

Sloppy Joe on Whole Grain Bun

Makes: 100 Servings

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Ingredients	Weight	Measure
Raw ground beef (no more than 20% fat)	17 lb 4 oz	
Fresh onions,	1 lb 4 oz	3 2/3 cup
OR	OR	OR
Dehydrated onions	2 1/2 oz	1 3/4 cup
Granulated garlic		2 Tbsp
Canned tomato paste	3 lb 8 oz	1 qt 2 1/4 cup (1/2 No. 10 can)
Catsup	3 lb 10 oz	1 qt 2 cup (1/2 No. 10 can)

Nutrition Information

Nutrients	Amount
Calories	345
Total Fat	13 g
Saturated Fat	5 g
Cholesterol	52 mg
Sodium	540 mg
Total Carbohydrate	36 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	21 g
Vitamin D	N/A
Calcium	98 mg
Iron	4 mg
Potassium	N/A
N/A - data is not available	

White vinegar		2 1/4 cup
Dry mustard		1/4 cup
Ground black or white pepper		2 tsp
Brown sugar, packed	5 1/2 oz	3/4 cup
Whole wheat hamburger buns (at least 1.8 oz each)		100 each

Directions

1. Brown ground beef. Drain. Continue immediately.
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.
3. Pour 10 lb 12 oz (1 gallon 1/4 cup) ground beef mixture into steam table pan (12" x 20" x 2 1/2"). For 100 servings, use 2 pans.
4. CCP: Hold for hot service at 135°F or higher. Portion with No. 12 scoop (1/3 cup) onto bottom half of each bun.
Cover with top half of bun.

Source: Iowa Gold Star Cycle Menus, Team Nutrition Iowa

