

# Sloppy Joe on a Roll

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

<b>Ingredients</b> * Indicates a commodity item (Local) Indicates a local item	Servings		<b>Directions:</b> 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	
Ground beef* (or Local) Onions, raw, chopped Tomato paste* Catsup Water Vinegar, distilled Mustard, powder/dry Pepper Sugar, brown  Lentils, cooked, no salt (Local) Mild green chili peppers, canned, drained Garlic, raw Whole Wheat bun (Local)	8 ½ lbs (raw) 10 oz ¼ #10 can ¼ #10 can 2 cups 1 1/8 cups 2 Tbsp 1 tsp 2 ¾ oz  3 cups 1 lb + 11 oz 2 Tbsp 5 lbs + 10 oz	17 lbs (raw) 1 lb + 4 oz ½ #10 can ½ #10 can 1 qt 2 ¼ cups ¼ cup 2 tsp 5 ½ oz  1 qt + 2 cups 3 lb + 6 oz ¼ cup 11 lb + 4 oz	1. Brown ground beef. Drain. Continue immediately. 2. Cook lentils in enough water to cover them. Simmer for about 30-40 minutes. Drain excess water. Puree lentils in a food processor. 3. Add onions and minced garlic. Cook for 5 minutes. Stir in pureed lentils. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, green chilies and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 155° F or higher. Pour ground beef mixture into steam-table pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. Hold at 135° F or higher. 4. Portion with # 12 scoop (1/3 cup) onto bottom half of each roll. Cover top half of roll.

Serving Size 1 sandwich      Pan Size 12" x 20" x 2 ½"

Yield \_\_\_\_\_      Number of Pans \_\_\_\_\_

### 1 Serving Provides:

2 oz.      Meat/Meat Alternative  
 \_\_\_\_\_      Fruit  
1.75 oz.      Grains/Breads (1.75 oz. whole grain)  
1/4 cup      Vegetable  
 (1/4 cup total vegetable)

### Oven Temperature & Baking Time:

	Temperature	Minutes
Conventional	_____	_____
Convection	_____	_____

If available, **Nutrition Analysis:**      **Serving Size:** \_\_\_\_\_

<u>400</u> Calories	<u>5</u> Saturated Fat (g)	<u>17.4</u> Vitamin C (mg)
<u>27</u> Protein (g)	<u>567</u> Sodium (mg)	<u>594</u> Vitamin A (IU)
<u>15</u> Total Fat (g)	<u>3</u> Fiber (g)	<u>100</u> Calcium (mg)
<u>28.3</u> % Calories from Total Fat		<u>5</u> Iron (mg)

This recipe is from Robin Vogler, Lakeside and Somers Schools, Somers, Montana.