Steak Fingers, Baked (180)

(Steak Fingers, Baked MC180)

Meat/Meat Alternate **Source: MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Breaded Beef Fingers. . . .	. . . . .	200 sticks. . .	. . . . .	400 sticks. . .	. . . . .	1. Preheat oven to 350°F. 2. Count out number of frozen beef sticks needed to provide 4 steak fingers per serving. 3. Place frozen beef steak fingers on sheet pan coated with food release spray.
						4. Bake according package directions. (Prepare in batches to maintain quality.) *CCP: Heat product to minimum temperature of 140°F.*
						5. Remove from oven and place in steam table pans. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 4 beef sticks provide 2 oz meat/meat alternate and 1 ¼ grain/bread.

Yield: 50 servings: 200 sticks
100 servings: 400 sticks

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	340		Iron	1.80	Mg	Protein	15.00	G	Percent ⇒	Protein	17.65%
Cholesterol	35	Mg	Calcium	40	Mg	Carbohydrates	19.00	G	Of ⇒	Carbohydrates	22.35%
Sodium	480	Mg	Vitamin A	20	RE	Total Fat	23.00	G	Calories ⇒	Total Fat	60.88%
Dietary Fiber	2.00	G	Vitamin C	0.0	Mg	Saturated Fat	8.00	G	From ⇒	Saturated Fat	21.18%

Production Notes:

Serving Notes:
Batch Cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

Purchasing Guide:
Read CN label to insure manufacturers' recommendations for meeting meal component.

Miscellaneous Notes:

Steak Fingers, Fried (182)

(Steak Fingers, Fried MC182)

Meat/Meat Alternate-Grain/Bread **Source: MS Cycle II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Breaded Beef Fingers. . . .	. . . . .	200 sticks. . .	. . . . .	400 sticks. . .	. . . . .	1. Count out number of frozen steak fingers needed to provide 4 beef sticks per serving. 2. Deep fry steak fingers according to package directions. *CCP: Heat product to minimum temperature of 140°F.*
						3. Place fried steak fingers in steam table pans and cover pans with aluminum foil. Cut holes in foil and place in warmer until ready for service. To ensure a quality product, prepare for just-in-time service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*

Serving: 4 steak fingers provide 2 oz meat/meat alternate and 1 ¼ grain/bread.

Yield: 50 servings: 200 beef sticks
100 servings: 400 beef sticks

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	350		Iron	1.80	Mg	Protein	15.00	G	Percent ⇒	Protein	17.16%
Cholesterol	35	Mg	Calcium	40	Mg	Carbohydrates	19.00	G	Of ⇒	Carbohydrates	21.73%
Sodium	480	Mg	Vitamin A	20	RE	Total Fat	24.10	G	Calories ⇒	Total Fat	62.02%
Dietary Fiber	2.00	G	Vitamin C	0.0	Mg	Saturated Fat	8.14	G	From ⇒	Saturated Fat	20.96%

Production Notes:

Serving Notes:
Check CN label to confirm serving size.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Spaghetti with Meat Sauce (178)

(Spaghetti with Meat Sauce MC178)

Meat/Meat Alternate-Vegetable-Grains/Breads **Source: North MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	10 lb.		20 lb.			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Fresh Onions, Chopped	1 lb.		2 lb.			2. Add onions. Cook for 5 minutes
Canned Tomatoes, Diced Canned Tomato Paste Water Spaghetti Seasoning Mix	 8 oz.	1 No. 10 can 1 No. 10 can 2 qt.	 1 lb.	2 No. 10 cans 2 No. 10 cans 1 gal.		3. Add canned tomatoes, tomato paste, water, and spaghetti seasoning mix. Bring to a boil, stirring frequently. Reduce heat and simmer (uncovered) for 15-20 minutes, stirring occasionally. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Table Salt Water Spaghetti Pasta	 3 lb 1 oz.	1 Tbsp. 3 gal.	 6 lb 2 oz.	2 Tbsp. 6 gal.		4. Heat salted water to a boil. Add spaghetti, stirring constantly until water returns to a boil. Cook 10-12 minutes or until tender. DO NOT OVERCOOK. Drain well.
						5. Pour into serving pans and serve immediately, or cover and place in warmer until ready for service. 6. Portion 2/3 cup (#6) sauce and ½ cup (#8) spaghetti per serving. Alternate Instructions: Combine meat sauce and spaghetti. Serve ¾ cup (6 oz) for one serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 2/3 cup (#6) sauce provides 2 oz meat/meat alternate and ½ cup (#8) spaghetti provides 1 grain/bread.

