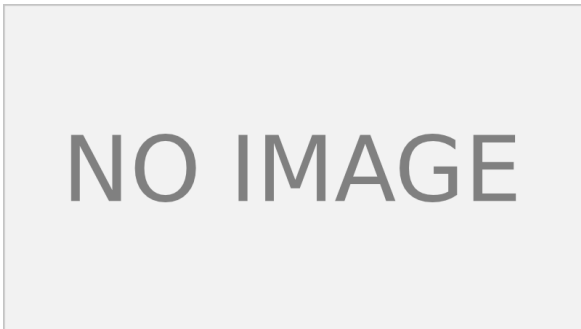


HOMEMADE GROUND BEEF STROGANOFF for BAKED POTATO



| | | | |
|----------------------|------------------------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Entree |
| Serving Size: | 1.00 Each | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-45469 |
| School: | Manchester High School | | |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------|-------------------------------------|--|------------|
| 85/15 Ground Beef, Frozen | 10 Pound | | 100158 |
| BUTTER PRINT SLTD GRD AA | 1 Cup 7 Fluid Ounce (30 Tablespoon) | | 191205 |
| FLOUR A/P PASTRY | 1 Pint 1 Tablespoon (33 Tablespoon) | | 260231 |
| ONION DEHY CHPD | 1/4 Cup | | 263036 |
| SPICE GARLIC POWDER | 1 1/4 Teaspoon | | 224839 |
| BROTH BF NO MSG | 3 Quart 1 Pint 1 Cup (15 Cup) | <p>HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.</p> | 504599 |

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------|--------------------------------------|---|------------|
| SOUP CRM OF MUSHRM | 6 Pound 11 1/2 Ounce (107 1/2 Ounce) | In a 4 quart pot, combine one can of soup and one can of water. Simmer over low heat, stirring often. For extra creamy, in a 4 quart pot combine one can of soup with 1/2 can of water and 1/2 can of milk. Simmer over low heat, stirring often. | 101346 |
| SOUR CREAM | 5 Pound | READY_TO_EAT Served as a topping on a hot or cold meal | 285218 |

Preparation Instructions

Cook ground beef with onions and garlic until thoroughly cooked and the temp is at least 155 degrees: drain. Set, aside. Melt butter, then add flour and whisk, allowing the flour to absorb the butter. Add beef broth and whisk vigorously to remove any lumps. Turn the heat up to high, bringing it to a boil for 2-3 minutes, stirring, until it thickens slightly. Bring the temp down to medium and whisk in sour cream and mushroom soup. Stir until thoroughly mixed. If the mixture is too thick, you may add a little more broth. Add ground beef to the sauce mixture. Heat until the temperature is at least 145 degrees. Serve over baked potato

Meal Components (SLE)

Amount Per Serving

| | |
|----------|-------|
| Meat | 2.250 |
| Grain | 0.000 |
| Fruit | 0.000 |
| GreenVeg | 0.000 |
| RedVeg | 0.000 |
| OtherVeg | 0.000 |
| Legumes | 0.000 |
| Starch | 0.000 |

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

| Amount Per Serving | | | |
|--------------------|----------|-----------|--------|
| Calories | 349.23 | | |
| Fat | 26.05g | | |
| SaturatedFat | 11.92g | | |
| Trans Fat | 2.39g | | |
| Cholesterol | 97.43mg | | |
| Sodium | 585.43mg | | |
| Carbohydrates | 8.11g | | |
| Fiber | 0.70g | | |
| Sugar | 2.19g | | |
| Protein | 18.98g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 41.08mg | Iron | 0.06mg |

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available