetable, 1/4 cup other vegetables

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1/2 cup of spaghetti, 2/3 cup sauce

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	17 1/2 pound(s)
Onions, Frozen, Chopped, #72	1 3/4 pound(s)
Peppers, Green, Diced, Frozen, #75	1 3/4 pound(s)
Spice Blend MS, Italian, No Salt, #561	1 1/2 cup(s)
Salt, Table, #343	2 tablespoon(s)
Tomatoes, Diced, #10 Can, #265	1 #10 can(s) + 6 cup(s)
Paste, Tomato, #10 Can, #266	1 1/2 quart(s)
Sauce, Tomato, #10 Can, #264	1 #10 can(s) + 1 quart(s)
Sauce, Worcestershire, Bulk, #289	2/3 cup(s)
Water, Municipal, Mississippi	2 3/4 quart(s)
Water, Boiling, Municipal	3 1/2 gallon(s)
Pasta, Spaghetti, WGR, #297	9 3/4 pound(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

1. Brown ground beef and drain. Press draining beef to remove excess fat.
2. Add onions and green peppers to ground beef mixture. Sauté beef mixture for 2 minutes or until onions are lightly browned.
3. Add Italian spice blend and salt. Blend well and add diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, and water.
4. Bring this mixture to a boil and lower to a simmer and cook the spaghetti sauce for 1 hour stirring occasionally to prevent sticking.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
5. Boil water and cook pasta until until al-dente (cooked just long enough to be still firm, and not too soft), according to directions on the package. DO NOT OVERCOOK.
6. Divide mixture equally into medium half-steamtable pans (10" x 12" x 4") which have been lightly sprayed with pan release spray. For 100 servings, use 6 pans.

SPAGHETTI AND MEAT SAUCE

DIRECTIONS

7. Portion 1/2 cup of spaghetti with a #8 scoop or a 4 ounce spoodle. Portion 2/3 cup sauce with #6 scoop and serve over spaghetti. An optional method of service is to combine the sauce and spaghetti and portion one cup with an 8 ounce ladle or 8 ounce spoodle.

Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. of whole grain, 1/2 cup of red/orange, and 1/4 cup of other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated . Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Do not overcook spaghetti noodles. This increases the volume.
Use commodity products when available.

SERVING NOTES

Optional method of service: combine the sauce and spaghetti and portion one cup with an 8 ounce ladle or 8 ounce spoodle.

NUTRIENTS PER SERVING

Calories	356	Dietary Fiber	4.31 g	Sodium	654.28 mg	Sat. Fat	4.11 g
Carbohydrates	38.86 g	Protein	23.91 g	Total Fat	11.38 g	Trans Fat	0.00 g

SPAGHETTI AND MEAT SAUCE

ILLUSTRATED STEPS FOR PREPARATION OF SPAGHETTI AND MEAT SAUCE

1.



All ingredients (except pasta) mixed together (step 40)

2.



Adding 2/3 cup of spaghetti sauce to 1/2 cup of spaghetti noodles

3.



One serving of Spaghetti and Meat Sauce

4.



Alternate way to service of Spaghetti and Meat Sauce

STEAK FINGERS



MEAT/MEAT ALTERNATE : WHOLE GRAINS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 4 beef sticks

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef Sticks, Breaded, #5	400 stick(s)

DIRECTIONS

1. Preheat oven to 350 degrees F or to temperature in instructions on package and/or case.
2. Place frozen beef steak fingers on sheet pan sprayed with pan release spray.
3. Bake according to package and/or case directions. Prepare in batches to maintain quality.
 CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Remove from oven and place in steamtable pans. Cover with aluminum foil. Cut holes in aluminum foil and place in warmer until ready for service.
5. Portion 4 beef fingers per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. grain.
 CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

NUTRIENTS PER SERVING

Calories	290	Dietary Fiber	3.00 g	Sodium	480.00 mg	Sat. Fat	5.00 g
Carbohydrates	15.00 g	Protein	15.00 g	Total Fat	19.00 g	Trans Fat	0.00 g