Yield: 50 servings: about 2 ½ gallons
100 servings: about 5 gallons

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Spaghetti with Meat Sauce (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	314		Iron	3.81	Mg	Protein	22.31	G	Percent ⇒	Protein	28.39%
Cholesterol	53	Mg	Calcium	55	Mg	Carbohydrates	36.95	G	Of ⇒	Carbohydrates	47.01%
Sodium	1042	Mg	Vitamin A	295	RE	Total Fat	9.41	G	Calories ⇒	Total Fat	26.92%
Dietary Fiber	4.32	G	Vitamin C	33.40	Mg	Saturated Fat	3.39*	G	From ⇒	Saturated Fat	9.71%

Production Notes:
Day before, thaw ground beef under refrigeration.

Serving Notes:
Garnish corner of meat sauce with sprigs of parsley.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Shepherd's Pie (176)

(Shepherd's Pie MC176)

Meat/Meat Alternate-Vegetable

Source: MS Cycles USDA D-43

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	12 lb 8 oz.		17 lb 8 oz.			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking. 2. Add diced onions to ground beef and sauté for 5 minute or until onions are translucent. Stir mixture.
Fresh Onions, Diced	8 oz.	2 cups.	1 lb.	1 qt.		
Beef Stock		2 qt.		1 gal.		3. Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil.
Cornstarch	4 oz.	¾ cup 2 Tbsp.	8 oz.	1 ¾ cups.		
Water, Cold		1 cup.		2 cups.		
Thyme Leaf		1 Tbsp.		2 Tbsp.		4. Add thyme, onion powder, black pepper, and salt to cornstarch gravy. 5. Add gravy to ground beef mixture.
Onion Powder		2 tsp.		1 Tbsp 1 tsp.		
Black Pepper		2 tsp.		1 Tbsp 1 tsp.		
Table Salt		2 tsp.		1 Tbsp 1 tsp.		
						6. Pour 3 qt 3 cups (7 lb 8 oz) of ground beef mixture into each steam table pan (12"X20"X2½"). *CCP: Use beef mixture immediately in recipe preparation or cover and place under refrigeration (41°F or lower) until needed for recipe preparation.*
Water, Boiling		1 gal 2 cups.		2 gal 1 qt.		7. Place boiling water and hot milk in a large mixer bowl. Add margarine, potato flakes, and salt. Mix with a paddle for 1 minute, until well blended. 8. Spread 3 qt (6 lb 5 oz) of mashed potatoes over the ground beef mixture in each steam table pan. Spray top of potatoes lightly with vegetable oil. 9. Top each pan with 2 cups grated cheese.
Low-fat 2% Milk		1 qt 2 cups.		3 qt.		
Margarine	6 oz.	¾ cup.	12 oz.	1 ½ cup.		
Instant Potatoes	2 lb.		4 lb.			
Table Salt		2 ½ tsp.		1 Tbsp 2 tsp.		
American Cheeses, Grated	1 lb.		2 lb.			
						10. To Bake: Conventional Oven: 375°F for 45 minutes Convection Oven: 350°F for 30 minutes *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*

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Shepherd's Pie (Continued)

						11. Cut each pan 5X5 (25 servings per pan). Serve immediately or cover and place in warmer until ready for service. Serve with a spatula. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate and ¾ cup vegetable.

Yield: 50 servings: 2 pans
100 servings: 4 pans

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	339		Iron	2.37	Mg	Protein	24.18	G	Percent ⇒	Protein	28.52%
Cholesterol	77	Mg	Calcium	98.04	Mg	Carbohydrates	18.43	G	Of ⇒	Carbohydrates	21.75%
Sodium	461	Mg	Vitamin A	61	RE	Total Fat	17.40	G	Calories ⇒	Total Fat	46.19%
Dietary Fiber	1.46	G	Vitamin C	3.77	Mg	Saturated Fat	7.06	G	From ⇒	Saturated Fat	18.73 %

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
May substitute 2 oz dehydrated onions for 1 lb fresh onions.

Salisbury Steak with Gravy (172)

(Salisbury Steak with Gravy MC172)

