

# HOMEMADE GROUND BEEF STROGANOFF for BAKED POTATO



Servings:	50.00	Category:	Entree
Serving Size:	1.00 Each	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-45469
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)	HEAT_AND_SERVE Convection: Place covered prepared product into 300°F oven for 30/u201340 minutes until center reaches 165°F. Conventional: Place covered prepared product into 350°F oven for 60 minutes until center reaches 165°F. Microwave: Place prepared product into microwave safe covered container. Heat on high approximately 2/u20133 minutes per portion or until center reaches 165°F. Stove Top: Place uncovered prepared product over medium heat for 10/u201315 minutes or until center reaches 165°F, stirring occasionally to prevent scorching.	504599

Description	Measurement	Prep Instructions	DistPart #
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

## 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 baked potato

### Meal Components (SLE)

Amount Per Serving

Meat	2.250
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Each

Amount Per Serving	
Calories	349.23
Fat	26.05g
SaturatedFat	11.92g
Trans Fat*	2.39g
Cholesterol	97.43mg
Sodium	585.43mg
Carbohydrates	8.11g
Fiber	0.70g
Sugar	2.19g
Protein	18.98g

Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	41.08mg	Iron	0.06mg

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

### Nutrition - Per 100g

No 100g Conversion Available