

Beef Stroganoff

Meat/Meat Alternate

Main Dish

D-24 Modified

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Raw ground beef (no more than 10% fat)	8 lb 5 oz				<ol style="list-style-type: none"> 1. Brown ground beef. Drain. Continue immediately. 2. Sprinkle flour over beef and stir. 3. Add onions, granulated garlic, parsley, and pepper. Stir to combine. Cook over low heat for approximately 5 minutes. 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. 5. CCP: Heat to 155° F or higher for at least 15 seconds. 6. CCP: Hold for hot service at 135° F or higher. 7. Serve over cooked rice or noodles.
Enriched all- purpose flour	4 ½ oz	1 cup 1 Tbsp			
*Fresh onions, chopped, ¼-inch	1 lb 12 oz	1 qt ¾ cup			
OR	OR	OR			
Dehydrated onions	5 ¼ oz	2 ¾ cups			
Granulated garlic (adjust as needed)		1 ½ tsp			
Dried parsley		⅓ cup			
Ground black or white pepper		1 tsp			
Low-fat milk		3 ⅓ cups			
Canned condensed cream of mushroom soup	7 lb 13 oz	4 qt (2 ½ No. 3 cans)			

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Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb	4lb

Serving: ¾ cup (6 oz ladle) provides 2 oz equivalent meat/meat alternate.	Yield:	Volume:
1-2 years: 3/8 cup (0.5 serving) 3-5 years: 5/8 cup (0.85 serving) 6-18 years: 3/4 cup (1 serving)	50 Servings: about 14 lb 14 oz 2 medium half-steamtable pans 100 Servings:	50 Servings: about 2 gallons 1 ½ quarts 100 Servings:

Nutrients Per Serving			
Calories	196	Saturated Fat	3.52 g
Protein	17.38 g	Cholesterol	53.25 mg
Carbohydrate	10.21 g	Vitamin A	4.67 RAE mcg
Total Fat	9.13 g	Vitamin C	1.45 mg
		Iron	2.26 mg
		Calcium	44.56 mg
		Sodium	332.46 mg
		Dietary Fiber	0.83 g