Meat/Meat Alternate

Source: MS Cycles USDA D-33

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24 % fat)	8 lb 8 oz.		17 lb.			PULL SUB-RECIPE FOR BROWN GRAVY (1500) 1. Blend all ingredients in mixer for 4 minutes on low speed. DO NOT OVERMIX.
Rolled Oats	12 oz.		1 lb 8 oz.			
Large Eggs		3 eggs		6 eggs		
Water		1 cup		2 cups		
Beef Stock		1 cup		2 cups		
Powdered Nonfat Dry Milk		½ cup		1 cup		
Fresh Onions, Chopped	12 oz.		1 lb 8 oz.			
Parsley Flakes		¼ cup		½ cup		
Black Pepper		1 ½ tsp.		1 Tbsp.		
						2. Portion steaks onto ungreased sheet pans (18"X25"X1") with a #12 scoop (1/3 cup), approximately 25 steaks per pan. Flatten into an oval patty. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans.
						3. Bake until browned: Conventional Oven: 350°F for 25-30 minutes Convection Oven: 300°F for 15-20 minutes *CCP: Heat product to minimum internal temperature 165°F.*
						4. Transfer steaks to steam table pans (12"X20"X2½"). For 50 servings, use 2 steam table pans. For 100 servings, use 4 steam table pans.
Brown Gravy		½ Gallon		1 Gallon		5. Serve immediately or cover with plastic wrap and place in warmer until ready for service. 6. Portion 1 steak per serving. Serve with 1 oz brown Gravy. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 portion provides 2 oz meat/meat alternate.

Yield: 50 servings: 2 full-size steam table pans
100 servings: 4 full-size steam table pans

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Salisbury Steak with Gravy (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	165		Iron	1.85	Mg	Protein	15.26	G	Percent ⇒	Protein	36.89%
Cholesterol	58	Mg	Calcium	28	Mg	Carbohydrates	7.25	G	Of ⇒	Carbohydrates	17.52%
Sodium	123	Mg	Vitamin A	6	RE	Total Fat	8.01	G	Calories ⇒	Total Fat	43.60%
Dietary Fiber	0.94	G	Vitamin C	0.70	Mg	Saturated Fat	3.01	G	From ⇒	Saturated Fat	16.39%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Meatloaf (160)

(Meatloaf MC160)

Meat/Meat Alternate

Source: North MS Cycles

Ingredients	48 Servings		96 Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat)	9 lb.		18 lb.			1. Combine all ingredients except half of the ketchup. Mix well.
Fresh Onions, Chopped	1 lb.	2 ¼ cups	2 lb.	4 ½ cups		2. Shape into loaves and place in steam table pans (2 loaves per pan, running the length of the pan). Cooking tip: When shaping meat into loaves, wrap in plastic wrap, securing ends by twisting plastic together. This will look like a large sausage. Then wrap in aluminum foil and place in pan to bake. (You will need to bake for about 45 minutes before adding ketchup to top and placing back in oven to reach final temperature.) This method adds flavor and makes for easier pan clean-up.
Eggs	8 oz.	4 eggs	1 lb.	8 eggs		
Bread Crumbs		2 qt.		1 gal.		
Salt	¾ oz.	2 Tbsp.	1 ½ oz.	¼ cup		
Green Peppers, Diced	12 oz.	2 ¼ cups	1 lb 8 oz.	4 ½ cups		
Ketchup		2 qt.		4 qt.		
Black Pepper		1 Tbsp.		2 Tbsp.		
Garlic Powder	1 oz.	3 Tbsp.	2oz.	6Tbsp.		
Dried Parsley Flakes		3 Tbsp.		6Tbsp.		
						3. Bake at 350°F for 25-30 minutes.
Ketchup		2 qt.		4 qt.		4. Remove meatloaf from oven and pour remaining ketchup on meatloaves.
						5. Place back in oven and bake an additional 20-25 minutes. *CCP: Internal temperature of product must register 165°F For 15 second.*
						6. Slice each loaf into 24 servings each. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate Any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 slice provides 2 oz meat/meat alternate.

Yield: 48 servings: 2 loaves
96 servings: 4 loaves

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Meatloaf (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	266		Iron	1.72	Mg	Protein	20.48	G	Percent ⇒	Protein	30.80%
Cholesterol	90	Mg	Calcium	205	Mg	Carbohydrates	14.61	G	Of ⇒	Carbohydrates	21.96%
Sodium	675	Mg	Vitamin A	57*	RE	Total Fat	13.78	G	Calories ⇒	Total Fat	46.64%
Dietary Fiber	0.37	G	Vitamin C	8.51	Mg	Saturated Fat	6.63	G	From ⇒	Saturated Fat	22.44%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Loaded Philly Steak Potato (159)

(Loaded Philly Steak Potato MC159)

