

HOMEMADE BEEF AND NOODLES - USING LOCAL BEEF



Servings:	14.00	Category:	Entree
Serving Size:	1.00 Cup	HACCP Process:	Complex Food Prep
Meal Type:	Lunch	Recipe ID:	R-9943
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
SALT IODIZED	1/4 Teaspoon	READY_TO_EAT used to salt food	108286
BASE BEEF	1 Tablespoon	READY_TO_EAT Prepare as directed.	439584
WATER SPRNG	1/2 Gallon		686860
BEEF STEW MEAT DCD 85 LEAN	2 Pound		443689
PASTA NOODL EGG FZ	1 Pound		245046

Preparation Instructions

Cook beef until temp reaches 155 degrees and the meat is tender—separate beef and broth. Use broth to satisfy the 1/2 gallon water; if there is not enough broth, fill the remaining liquid measure with water. Add beef base and salt. Bring to a boil. Add noodles and cook to al dente.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 14.00

Serving Size: 1.00 Cup

Amount Per Serving			
Calories	172.13		
Fat	3.93g		
SaturatedFat	1.26g		
Trans Fat*	0.00g		
Cholesterol	76.00mg		
Sodium	288.09mg		
Carbohydrates	17.36g		
Fiber	0.57g		
Sugar	0.57g		
Protein	17.30g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	9.68mg	Iron	2.43mg

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

Nutrition - Per 100g

No 100g Conversion Available