

# Sloppy Joe

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	4 lb 5 oz		8 lb 10 oz		<ol style="list-style-type: none"> <li>1. Brown ground beef. Drain. Continue immediately.</li> <li>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.</li> </ol> <p>CCP: Heat to 160° F or higher.</p> <ol style="list-style-type: none"> <li>3. Pour 5 lb 6 oz (2 qt 2 Tbsp) ground beef mixture into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</li> <li>4. CCP: Hold for hot service at 140° F or warmer.</li> </ol> <p>Portion with No. 12 scoop (1/3 cup) onto bottom half of each hamburger roll. Cover with top half of roll.</p> <ol style="list-style-type: none"> <li>5. Portion is 1 sandwich.</li> </ol>
*Fresh onions, chopped OR Dehydrated onions	5 oz	3/4 cup 2 Tbsp OR 1/4 cup 3 Tbsp	10 oz	1 2/3 cups OR 3/4 cup 2 Tbsp	
Granulated garlic		1 1/2 tsp		1 Tbsp	
Canned tomato paste	14 oz	1 1/2 cups 1 Tbsp (1/2 No. 2-1/2 can)	1 lb 12 oz	3 cups 2 Tbsp (7/8 No. 2-1/2 can plus 2 1/2 Tbsp )	
Catsup	15 oz	1 1/2 cups (3/4 20 oz bottle)	1 lb 14 oz	3 cups (1 1/2 20 oz bottles)	
Water		1 cup		2 cups	
White vinegar		1/2 cup 1 Tbsp		1 cup 2 Tbsp	
Dry mustard		1 Tbsp		2 Tbsp	
Ground black or white pepper		1/2 tsp		1 tsp	
Brown sugar, packed		3 Tbsp	2 3/4 oz	1/4 cup 2 Tbsp	
Enriched hamburger rolls (at least 1.8 oz each)		25 each		50 each	

# Sloppy Joe

Meat-Vegetable-Grains/Breads

Sandwiches

F-12

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	6 oz	12 oz

SERVING:	YIELD:	VOLUME:
1 sandwich provides 2 oz of cooked lean meat, ¼ cup of vegetable, and the equivalent of 2 slices of bread.	<b>25 Servings:</b> 8 lb 3 oz 5 lb 6 oz (filling)	<b>25 Servings:</b> 25 each 2 quarts ¼ cup (filling)
	<b>50 Servings:</b> 16 lb 6 oz 10 lb 12 oz (filling)	<b>50 Servings:</b> 50 each 1 gallon ½ cup (filling)
Tested 2004		

## Nutrients Per Serving

<b>Calories</b>	322	<b>Saturated Fat</b>	4.86 g	<b>Iron</b>	3.48 mg
<b>Protein</b>	20.26 g	<b>Cholesterol</b>	51 mg	<b>Calcium</b>	87 mg
<b>Carbohydrate</b>	32.05 g	<b>Vitamin A</b>	566 IU	<b>Sodium</b>	502 mg
<b>Total Fat</b>	12.35 g	<b>Vitamin C</b>	12.0 mg	<b>Dietary Fiber</b>	2.2 g

### Serving sizes

1-2 years old 1/2 sandwich

3-12 years old 1 sandwich

Credits 1-5 years old M/MA, vegetable and grain

6-12 years old M/MA and grain

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