Meat/Meat Alternate-Vegetable

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Baking potatoes, 70 count.		50 potatoes. .	. . . . .	100 potatoes. .	. . . . .	1. Potato Baking Instructions: A. Wash potatoes thoroughly. Scrub with vegetable brush. B. **To steam potatoes:** Place in perforated baking pans and steam until done, approximately 1 hour 15 minutes. **To bake potatoes:** Place on baking sheet pan and cover tightly with aluminum foil or lid and bake at 400°F for 1½ hours. C. Serve immediately or cover and place in warmer until ready for service. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.*
Beef Steak, Sliced and Seasoned.	6 lb 8 oz. . .	. . . . .	13 lb.	. . . . .	. . . . .	2. Heat according to package directions.
Green Pepper Strips. . . . . . Red Pepper Strips. . . . . . Fresh Onions, Diced.	1 lb 4 oz. . . . 1 lb 4 oz. . . . 1 lb.	. . . .	2 lb 8 oz. . . . 2 lb 8 oz. . . . 2 lb.	. . . .	. . . .	3. Sauté or steam peppers an d onions until crispy tender. If sautéed, spray surface with vegetable spray.
Mozzarella Cheese, Grated	1 lb 10 oz. .	. . . . .	3 lb 4 oz. . .	. . . . .	. . . . .	4. Portion into 1 ounce portions.
						Serving Philly Steak Potato: 5. Slice potato in half without completely dividing. Place in potato boat. Cover and place in warmer until ready for service. 6. Serve a 2-oz portion of meat using a No. 10 scoop, 2-oz portion of pepper and onion mixture using a No. 16 scoop, and top with 1 oz cheese. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

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Loaded Philly Steak Potato (Continued)

Serving: 1 loaded potato provides 2 oz meat/meat alternate and 1 cup vegetable.

Yield: 50 servings: 50 potatoes
100 servings: 100 potatoes

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	417		Iron	3.52	Mg	Protein	23.93	G	Percent ⇒	Protein	22.95%
Cholesterol	4	Mg	Calcium	159.56	Mg	Carbohydrates	67.81	G	Of ⇒	Carbohydrates	65.03%
Sodium	507	Mg	Vitamin A	165	RE	Total Fat	7.50	G	Calories ⇒	Total Fat	16.19%
Dietary Fiber	7.17	G	Vitamin C	60.96	Mg	Saturated Fat	2.33	G	From ⇒	Saturated Fat	5.02%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Ground Beef Stroganoff over Rice (142)

(Ground Beef Stroganoff over Rice MC 142)

Meat/Meat Alternate – Grains/Breads **Source: USDA D-24**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more Than 24% fat)	9 lb 4 oz.		18 lb 8 oz.			PULL SUB-RECIPE FOR RICE (130) 1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
All Purpose Flour	4 ½ oz.	1 cup.	9 oz.	2 cups.		2. Sprinkle flour over beef and stir.
Dehydrated Onions **OR** Fresh Onions, Chopped Garlic Powder Parsley Flakes Black or White Pepper	3 oz. **OR** 1 lb 12 oz. 	¾ cup 2 Tbsp **OR** 1 qt ¾ cup. 1 ½ tsp. 1/3 cup. 1 tsp.	6 oz. **OR** 3 lb 8 oz. 	1 ¾ cups. **OR** 2 qt 1½ cups. 1 Tbsp. 2/3 cup. 2 tsp.		3. Add onions, garlic powder, parsley flakes, and pepper. Stir to combine. Cook over low heat for approximately 5 minutes.
Nonfat Dry Milk **OR** Instant Nonfat Dry Milk Beef Base Water	8 oz. **OR** 8 oz. 2 ½ oz. 	1 ¾ cups. **OR** 3 ¼ cups. 2 ¾ qt.	1 lb. **OR** 1 lb. 5 oz. 	3 ½ cups. **OR** 1 qt 2¾ cups. 1 gal 1½qt.		4. Combine dry milk, water, and beef base. Whip until well blended.
Condensed Cream of Mushroom Soup	7 lb 13 oz.	2½ No. 3 cyl.	15 lb 10 oz.	5 No. 3 cyl.		5. Add liquid and undiluted soup to beef mixture. Blend well. Cook until thickened. *CCP: Internal temperature of product must register 160°F for 15 seconds at completion of cooking process.*
						6. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum Temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
Cooked Rice		1 gal 2¼ qt.		3 gal 2 cups.		Portion with 6 oz ladle (3/4 cup) over ½ cup (# 8 scoop) cooked rice or noodles.

Serving: ¾ cup (6 oz ladle) provides 2 oz meat/meat alternate.
½ cup (#8 scoop) rice provides 1 grain/bread.

