

Sloppy Joe

Meat-Vegetable-Grains/Breads

Sandwiches

F-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 24% fat)	4 lb 5 oz		8 lb 10 oz		1. Brown ground beef. Drain off fat.
*Onions, chopped OR	5 oz	3/4 cup	9 oz	1 1/2 cups	2. Add onions and garlic powder. 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 degrees For higher for at least 15 seconds.
Dehydrated onions		2 Tbsp 2 tsp		1/3 cup	
Garlic powder		1 1/2 tsp		1 Tbsp	
Tomato paste	14 oz	1 1/2 cups	1 lb 12 oz	3 cups	
Catsup	15 oz	1 1/2 cup	1 lb 13 oz	3 cups	
Water		2 3/4 cups 2 Tbsp		1 qt 1 3/4 cups	
Vinegar		1/2 cup 1 Tbsp		1 cup 2 Tbsp	
Dry mustard		1 Tbsp		2 Tbsp	
Black pepper		1/2 tsp		1 tsp	
Brown sugar, packed		3 Tbsp		1/4 cup 2 Tbsp	
Hamburger rolls, 0.9 oz		25 each		50 each	3. Pour ground beef mixture into serving pans or bowls for portioning in Step 4. 4. CCP Hold for hot service at 140 degrees F or higher. Portion with no. 12 scoop (1/3 cup) onto bottom half of each hamburger roll. Cover with top half of roll.
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	5 1/2 oz	10 1/2 oz

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SERVING:	YIELD:	VOLUME:
1 sandwich provides 2 oz of cooked lean meat, 1/4 cup of vegetable, and the equivalent of 2 slices of bread	25 Servings: 2 qt 2 cup (filling)	25 Servings:
	50 Servings: 1 gal 1 qt (filling)	50 Servings:

Nutrients Per Serving			
Calories	316	Saturated Fat	4.6 g
Protein	19 g	Cholesterol	48 mg
Carbohydrate	32 g	Vitamin A	56 RE/558 IU
Total Fat	12.8 g	Vitamin C	10 mg
		Iron	3.2 mg
		Calcium	81 mg
		Sodium	488 mg
		Dietary Fiber	2 g