

HOMEMADE GROUND BEEF STROGANOFF OVER PASTA



Servings:	60.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-32751
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)		504599
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

Description	Measurement	Prep Instructions	DistPart #
PASTA FETTUCCINI CKD	3 Gallon 3 Quart (60 Cup)		835890

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 pasta.

Meal Components (SLE)

Amount Per Serving	
Meat	1.692
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: 60.00			
Serving Size: 1.00 Each			
Amount Per Serving			
Calories		846.55	
Fat		33.92g	
SaturatedFat		9.34g	
Trans Fat*		1.69g	
Cholesterol		73.43mg	
Sodium		600.39mg	
Carbohydrates		102.76g	
Fiber		4.58g	
Sugar		7.82g	
Protein		31.73g	
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	74.23mg	Iron	5.45mg
*All reporting of TransFat is for information only, and is not used for evaluation purposes			

Nutrition - Per 100g

No 100g Conversion Available	
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