Yield: 50 servings: about 2 ¼ gallons
100 servings: about 4 ½ gallons

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Ground Beef Stroganoff over Rice (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	237		Iron	1.84	Mg	Protein	17.40	G	Percent ⇒	Protein	29.43%
Cholesterol	50	Mg	Calcium	68	Mg	Carbohydrates	13.69	G	Of ⇒	Carbohydrates	23.16%
Sodium	782	Mg	Vitamin A	10	RE	Total Fat	12.09	G	Calories ⇒	Total Fat	46.02%
Dietary Fiber	0.84	G	Vitamin C	2.2	Mg	Saturated Fat	3.11*	G	From ⇒	Saturated Fat	11.84%

Production Notes:
Cooked noodles can be substituted for rice.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Country Fried Steak with Package Gravy (138)

(Country Fried Steak with Package Gravy MC138)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
All Purpose Flour.	8 oz.	. . . . .	1 lb.	. . . . .	. . . . .	1. Combine flour, salt and pepper.
Table Salt.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Black Pepper.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Dehydrated Onion Flakes. .	. . . . .	¾ cup.	. . . . .	1 ½ cups.	. . . . .	2. Combine about ½ of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
Raw Ground Beef.	9 lb.	. . . . .	18 lb.	. . . . .	. . . . .	
						3. Place 4 lb 8 oz (2¼ qt) ground beef into each sheet pan (18"X26"X1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. Alternate Instructions: With a #12 scoop, portion steaks onto ungreased sheet pans (18"X26"X1"). Flatten into an oval patty. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. Place pan liner on top of patties. Stack several filled pans on top of each other to flatten patties.
						4. Sprinkle remaining seasoned flour evenly over meat, about ½ cup per pan. Pat into meat.
						5. Cut each pan 5X5 (25 portions per pan).
						6. To Bake: Conventional Oven: 375°F for 15 minutes Convection Oven: 300°F for 10 minutes. *CCP: Heat product to minimum internal temperature of 165°F for 15 seconds.*
						7. Transfer steaks, browned side up, into steam table pans (12"X20"X2½"). For 50 serving, use 1 steam table pan. For 100 servings, use 2 steam table pans. *CCP: Use immediately in recipe preparation or cover and place in warmer until needed in recipe preparation.*
Brown Gravy Mix.	. . . . .	2-1lb package	. . . . .	4-1 lb package	. . . . .	8. Prepare gravy according to package directions.
Water, Hot.	. . . . .	2 gal.	. . . . .	4 gal.	. . . . .	
						9. Pour gravy over steaks, approximately 2 quarts per pan.

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Country Fried Steak with Package Gravy (Continued)

						10. To Bake: Conventional Oven: 375°F for 15 minutes Convection Oven: 300°F for 10 minutes *CCP: Heat product to minimum internal temperature of 165°F for 15 seconds.*
						10. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 steak portion provides 2 oz meat/meat alternate.

Yield: 50 servings: 50 steak patties
100 servings: 100 steak patties

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	223		Iron	1.61	Mg	Protein	17.37	G	Percent ⇒	Protein	31.13%
Cholesterol	48	Mg	Calcium	10.90	Mg	Carbohydrates	13.32	G	Of ⇒	Carbohydrates	23.86%
Sodium	970	Mg	Vitamin A	0	RE	Total Fat	10.70	G	Calories ⇒	Total Fat	43.14%
Dietary Fiber	0.23	G	Vitamin C	0.66	Mg	Saturated Fat	4.52	G	From ⇒	Saturated Fat	18.21%

Production Notes:

Serving Notes:
Serve steak with gravy or on a roll.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Country Fried Steak (136)

(Country Fried Steak MC136)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure	For ___ Servings	Directions
All Purpose Flour Table Salt Black Pepper	8 oz 	 1 Tbsp 1 Tbsp	1 lb 	 2 Tbsp 2 Tbsp		1. Combine flour, salt and pepper.
Dehydrated Onion Flakes Raw Ground Beef	 9 lb	¾ cup 	 18 lb	1 ½ cups 		2. Combine about ½ of the seasoned flour with onions and ground beef in mixer bowl. Mix for 2 minutes on low speed.
						3. Place 4 lb 8 oz (2¼ qt) ground beef into each sheet pan (18"X26"X1"). Pat or flatten meat with rolling pin to cover pan evenly. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. Alternate Instructions: With a #12 scoop, portion steaks onto ungreased sheet pans (18"X26"X1"). Flatten into an oval patty. For 50 servings, use 2 sheet pans. For 100 servings, use 4 sheet pans. Place pan liner on top of patties. Stack several filled pans on top of each other to flatten patties.
						4. Sprinkle remaining seasoned flour evenly over meat, about ½ cup per pan. Pat into meat.
						5. Cut each pan 5X5 (25 portions per pan).
						6. To Bake: Conventional Oven: 375°F for 15 minutes Convection Oven: 300°F for 10 minutes *CCP: Heat product to minimum internal temperature of 165°F for 15 seconds.*
						7. Transfer steaks, browned side up, into steam table pans (12"X20"X2½"). For 50 servings, use 1 steam table pan. For 100 servings, use 2 steam table pans.
Margarine All Purpose Flour	2 oz 5 oz	 	4 oz 10 oz	 		8. For brown gravy: Melt margarine in stockpot. Blend in flour and cook on medium heat, stirring frequently until golden brown, about 8-10 minutes.
Beef Base Water Onion Powder Black Pepper	 	1 ½ oz 2 qt ½ cup 1 Tbsp ¼ tsp	 	3 oz 1 gal 1 cup 2 Tbsp ½ tsp		9. Slowly stir in beef base, water, onion powder, and pepper. Blend well and bring to a boil. Reduce heat. Simmer, stirring constantly until thickened, 6-8 minutes.

