

Ground Beef Stroganoff

Meat/Meat Alternate

Main Dishes

D-24

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		1. Brown ground beef. Drain. Continue immediately.
Enriched all-purpose flour	4 ½ oz	1 cup 1 Tbsp	9 oz	2 cups 2 Tbsp	2. Sprinkle flour over beef and stir.
*Fresh onions, chopped OR Dehydrated onions	1 lb 12 oz OR 5 ¼ oz	1 qt ¾ cup OR 2 ¾ cups	3 lb 8 oz OR 10 ½ oz	2 qt 1 ½ cups OR 1 qt 1 ½ cups	3. Add onions, granulated garlic, parsley, pepper, and salt. Stir to combine. Cook over low heat for approximately 5 minutes.
Granulated garlic		1 ½ tsp		1 Tbsp	
Dried parsley		⅓ cup		⅓ cup	
Ground black or white pepper		1 tsp		2 tsp	
Salt		2 tsp		1 Tbsp 1 tsp	
Instant nonfat dry milk, reconstituted		3 ⅓ cups		1 qt 2 ⅓ cups	4. Add milk and undiluted soup to beef mixture. Stir until well blended. Bring to boil. Reduce heat and cover. Simmer for 40-45 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
Canned condensed cream of mushroom soup	7 lb 13 oz	2 ¾ cups 2 Tbsp (2 ½ No. 3 cyl cans)	15 lb 10 oz	1 qt 1 ¾ cups (5 No. 3 cyl cans)	
					5. Pour 7 lb 7 oz (about 1 gal 3 cups) into each medium half-steamtable pan (10" x 12" x 4"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6. CCP: Hold for hot service at 135° F or higher. Portion with a 6 oz ladle (¾ cup).
					7. Serve over cooked rice or noodles.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb	4 lb

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SERVING:

¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate.

YIELD:

50 Servings: about 14 lb 14 oz
2 medium half-steamtable pans

100 Servings: about 29 lb 12 oz
4 medium half-steamtable pans

Tested 2004

VOLUME:

50 Servings: about 2 gallons 1 ½ quarts

100 Servings: about 4 gallons 2 ¾ quarts

Nutrients Per Serving

Calories 250

Protein 17.65 g

Carbohydrate 9.63 g

Total Fat 15.34 g

Saturated Fat 5.74 g

Cholesterol 52 mg

Vitamin A 33 IU

Vitamin C 1.6 mg

Iron 2.19 mg

Calcium 61 mg

Sodium 645 mg

Dietary Fiber 0.5 g