SWISS STEAK WITH TOMATO GRAVY

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 steak

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	18 pound(s)
Bun, Hamburger, WGR, #549	28 bun(s)
Onions, Frozen, Chopped, #72	1 pound(s) + 4 ounce(s)
Salt, Table, #343	1 ounce(s)
Pepper, Black, Ground, #336	2 teaspoon(s)
Milk, Dry, Nonfat Powder, #376	3 1/2 ounce(s)
Water, Municipal, Mississippi	3 3/4 cup(s)
Oil, Liquid for Fryer, #396	1 cup(s)
Flour, All Purpose, Enriched, #358	8 ounce(s)
Sauce, Browning/Seasoning, #305	1 tablespoon(s)
Salt, Table, #343	1 teaspoon(s)
Pepper, Black, Ground, #336	1 tablespoon(s)
Sauce, Tomato, #10 Can, #264	3 quart(s) + 2/3 cup(s)

DIRECTIONS

- Combine ground beef, bread crumbs, onion, salt, black pepper, powder milk and water.
- Portion steaks onto ungreased sheet pans (18" x 26" x 1") with a #10 scoop, approximately 25 steaks per pan. Flatten into an oval pattie.
- To bake:
Convection oven: 325 degrees F for 1 hour, 30 minutes or until brown.
Conventional oven: 325 degrees F for 2 hours or until brown.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- To make tomato gravy:
 - Combine oil and flour and brown slightly.
 - Add browning sauce, salt, black pepper, and tomato sauce. Mix well to combine.
 - Simmer until thickened.
- Place steaks in a steamtable pan. Approximately 25 steaks will fit into each pan. Cover steaks with tomato gravy.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F.
- Portion 1 steak with 1 ounce tomato gravy per serving. Each portion provides 2 oz. eq. meat/meat alternate and 1/8 cup red/orange vegetable.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

SWISS STEAK WITH TOMATO GRAVY

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	249	Dietary Fiber	1.22 g	Sodium	437.74 mg	Sat. Fat	4.43 g
Carbohydrates	11.73 g	Protein	19.78 g	Total Fat	13.35 g	Trans Fat	0.00 g

SWISS STEAK WITH TOMATO GRAVY

ILLUSTRATED STEPS FOR PREPARATION OF SWISS STEAK WITH TOMATO GRAVY

1.



Portion steaks onto sheet pans with a #10 scoop

2.



Covering steaks with tomato gravy

3.



One serving of Swiss Steak with 1 ounce tomato gravy.

TACO PIE

MEAL COMPONENT CONTRIBUTION:

2 3/4 oz. eq. meat/meat alternate, 3/4 oz. eq. whole grain, 1/4 cup red/orange vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 piece

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	18 pound(s)
Onion Powder, #326	1 cup(s)
Spice Blend MS, Southwest, No Salt, #562	1 1/2 cup(s)
Water, Municipal, Mississippi	1 quart(s) + 1 cup(s)
Salsa, Mild, Bulk, #269	2 quart(s)
Paste, Tomato, #10 Can, #266	5 1/4 quart(s)
Water, Municipal, Mississippi	2 quart(s)
Spice Blend MS, Southwest, No Salt, #562	1 cup(s)
Tortilla, Soft Flour, Merchants, #61	80 tortilla(s)
Cheese, American Process, Sliced, #39	4 pound(s)
Pan Release Spray, Vegetable Oil, #395	5 gram(s)

DIRECTIONS

- Brown ground beef and drain. Press draining beef to remove excess fat, then continue cooking.
- Sprinkle Southwest spice blend over cooked beef, and stir well.
- Add water and allow to simmer for 15 minutes.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- In a bowl, combine salsa, tomato paste, water, and Southwest spice blend.
- Cut tortillas in half.
- Spray bottom of pan with pan release spray.
- Line bottom of a 12"x20"x2 1/2" steamtable pan with 16 half-tortillas to form the bottom of the pie.
- On top of the tortillas, spread 4 cups of the meat mixture. Next spread 2 cups of the salsa mixture over the meat mixture and sprinkle 1 1/2 cups of the grated cheese over the salsa mixture.
- For the middle layer, lay 12 half-tortillas on top of the cheese. Repeat the process listed in step 8.
- For the top layer, lay 12 half-tortillas on top of the taco sauce. Spread 2 cups of the salsa mixture on top. Sprinkle 1 cup of grated cheese evenly over the salsa mixture.
- To bake:
Conventional oven: 350 degrees F, 30 minutes, covered.
Convection oven: 325 degrees F, 20 minutes, covered.
Combi oven: 325 degrees F, 20 minutes, covered.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
- Let pie rest for 5 minutes before portioning. Cut each pan into 25 pieces (5x5). Serve immediately or cover and place in warmer.