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Country Fried Steak (Continued)

						10. Pour gravy over steaks, approximately 2 quarts per pan.
						11. To Bake: Conventional Oven: 375°F for 15 minutes Convection Oven: 300°F for 10 minutes *CCP: Internal temperature of product must register 165°F for 15 seconds.*
						12. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 steak portion provides 2 oz meat/meat alternate.

Yield: 50 servings: 50 steak patties
100 servings: 100 steak patties

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	168		Iron	1.74	Mg	Protein	14.67	G	Percent ⇒	Protein	34.87%
Cholesterol	48	Mg	Calcium	9.42	Mg	Carbohydrates	6.86	G	Of ⇒	Carbohydrates	16.31%
Sodium	316	Mg	Vitamin A	8	RE	Total Fat	8.67	G	Calories ⇒	Total Fat	46.38%
Dietary Fiber	0.32	G	Vitamin C	0.67	Mg	Saturated Fat	3.21	G	From ⇒	Saturated Fat	17.18%

Production Notes:

Serving Notes:
Serve steak with gravy or on a roll.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Breaded Beef Steak with Gravy (116)

(Breaded Beef Steak with Gravy MC 116)

Meat/Meat Alternate-Grain/Bread **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Steak, Breaded.	3.8 oz. . . .	50 Steaks. . .	3.8 oz. . . .	100 Steaks. . .	. . . . .	1. Cook breaded beef patty according to package directions. Shingle 50 in a full-size 2 ½ inch deep pan. *CCP: Heat product to minimum temperature of 140°F.*
Gravy Mix, Brown.	. . . . .	1 package. . .	. . . . .	2 packages. .	. . . . .	2. Prepare brown gravy according to package directions. Pour 1 gallon over beef patties in pan. Serve immediately or Cover and place in holding warmer until ready for service. 3. Portion 1 patty and 2 oz brown gravy per serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Discard any leftovers.*
Water.	. . . . .	1 gal.	. . . . .	2 gal.	. . . . .	

Serving: 1 beef steak patty with 2 oz gravy provides 2oz of Meat/Meat Alternate and 1 ¼ Grain/Bread.

Yield: 50 servings: 50 beef patties with gravy
100 servings: 100 beef patties with gravy

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	390		Iron	2.10	Mg	Protein	13.73	G	Percent ⇒	Protein	14.07%
Cholesterol	44	Mg	Calcium	13.04	Mg	Carbohydrates	21.51	G	Of ⇒	Carbohydrates	22.05%
Sodium	1233	Mg	Vitamin A	1	RE	Total Fat	26.97	G	Calories ⇒	Total Fat	62.19%
Dietary Fiber	0.44	G	Vitamin C	0.02	Mg	Saturated Fat	9.23	G	From ⇒	Saturated Fat	21.28%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

Beef Tips over Noodles (112)

(Beef Tips over Noodles MC 112)

Meat/Meat Alternate-Grains/Breads-Vegetable **Source: MS Cycles**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Food Release Spray						1. Brown beef in steam-jacketed or other kettle that has been sprayed with food release spray. Stir frequently.
Beef, Cubed	11 lb 4 oz.		22 lb 8 oz.			2. Continue to brown for about 30 minutes or until all moisture has evaporated.
Cajun Seasoning	1 oz.	¼ cup 2 Tbsp	2 oz.	¾ cup.		3. Season the meat with Cajun seasoning. Stir.
Beef base	2 ½ oz.	3 Tbsp 1 tsp	5 oz.	1/3 cup 2 tsp.		4. Mix beef base with water. Add to meat mixture. Simmer for at least 2 hours or until meat is tender. Add water as needed.
Water		2 qt.		1 gal.		
Fresh Onions, Diced	2 lb 8 oz.	1 qt 2 cups.	5 lb.	3 qt.		5. Add all vegetables, stirring to mix. Cook for 20 minutes.
Fresh Green Peppers, Diced	1 lb 8 oz.	1 qt ½ cup.	3 lb.	2 qt 1 cup.		
Black Pepper		1 Tbsp.		2 Tbsp.		6. Add black pepper and Worcestershire sauce.
Worcestershire Sauce	4 oz.	½ cup.	8 oz.	1 cup.		
All-Purpose Flour	4 oz.	1 cup.	8 oz.	2 cup.		7. Make a smooth paste of flour and water. Add to mixture to make gravy. Cook until thickened.
Water		1 qt 2 cups.		3 qt.		8. Place beef mixture in half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans; for 100 servings, use 8 steam table pans. *CCP: Heat product to minimum internal temperature of 155°F*
Egg Noodle Pasta	2 lb 8 oz.		5 lb.			9. Cook noodles according to package directions. If noodles are held for a short time, drain, toss with a small amount of oil to prevent sticking, cover, and hold in warmer.
Water, Boiling		4 gal.		8 gal.		10. Place noodles in half-size steam table pans (12"X10"X4").
						11. Serve ½ cup (4 oz spoodle or #8 scoop) beef mixture over ½ cup (4 oz spoodle or #8 scoop) cooked noodles. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 serving provides 2 oz meat/meat alternate and 1 grain/bread.

