

# Goulash



<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	3.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51407
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Water	12 Gallon	READY_TO_DRINK	Water
SALT KOSHER	8 Ounce		176447
PASTA ELBOW MACAR 51 WGRAIN	10 1/2 Pound		229941
BEEF CRMBL CKD W/SPP 4-10#	28 Pound		821271
ONION YELLOW COLOSS	3 Pound 8 Ounce (56 Ounce)		198706
TOMATO PASTE FCY	7 Pound	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
TOMATO DCD I/JCE	12 3/4 Pound		246131
Low Sodium Beef Stock 75X Concentrate	1 Package		334438

Description	Measurement	Prep Instructions	DistPart#
SPICE PEPR BLK REST GRIND	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		225061
SPICE GARLIC GRANULATED	2 Fluid Ounce		513881
SPICE CHILI POWDER MILD	4 Fluid Ounce		331473
SPICE CUMIN GRND	3 Fluid Ounce		273945
SPICE PAPRIKA	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		518331
SPICE ONION POWDER	1 Fluid Ounce 0 Teaspoon (6 Teaspoon)		126993
CHEESE CHED MLD SHRD 4-5 LOL	3 Pound 8 Ounce (56 Ounce)	READY_TO_EAT Preshredded. Use cold or melted	150250

## Preparation Instructions

### Instructions

Heat water to rolling boil. Add salt.

Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4.

Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.

Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes.

Pour into steam table pans (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.

Sprinkle 7 oz (1¾ cups) of shredded cheese (optional) evenly over each pan.

Portion with two No. 10 scoops (¾ cup) per serving.

### Recipe Notes

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

CCP: Hold for hot service at 135° F or higher.

Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1¼ cup 1 ½ tsp Mexican Seasoning Mix.

### Variation:

#### A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7.

Crediting: ¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternate, ¾ cup of vegetable, and 1 serving of grains/breads.

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	1.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.375
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 3.00 Cup

Amount Per Serving	
<b>Calories</b>	250.23
<b>Fat</b>	9.47g
<b>SaturatedFat</b>	4.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	47.05mg
<b>Sodium</b>	376.94mg
<b>Carbohydrates</b>	27.42g
<b>Fiber</b>	4.89g
<b>Sugar</b>	4.74g
<b>Protein</b>	15.79g
<b>Vitamin A</b> 0.16IU	<b>Vitamin C</b> 0.59mg
<b>Calcium</b> 35.57mg	<b>Iron</b> 1.24mg

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

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available