

# EZ- Sloppy Joes

<b>Servings:</b>	50.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Sandwich	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-53966

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Beef, Fine 85/15	10 Pound		100158
SAUCE SLOPPY JOE	3 Quart		860166
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	50 Each		266546

## Preparation Instructions

Brown 10 lbs of raw ground beef until fully cooked (165°F).

Drain excess fat.

Stir in 3 quarts (12 cups) Sloppy Joe Sauce to the cooked beef.

Heat for 15–20 minutes, stirring occasionally, until heated through (internal temp ? 165°F).

Assemble

Portion 1/2 cup (4 oz) of mixture onto each 2 oz eq whole grain bun.

Updated 7.28.25 JSH

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 1.00 Sandwich

Amount Per Serving	
<b>Calories</b>	379.42
<b>Fat</b>	16.33g
<b>Saturated Fat</b>	5.28g
<b>Trans Fat</b>	2.39g
<b>Cholesterol</b>	62.09mg
<b>Sodium</b>	597.30mg
<b>Carbohydrates</b>	32.68g
<b>Fiber</b>	3.96g
<b>Total Sugar</b>	9.76g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	22.68g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.38mg

## Nutrition - Per 100g

<b>Calories</b>	418.23
<b>Fat</b>	18.00g
<b>Saturated Fat</b>	5.82g
<b>Trans Fat</b>	2.63g
<b>Cholesterol</b>	68.44mg
<b>Sodium</b>	658.40mg
<b>Carbohydrates</b>	36.02g
<b>Fiber</b>	4.37g
<b>Total Sugar</b>	10.76g
<b>Added Sugar</b>	3.31g
<b>Protein</b>	25.00g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 33.07mg	<b>Iron</b> 2.63mg