Yield: 50 servings: 4 half-size steam table pans (beef mixture)
100 servings: 8 half-size steam table pans (beef mixture)

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Beef Tips over Noodles (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	230		Iron	1.81	Mg	Protein	15.49	G	Percent ⇒	Protein	26.90%
Cholesterol	55	Mg	Calcium	17.00	Mg	Carbohydrates	21.18	G	Of ⇒	Carbohydrates	36.77%
Sodium	647	Mg	Vitamin A	5	RE	Total Fat	9.12	G	Calories ⇒	Total Fat	35.62%
Dietary Fiber	1.45	G	Vitamin C	9.47	Mg	Saturated Fat	3.44	G	From ⇒	Saturated Fat	13.42%

Production Notes:
To make beef tips less spicy, reduce the amount of Cajun seasoning in step 3.

Serving Notes:
Garnish with sliced yellow and green banana peppers for color.
May also mix meat and gravy mixture with noodles prior to panning. Serve 10 oz portion.
May be served over rice instead of noodles.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
Rice may be used in place of noodles.

Beef-a-Roni (114)

(Beef-a-Roni MC 114)

Meat/Meat Alternate-Vegetable-Grains/Breads **Source: USDA D-22**

Ingredients	*50* Servings Weight	*50* Servings Measure	*100* Servings Weight	*100* Servings Measure	For ___ Servings	Directions
Water		3 gal.		6 gal.		1. Heat water to rolling boil. Add salt.
Salt		2 2/3 tbsp.	3 ½ oz.	1/3 cup.		
Elbow Macaroni	2 lb 10 oz.	2 qt 1 cup.	5 lb 4 oz.	1 gal 2 cups.		2. 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.
Raw Ground Beef (no more than 24% fat)	8 lb 10 oz.		17 lb 4 oz.			3. Brown ground beef and drain in colander. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Dehydrated Onions		½ cup.	3 ½ oz.	1 cup.		4. Add onions to beef and cook for 5 minutes.
OR		OR	OR	OR		
Fresh Onions, Chopped	14 oz.	2 ¼ cups.	1 lb 12 oz.	1 qt ¾ cup.		
Tomato Paste	1 lb 12 oz.	¼ No. 10 can.	3 lb 8 oz.	½ No. 10 can		5. Add tomato paste, tomatoes, beef base, water, pepper, garlic powder, seasonings, and macaroni.
Canned Crushed Tomatoes, with Liquid, Chopped	3 lb 3 oz.	½ No. 10 can.	6 lb 6 oz.	1 No. 10 can.		6. Cook over medium heat, uncovered, until heated through, 5-10 minutes.
Beef Base	¾ oz.		1 ½ oz.			
Water		1 qt 2 cups.		3 qt.		
Black Pepper		1 ½ tsp.		1 Tbsp.		*CCP: Internal temperature of product must register 155°F for 15 seconds at completion of cooking process.*
Garlic Powder		1 Tbsp.		2 Tbsp.		
Seasonings:						
Chili Powder		2 Tbsp.		¼ cup.		
Ground Cumin		1 Tbsp 1½ tsp		3 Tbsp.		
Paprika		1 ½ tsp.		1 Tbsp.		
Onion Powder		1 ½ tsp.		1 Tbsp.		
						7. Pour into serving pans.
Cheddar Cheese, Shredded	14 oz.	1 qt.	1 lb 12 oz.	2 qt.		8. Sprinkle shredded cheese evenly over pans. Place uncovered in warmer to allow cheese to melt before serving. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
						9. Portion ¾ cup per serving.

Serving: ¾ cup provides 2 oz meat/meat alternate, 3/8 cup vegetable, and 1 grain/bread.

