

Sloppy Joe on Roll

Meat/Meat Alternate-Vegetable-Grains/Breads

Sandwiches

F-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	8 lb 10 oz		17 lb 4 oz		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, chopped OR Dehydrated onions	10 oz OR 1 ¼ oz	1 ¾ cups OR ¾ cup 2 Tbsp	1 lb 4 oz OR 2 ½ oz	3 ¾ cups OR 1 ¾ cups	2. Add onions and granulated garlic. Cook for 5 minutes. Add tomato paste, catsup, water, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
Granulated garlic		1 Tbsp		2 Tbsp	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	
Catsup	1 lb 13 oz	3 cups (¼ No. 10 can)	3 lb 10 oz	1 qt 2 cups (½ No. 10 can)	
Water		2 cups		1 qt	
White vinegar		1 cup 2 Tbsp		2 ¼ cups	
Dry mustard		2 Tbsp		¼ cup	
Ground black or white pepper		1 tsp		2 tsp	
Brown sugar, packed	2 ¾ oz	¼ cup 2 Tbsp	5 ½ oz	¾ cup	
					3. Pour 10 lb 12 oz (1 gallon ¼ cup) ground beef mixture into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Enriched hamburger rolls (at least 1.8 oz each)		50 each		100 each	4. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup) onto bottom half of each roll. Cover with top half of roll.

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	12 oz	1 lb 8 oz

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SERVING:

1 sandwich provides 2 oz equivalent meat/meat alternate, ¼ cup of vegetable, and 2 servings of grains/breads.

YIELD:

50 Servings: 10 lb 12 oz (filling)
about 15 lb 10 oz

100 Servings: 21 lb 8 oz (filling)
about 31 lb 4 oz

Tested 2004

VOLUME:

50 Servings: about 1 gallon ¼ cup (filling)
50 sandwiches

100 Servings: about 2 gallons ½ cup (filling)
100 sandwiches

Nutrients Per Serving

Calories 345

Protein 20.95 g

Carbohydrate 35.93 g

Total Fat 12.77 g

Saturated Fat 4.96 g

Cholesterol 52 mg

Vitamin A 560 IU

Vitamin C 11.9 mg

Iron 3.74 mg

Calcium 98 mg

Sodium 540 mg

Dietary Fiber 2.4 g