TACO PIE

DIRECTIONS

13. Portion 1 square per serving. Each portion provides 2 3/4 oz. eq. of meat/meat alternate, 3/4 oz. eq. of whole grain, and 1/4 cup of red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use commodity products when available.

NUTRIENTS PER SERVING

Calories	365	Dietary Fiber	4.24 g	Sodium	1017.80 mg	Sat. Fat	9.06 g
Carbohydrates	24.87 g	Protein	25.20 g	Total Fat	18.67 g	Trans Fat	0.00 g

TACO PIE

ILLUSTRATED STEPS FOR PREPARATION OF TACO PIE

1.



Cutting tortillas in half

2.



Spreading 4 cups of the meat mixture over the tortillas

3.



Arranging tortillas for the middle layer

4.



One serving of Taco Pie

TACO OLÉ WITH CHIPS

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 1/8 cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 serving

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(OTHER) : VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Ground, 80/20, #3	13 pound(s) + 10 ounce(s)
Spice Blend MS, Southwest, No Salt, #562	3/4 cup(s)
Cumin Seed, Ground, #319	2 tablespoon(s)
Onions, Yellow, Diced 1/4", Raw, #610	10 ounce(s)
Paste, Tomato, #10 Can, #266	3 1/2 cup(s)
Garlic Powder, #331	3 tablespoon(s)
Salt, Table, #343	1 teaspoon(s)
Water, Municipal, Mississippi	1 quart(s) + 3 cup(s)
Lemon Juice, Canned/Bottled, #398	1/3 cup(s)
Salad Mix, Green, Iceberg, Etc. #607	4 pound(s)
Tomatoes, Whole, Red, Ripe, Raw, #631	1 pound(s) + 12 ounce(s)
Cheese, American, Grated/Shredded, #60	1 pound(s) + 8 ounce(s)
Cheese, Mozzarella, Shredded, #58	1 pound(s) + 8 ounce(s)
Salsa, Mild, Bulk, #269	1/2 gallon(s)
Chips, Tortilla, Light Salt, Bulk, #228	6 pound(s) + 4 ounce(s)

DIRECTIONS

1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, return to pan to continue cooking.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
2. Add Southwest spice blend, ground cumin seed, onions, tomato paste, garlic powder, and salt to browned meat. Blend well and simmer until onions are tender. Add water and lemon juice and bring to boil. Reduce heat.
3. Simmer for 25 - 30 minutes. Then keep warm until ready for service.
CCP: Heat to 160 degrees F or higher for 15 seconds at the completion of the cooking process.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.
4. Combine lettuce and tomatoes. Toss lightly.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.
5. Combine cheeses and weigh 1/2 ounce to determine portion size and serve in portion container.
Portion 1 ounce salsa in portion container.
Portion 1 ounce chips (about 9) in portion container.

TACO OLÉ WITH CHIPS

DIRECTIONS

6. Portion a #20 scoop of taco meat, 1/2 ounce of shredded cheese, 1 ounce of tortilla chips, 1/4 cup of lettuce and tomato, and 1 ounce of salsa per serving.

Each portion provides 2 oz. eq. of meat/meat alternate, 1 oz. eq. of whole grain, 1/8 cup of red/orange vegetable, and 1/8 cup of other vegetable.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

PRODUCTION NOTES

Use commodity products when available.

SERVING NOTES

Lettuce and tomatoes may be served on the side, instead of place on top of the Taco Olé.

NUTRIENTS PER SERVING

Calories	327	Dietary Fiber	3.26 g	Sodium	491.97 mg	Sat. Fat	7.70 g
Carbohydrates	22.19 g	Protein	18.88 g	Total Fat	17.94 g	Trans Fat	0.00 g

TACO OLÉ WITH CHIPS

ILLUSTRATED STEPS FOR PREPARATION OF TACO OLÉ WITH CHIPS

1.



One serving of Taco Olé

2.



Alternate serving of lettuce and tomatoes for the Taco Olé