

Beefaroni

HACCP Process: _____ 1 – No Cook X 2 – Cook & Same Day Serve _____ 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients * Indicates a commodity item (Local) Indicates a local item	Servings		Directions: Include <i>step-by-step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	50	100	
Hamburger, raw* (or Local) Tomato sauce* Diced tomatoes* Tomato soup Brown gravy mix Onions, diced (Local) Salt Pepper Squash or sweet potatoes, pureed Whole wheat rotini*, cooked	8 lb + 6 oz ¾ #10 can 1/8 #10 can w/juice 1 3/8 oz 1/3 package ½ medium 1/8 tsp (to taste) 1/8 tsp (to taste) 1/8 #10 can 3 lb + 7 5/8 oz	16 lb + 11 oz 1 2/3 #10 can 1/3 #10 can w/juice 2 7/8 oz 5/8 package 1 medium ¼ tsp ¼ tsp 1/3 #10 can 6 lbs 15 oz	1. Brown hamburger and add onions, salt, and pepper. Drain all water and grease. 2. Add Tomato sauce, soup, and pureed tomatoes and/or squash, and dried brown gravy mix. 3. Bring to 160 degrees and simmer until added to cooked rotini noodles. 4. Cook rotini noodles in a large pot. 5 pounds will make 5" in 6" pan after adding 8 quarts of sauce and stirring well. Should make 5 pans plus. 5. Serve 1 #6 scoop to K-3 and 2 #8 scoops to 4-12. 6. Bon appetite. 7. Hold at 135° or higher for service.

Serving Size 1-#6 scoop K-3; 2-#8 scoops 4-12 Pan Size 6"

Yield _____ Number of Pans _____

1 Serving Provides:

1.75 oz. Meat/Meat Alternative
 _____ Fruit
1.0 oz. Grains/Breads (1.0 oz. whole grain)
1/4 cup Vegetable
 (1/4 cup red/orange)

Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	<u>350</u>	<u>60</u>
Convection	_____	_____

If available, **Nutrition Analysis:** **Serving Size:** _____

<u>213</u> Calories	<u>3.18</u> Saturated Fat (g)	<u>8.3</u> Vitamin C (mg)
<u>15.8</u> Protein (g)	<u>518</u> Sodium (mg)	<u>1319</u> Vitamin A (IU)
<u>9.23</u> Total Fat (g)	<u>3.17</u> Fiber (g)	<u>27.2</u> Calcium (mg)
<u>39</u> % Calories from Total Fat		<u>2.32</u> Iron (mg)

This recipe is from Cindy Bainter, Sweet Grass County High School, Big Timber, Montana.