Yield: 50 servings: about 2 ½ gallons
100 servings: about 5 gallons

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Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	261		Iron	2.95	Mg	Protein	20.04	G	Percent ⇒	Protein	30.70%
Cholesterol	51	Mg	Calcium	82.00	Mg	Carbohydrates	23.46	G	Of ⇒	Carbohydrates	35.94%
Sodium	332	Mg	Vitamin A	94.00	RE	Total Fat	9.84	G	Calories ⇒	Total Fat	33.92%
Dietary Fiber	2.30	G	Vitamin C	11.70	Mg	Saturated Fat	3.91	G	From ⇒	Saturated Fat	13.50%

Production Notes:
Salsa may be used instead of tomato sauce.

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:
May substitute ½ cup dehydrated onions for 2 ¼ cups of fresh.

Beef Pot Roast (100)

(Beef Pot Roast MC 100)

Meat/Meat Alternate **Source: MS Cycles II**

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Roast, Raw.	9 lb 8 oz. . .	. . . . .	19 lb.	. . . . .	. . . . .	1. Season meat with salt and pepper. Place in roasting pan and brown at 450°F for about 30 minutes.
Table Salt.	. . . . .	2 Tbsp. . . .	. . . . .	4 Tbsp.	. . . . .	
Black Pepper.	. . . . .	1 Tsp.	. . . . .	2 Tsp.	. . . . .	
Water.	. . . . .	2 qt.	. . . . .	1 gal.	. . . . .	2. When meat browned, add water. Reduce heat 300°F. Cover and cook slowly until tender. (3 hours) Add additional water as necessary.
Fresh Onions.	1 lb.	. . . . .	2 lb.	. . . . .	. . . . .	3. Quarter onions and place in pan after cooking for 2 ½ hours.
						4. When meat is done, remove from pan. Let stand ½ hour before slicing.
						Note: May be cooked in steam-jacketed kettle or braising pan.
						CCP: Internal temperature must register 145°F for 15 seconds at completion of cooking process.
						5. Slice meat. Serve 2-ounce portion of beef.
						CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.

Serving: 2-oz. serving provides 2-oz. meat/meat alternate.

Yield: 50 servings: 50 3-oz. servings
100 servings: 100 3-oz. servings

Beef Pot Roast (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	281		Iron	2.25	Mg	Protein	22.05	G	Percent ⇒	Protein	31.43%
Cholesterol	76	Mg	Calcium	11.40	Mg	Carbohydrates	0.75	G	Of ⇒	Carbohydrates	1.09%
Sodium	337	Mg	Vitamin A	0	RE	Total Fat	20.37	G	Calories ⇒	Total Fat	65.32%
Dietary Fiber	0.16	G	Vitamin C	0.54	Mg	Saturated Fat	8.08	G	From ⇒	Saturated Fat	25.92%

Production Notes:
According to the Food Buying Guide, about 9 ½ lb. of raw rump, boneless meat will yield 50 2-oz. servings. If using another cut of meat, check with the Food Buying Guide for the quantity to prepare.

Serving Notes:
Brown gravy may be served with the roast. Add as a separate food item to nutrient analysis.

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Beef Ravioli (102)

(Beef Ravioli MC102)

Meat/Meat Alternate-Vegetable-Grain/Bread **Source: MS Cycles II**

Ingredients	*24* Servings		*48* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Beef Ravioli.	. . . . .	2 No. 10 cans	. . . . .	4 No. 10 cans	. . . . .	1. Open cans. Pour 2 No. 10 cans into full-size 2" steam table pan.
Cheddar Cheese, Shredded	. . . . .	2 cups.	. . . . .	1 qt.	. . . . .	2. Sprinkle 2 cups shredded cheddar cheese in each pan over ravioli.
						3. Bake at 325°F until desired temperature is reached, approximately 20 minutes. *CCP: Heat product to minimum internal temperature of 140°F. Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 cup provides 2 oz meat/meat alternate, ¼ cup vegetable, and 1 grain/bread.

Yield: 24 servings: 3 1/8 gallons
48 servings: 6 ½ gallons

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	294		Iron	2.76	Mg	Protein	16.84	G	Percent ⇒	Protein	22.88%
Cholesterol	30	Mg	Calcium	55.50	Mg	Carbohydrates	33.24	G	Of ⇒	Carbohydrates	45.17%
Sodium	820	Mg	Vitamin A	106	RE	Total Fat	9.77	G	Calories ⇒	Total Fat	29.85%
Dietary Fiber	3.01	G	Vitamin C	1.20	Mg	Saturated Fat	3.84	G	From ⇒	Saturated Fat	11.73%

Production Notes:

Serving Notes:

Purchasing Guide:
Product must have CN label.

Miscellaneous Notes:

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs