

Hamburger Stroganoff with noodles



Servings:	200.00	Category:	Entree
Serving Size:	6.00 Ounce	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-51311
School:	Garden Prairie		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF CRMBL CKD W/SPP 4-10#	448 Ounce		821271
FLOUR HR A/P	2 Cup 8 Tablespoon (2 1/2 Cup)		765180
ONION YELLOW COLOSS	15 Cup	diced	198706
SPICE GARLIC POWDER	2 Tablespoon 1 Teaspoon (8 Teaspoon)		224839
Black Ground Pepper	3 Tablespoon		2009817
SOUP CRM OF MUSHRM COND NSA	497 Ounce		435837
CREAM WHIP 40 HVY ESL	40 Cup	READY_TO_EAT Whipped for topping or reduced for soups sauces (e.g. alfredo sauce)	428801
SOUR CREAM	200 Ounce	READY_TO_EAT Served as a topping on a hot or cold meal	285218
SAUCE WORCESTERSHIRE	1 Cup 5 Tablespoon (1 1/3 Cup)		109843
PASTA ROTINI WGRAIN	400 Ounce		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	
Meat	0.000
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: 200.00			
Serving Size: 6.00 Ounce			
Amount Per Serving			
Calories		267.64	
Fat		23.82g	
SaturatedFat		16.00g	
Trans Fat*		0.00g	
Cholesterol		98.29mg	
Sodium		72.11mg	
Carbohydrates		6.58g	
Fiber		0.47g	
Sugar		2.65g	
Protein		1.56g	
Vitamin A	0.41IU	Vitamin C	1.50mg
Calcium	50.68mg	Iron	0.18mg

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

Nutrition - Per 100g

Calories		157.35
Fat		14.00g
SaturatedFat		9.41g
Trans Fat*		0.00g
Cholesterol		57.78mg
Sodium		42.39mg
Carbohydrates		3.87g
Fiber		0.28g
Sugar		1.56g
Protein		0.91g
Vitamin A	0.24IU	Vitamin C 0.88mg
Calcium	29.79mg	Iron 0.11mg

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