

Hamburger Stroganoff with noodles



Servings:	200.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51311
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	28 Pound		821271
FLOUR HR A/P	1 Pint 1/2 Cup (2 1/2 Cup)		765180
ONION YELLOW COLOSS	3 Quart 1 Pint 1 Cup (15 Cup)	diced	198706
SPICE GARLIC POWDER	1 Fluid Ounce 2 0 Teaspoon (8 Teaspoon)		224839
Black Ground Pepper	1 Fluid Ounce 1 Tablespoon 1 0 Teaspoon (10 Teaspoon)		2009817
SOUP CRM OF MUSHRM COND NSA	31 1/8 Pound		435837
CREAM WHIP 40 HVY ESL	2 Gallon 2 Quart (10 Quart)	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	428801
SOUR CREAM	12 1/2 Pound	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SAUCE WORCESTERSHIRE	1 1/3 Cup		109843
PASTA ROTINI WGRAIN	25 Pound		402118

Preparation Instructions

Instructions

Brown hamburger in a large skillet

Add onions, garlic powder and pepper and cook until tender.

Sprinkle flour over ground beef and onion mixture and mix in. Cook for about 1 minute.

Add mushroom soup, milk, and Worcestershire sauce; stir until well blended.

Bring to a boil, reduce heat, cover and simmer 30-45 minutes.

Stir occasionally to prevent scorching.

Remove from heat; stir in sour cream.

Pour into serving pans. Hold for 30 minutes at 180-190° F to thicken mixture.

Portion using a 6-ounce ladle (¾ cup) over noodles.

Recipe Notes

CCP: Heat to 155° F or higher for 15 seconds.

CCP: Hot hold for service at 135° F or higher.

Cook noodles according to directions.

Crediting: One serving provides 2 oz meat/meat alternate and 2 oz grain equivalent

Nutrition Facts per Serving (0.75cup sauce over 1 cup noodles)

Calories: 543 kcal | Saturated fat: 9.77 g | Sodium: 537 mg

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	2.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 6.00 Ounce

Amount Per Serving			
Calories	600.65		
Fat	32.57g		
SaturatedFat	19.90g		
Trans Fat	0.00g		
Cholesterol	141.14mg		
Sodium	284.42mg		
Carbohydrates	50.98g		
Fiber	4.35g		
Sugar	5.55g		
Protein	19.99g		
Vitamin A	0.41IU	Vitamin C	1.50mg
Calcium	50.68mg	Iron	2.11mg

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

Nutrition - Per 100g

Calories	353.12
Fat	19.15g
SaturatedFat	11.70g
Trans Fat	0.00g
Cholesterol	82.98mg
Sodium	167.21mg
Carbohydrates	29.97g
Fiber	2.55g
Sugar	3.26g
Protein	11.75g
Vitamin A 0.24IU	Vitamin C 0.88mg
Calcium 29.79mg	Iron 1.24mg

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