

# Hamburger Stroganoff with noodles



<b>Servings:</b>	200.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	6.00 Ounce	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51311
<b>School:</b>	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

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

## Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 6.00 Ounce

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

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

## Nutrition - Per 100g

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

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