

Goulash

Servings: 350.00

Meal Type: Lunch

Category: Entree

HACCP Process: Complex Food Prep

Goulash with hamburger and macaroni

Nutrition Information

Calories	418.63	Protein	21.33g
Fat	11.98g	SaturatedFat	3.42g
Trans Fat	1.71g	Cholesterol	44.44mg
Carbohydrates	54.75g	Fiber	6.00g
Sugar	6.44g	Sodium	278.64mg
Iron	2.98mg	Vitamin C	7.04mg
Vitamin A	356.14IU	Calcium	30.92mg

Ingredients

50 Pound Beef, Fine Ground, 85/15, Frozen

Thaw ground beef several days before cooking.

50 Pound PASTA ELBOW MACAR 51% WGRAIN 2-10#

525 Fluid Ounce TOMATO CRSHD A/P 6-10 REDPK

READY_TO_EAT

None

750 Fluid Ounce JUICE TOMATO 100% 12-46FLZ SACRM

READY_TO_EAT

None

5 Cup ONION DEHY CHPD 15# P/L

10 Tablespoon Black Pepper

BAKE

Preparation Instructions