

Idaho Child Nutrition

Recipe: 500103 GROUND BEEF & MACARONI (MEX)

Recipe Source: USDA D-22
 Recipe Group: ENTREES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 50
 Size of Portion: 3/4 CUP

014429 WATER,MUNICIPAL..... 002047 SALT, TABLE..... 020099 MACARONI, DRY, ENR..... 023502 USDA COMMODITY, BF, GROUND BULK/COARSE GROUND, F... 011282 ONIONS, RAW.....	3 GAL 3 TBSP 2 LB + 10 OZ 8 LB + 8 OZ 14 OZ, chopped	1. Heat water to rolling boil. Add salt. 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. 3. Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.
011541 TOMATO PASTE, CND, HTD..... 090098 TOMATOES, CND, DICED, DRND..... 006188 SOUP, STOCK, BEEF, LO SODIUM..... 002030 PEPPER, BLACK..... 090017 GARLIC, GRANULATED..... 002009 CHILI POWDER..... 090016 CUMIN, GROUND..... 002028 PAPRIKA..... 002026 ONION POWDER.....	25 # 10 Can 1/2 #10 Can w/juice 1 QT + 2 CUP 1 1/2 TSP 1 TBSP 2 TBSP 1 TBSP + 1 1/2 TSP 1 1/2 TSP 1 1/2 TSP	4. Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
		5. Pour into steamtable pans (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. For 100 servings, use 4 pans. 6. Sprinkle 7 oz (1 3/4 cups) of shredded cheese (optional) evenly over each pan. 7. CCP: Hold for hot service at 135° F or higher. Portion with two No. 10 scoops (3/4 cup) per serving.
		Seasonings: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1/4 cup 1 1/2 tsp Mexican Seasoning Mix. For 100 servings, use 1/2 cup 1 Tbsp Mexican seasoning Mix.

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		Food as Purchased 50 Servings 100 Servings Mature onions 1 lb 2 lb
		Variation Ground Beef and Macaroni (With Italian Seasoning) 50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use ½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7. 100 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1 ¼ cups Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or ¼ cup 3 Tbsp dried basil, ¼ cup 3 Tbsp dried oregano, ¼ cup 1 Tbsp dried marjoram, and 1 Tbsp dried thyme. Continue with steps 5-7.
		Serving ¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternative, ¾ cup of vegetable, and 1 serving of grains/breads.

Calories	283	Iron	3.31 mg	Protein	19.96 g	28.21%	Calories from Prot
Cholesterol	51 mg	Calcium	39.99 mg	Carbohydrates	26.14 g	36.95%	Calories from Carb
Sodium	193 mg	Vitamin A	718 IU	Total Fat	10.66 g	33.90%	Calories from T Fat
Dietary Fiber	2.49 g	Vitamin C	13.89 mg	Saturated Fat	4.38 g	13.95%	Calories from S Fat
				Trans. Fat	0.00* g	0.00%	Calories from Trans. Fat

Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt.....	oz.				? - Milk
Grain/Bread.....	srv.				? - Egg
F/V/J.....	cup				? - Peanut
Milk.....	fl. oz.				? - Tree Nut
					? - Fish
					? - Shellfish
					? - Soy
					? - Wheat
Moisture & Fat Change					
Moisture Change.	0%				
Fat Change.....	0%				
Type of Fat.....					

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Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	050100	Ground Beef and Macaroni (With Mexican Seaso			
I	014429	WATER,MUNICIPAL			
I	002047	SALT,TABLE			
I	020099	MACARONI,DRY,ENR			
I	023502	USDA COMMODITY,BF,GROUND BULK/COAR			
I	011282	ONIONS,RAW			
I	011541	TOMATO PASTE,CND,HTD			
I	090098	TOMATOES,CND,DICED,DRND			
I	006188	SOUP, STOCK, BEEF, LO SODIUM			
I	002030	PEPPER,BLACK			
I	090017	GARLIC,GRANULATED			
I	002009	CHILI POWDER			
I	090016	CUMIN,GROUND			
I	002028	PAPRIKA			
I	002026	ONION POWDER			