



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:

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. CCP: Hold at 41° F or lower.
		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 pan. Fat will collect in solid pan as it cooks.) CCP: Heat to 155° F or higher for at least 15 Seconds
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 dice. Add onions to browned ground beef and cook for 3 to 5 minutes.
826140 Ketchup,100% Natural w/ sugar,LowSod Red..... 019334 SUGARS,BROWN..... 002053 VINEGAR,DISTILLED..... 002009 CHILI POWDER..... 799903 GARLIC,GRANULATED..... 901018 MUSTARD,POWDER/DRY..... 006971 SAUCE,WORCESTERSHIRE..... 825097 Sauce, BBQ, gallon, Cattlemans (Frenchs).....	1 qt 3/4 CUP (packed) 1/2 cup 1/4 cup 1/4 cup 1/4 cup 1/3 cup + 2 tsp 1/4 cup	Add ketchup, brown sugar, vinegar, chili powder, garlic powder, dry mustard, Worcestershire sauce, and BBQ sauce to beef. Cook for 15 minutes on medium low heat. CCP: Heat to 155° F or higher for at least 15 Seconds

825784 Bun, Hamburger, WG, Flowers 99832050.....	60 each, 2.0 oz (CN=2G)	<p>Transfer sloppy joe mixture to 2 inch full size pan. Cover and hold for service.</p> <p>Serve sloppy joe filling on hamburger bun using a no. 12 disher.</p> <p><i>Note: Check recipe yield to be sure the no. 12 disher provides 60 portions per 10 lb of beef mixture.</i></p> <p>Sandwiches are best when assembled for just in time service.</p> <p>CCP: Hold for hot service at 135° F or higher.</p>
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*Nutrients are based upon 1 Portion Size (each)

Calories	322	kcal	Cholesterol	44	mg	Sugars	*7.5*	g	Calcium	43.30	mg	27.68%	Calories from Total Fat
Total Fat	9.92	g	Sodium	566	mg	Protein	19.25	g	Iron	3.21	mg	8.13%	Calories from Saturated Fat
Saturated Fat	2.91	g	Carbohydrates	37.43	g	Vitamin A	273.2	IU	Water ¹	*37.92*	g	*0.77%*	Calories from Trans Fat
Trans Fat ²	*0.28*	g	Dietary Fiber	2.48	g	Vitamin C	2.0	mg	Ash ¹	*0.81*	g	46.44%	Calories from Carbohydrates
												23.88%	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

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.