

Goulash



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

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Water	192 Cup	READY_TO_DRINK	Water
SALT KOSHER	8 Ounce		176447
PASTA ELBOW MACAR 51 WGRAIN	168 Ounce		229941
BEEF CRMBL CKD W/SPP 4-10#	448 Ounce		821271
ONION YELLOW COLOSS	56 Ounce		198706
TOMATO PASTE FCY	112 Ounce	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851
TOMATO DCD I/JCE	204 Ounce		246131
Low Sodium Beef Stock 75X Concentrate	1 Package		334438
SPICE PEPR BLK REST GRIND	1 Tablespoon 2 Teaspoon (6 Teaspoon)		225061
SPICE GARLIC GRANULATED	4 Tablespoon		513881

Description	Measurement	Prep Instructions	DistPart #
SPICE CHILI POWDER MILD	8 Tablespoon		331473
SPICE CUMIN GRND	6 Tablespoon		273945
SPICE PAPRIKA	1 Tablespoon 2 Teaspoon (6 Teaspoon)		518331
SPICE ONION POWDER	1 Tablespoon 2 Teaspoon (6 Teaspoon)		126993
CHEESE CHED MLD SHRD 4-5 LOL	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 (3¾ 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 1¾ cup 1 1½ 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 1½ tsp dried thyme. Continue with steps 5-7.

Crediting: 3¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternate, 3⅞ cup of vegetable, and 1 serving of grains/breads.

Meal Components (SLE)

Amount Per Serving

Meat	2.000
Grain	1.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.375
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 200.00

Serving Size: 3.00 Cup

Amount Per Serving			
Calories		119.72	
Fat		1.68g	
SaturatedFat		0.84g	
Trans Fat*		0.00g	
Cholesterol		4.20mg	
Sodium		220.59mg	
Carbohydrates		23.52g	
Fiber		2.94g	
Sugar		4.74g	
Protein		4.10g	
Vitamin A	0.16IU	Vitamin C	0.59mg
Calcium	35.57mg	Iron	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