



## 825122 - Sloppy Joe

Source: K12 Culinary  
Number of Portions: 60  
Size of Portion: each

### Components:

Meat/Alt: 2 oz  
Grains: 2 oz  
Fruit:  
Vegetable:  
Milk:

### Recipe Subgroups:

Whole Grain Rich

### Attributes:

Meat/Meat Alter  
Grain

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
023570 BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBL....	10 LBS (raw)	Thaw ground beef in refrigerator on bottom shelf.  <b>CCP: Hold at 41 degrees F. or lower.</b>
		Cook ground beef in kettle or tilt skillet; drain fat from meat.  (Note: As an option, beef may be cooked in the steamer. Place beef inside 4 inch perforated pan, then place perforated pan inside 6 inch solid steamtable pan. Fat will collect in solid pan as it cooks.) <b>CCP: Heat to 155° F or higher for at least 15 Seconds</b>
011283 ONIONS,CKD,BLD,DRND,WO/SALT.....	2 CUPS (fresh, diced)	Rinse onions under running water and drain in a colander. Cut in half, then cut into ¼ inch dices. Add onions to browned ground beef and cook for 3 to 5 minutes.
826140 Catsup, 100% Natural w/ sugar,LowSod Red..... 825097 Sauce, BBQ, gallon, Cattlemans (Frenchs)..... 019334 SUGARS,BROWN..... 002053 VINEGAR,DISTILLED..... 002009 CHILI POWDER..... 799903 GARLIC,GRANULATED..... 901018 MUSTARD,POWDER/DRY..... 006971 SAUCE,WORCESTERSHIRE.....	1 qt 1/4 cup 3/4 CUP (packed) 1/2 cup 1/4 cup 1/4 cup 1/4 cup 1/3 cup + 2 tsp	Add Catsup, BBQ sauce, brown sugar, vinegar, chili powder, garlic powder, dry mustard, and Worcestershire sauce to beef. Cook for 15 minutes on medium low heat.  <b>CCP: Heat to 155° F or higher for at least 15 Seconds</b>

825784 Bun, Hamburger, WG, Flowers 99832050.....	60 each, 2.0 oz (CN=2G)	Transfer sloppy joe mixture to steamtable pan. Cover and hold for service. Serve sloppy joe filling on hamburger bun using a no. 12 disher. <i>Note: Check recipe yield to be sure the no. 12 disher provides 60 portions per 10 lb of beef mixture.</i> <b>CCP:</b> Hold for hot service at 135° F or higher
		Sandwiches are best when assembled for just in time service to avoid excessive leftovers.  If filling is leftover, cool properly, label, and store in refrigerator. Reheat for service within 3 days. <b>CCP:</b> Cool to 41° F or lower within 4 hours.  <b>CCP: Hold at 41 degrees F. or lower.</b> <b>CCP:</b> Heat to 165° F or higher for at least 15 seconds

\*Nutrients are based upon 1 Portion Size (each)

Calories	312 kcal	Cholesterol	44 mg	Sugars	*7.4* g	Calcium	62.96 mg	28.57%	Calories from Total Fat
Total Fat	9.91 g	Sodium	561 mg	Protein	19.23 g	Iron	3.21 mg	8.39%	Calories from Saturated Fat
Saturated Fat	2.91 g	Carbohydrates	37.38 g	Vitamin A	294.2 IU	Water <sup>1</sup>	*37.92* g	*0.80%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.28* g	Dietary Fiber	2.53 g	Vitamin C	2.0 mg	Ash <sup>1</sup>	*0.80* g	47.89%	Calories from Carbohydrates
								24.64%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.