

Sloppy Joe on Whole Grain Bun

Main Dish

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Ground beef (no more than 15% fat)	17 lb 4 oz				<ol style="list-style-type: none"> Brown ground beef. Drain. Continue immediately. Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155°F or higher for at least 15 seconds. Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steam table pan (12" x 20" x 2 ½"). For 100 servings, use 2 pans. CCP: Hold for hot service at 135°F or higher. Portion with No. 12 scoop (1/3 cup) onto bottom half of each bun. Cover with top half of bun.
Fresh onions, chopped	1 lb 4 oz	3 2/3 cups			
<i>Or</i>	<i>Or</i>	<i>Or</i>			
Dehydrated onions	2 ½ oz	1 ¾ cup			
Granulated garlic		2 Tbsp			
Canned tomato paste, low sodium	3 lb 8 oz	1 qt 2 ¼ cup (1/2 No.10 can)			
Catsup	3 lb 10 oz	1 qt 2 cup (½ No.10 can)			
Water		1 qt			
White vinegar		2 ¼ cups			
Dry mustard		¼ cup			
Ground black or white pepper		2 tsp			
Brown sugar, packed	5 ½ oz	¾ cup			
Whole grain hamburger buns (43 g)		100 each			

					Notes: <ul style="list-style-type: none"> • Mature onions – 1 lb 8 oz food as purchased.
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Serving Size	1 Serving Provides	Yield
1 sandwich	2 oz equivalent meat/meat alternate, ¼ c of vegetable, and 1 ¾ servings of grains/breads.	21 lb 8 oz (filling); about 31 lb 4 oz About 2 gallons ½ cup (filling); 100 sandwiches

Nutrients Per Serving

Calories	280	Vitamin A	542 IU	Iron	2.85 mg
Protein	18 g	Vitamin C	11.9 mg	Calcium	118 mg
Carbohydrate	32 g	Fiber	2 g	Cholesterol	45 mg
Fat	9 g	% Fat	29 %	Sodium	450 mg
Saturated Fat	3 g	% Saturated Fat	10 %		