

BEEF-A-RONI**MEAL COMPONENT CONTRIBUTION:**

2¼ oz. eq. meat/meat alternate, 1 oz. eq. enriched grain, 3/8 cup red/orange vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ¾ cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : ENRICHED GRAIN : VEGETABLES
(RED/ORANGE)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Water, Municipal, Mississippi	3 gallons
Pasta, Macaroni, Elbow, WGR, #2133	2 pounds + 10 ounces
Beef, Gound, 80/20, #1001	8 pounds + 10 ounces
Onions, Frozen, Diced, #1610	1 3/4 cups
Paste, Tomato, #10 Can, #2825	3 1/4 cups
Tomatoes, Crushed, #10 Can, #2827	1 quart + 2 1/2 cups
Sauce, Tomato, #10 Can, #2826	3 1/4 cups
Base, Beef, Low Sodium, #2500	1 tablespoon + 1 teaspoon
Water, Municipal, Mississippi	1 quart + 2 cups
Pepper, Black, Ground, #2718	1 teaspoon
Garlic Powder, #2709	1 tablespoon
Chili Powder, #2703	2 tablespoons
Cumin Seed, Ground, #2706	1 tablespoon + 1 teaspoon
Paprika, Ground, Domestic, #2716	3 tablespoons
Onion Powder, #2714	3 tablespoons
Cheese, Cheddar, Low Fat, Shredded, USDA, #B027	14 ounces

DIRECTIONS

1. If the beef and onions are frozen, thaw them in the refrigerator. Drain the onions thoroughly on the day of assembly.
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
2. Heat 3 gallons of water to a rolling boil.
3. Slowly add the elbow macaroni to boiling water. Cook the pasta for 3 to 5 minutes until al dente (cooked just long enough to be firm and not too soft), according to the directions on the package. Since this pasta will be further cooked in step 6.
Pasta may also be cooked in a steamer or combi oven. Different steamers and combi ovens vary in time and settings, so check with the manufacturer for correct instructions.
Pasta amount is based on USDA Food Buying Guide. Overcooking or hot holding pasta for long periods of time will increase the volume and the yield.
4. Drain the elbow macaroni well, then cover the pasta and place it in warmer until ready for step 6. If aluminum foil is used as a cover, cut holes in aluminum foil until ready for step 6.
Hot holding pasta for long periods of time will increase the volume and the yield.

BEEF-A-RONI**DIRECTIONS**

5. Brown the ground meat and then drain it. Press the draining beef to remove excess fat. After draining the ground beef, continue to cook it.
6. Add the onions to the beef and cook them for about 5 minutes.
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
7. Combine the tomato paste, tomatoes, tomato sauce, beef base, water, pepper, garlic powder and remaining seasonings with beef and onion mixture. Stir the mixture to combine well, then add cooked pasta from step 3.
8. Cook the mixture over medium heat, uncovered, until it is heated throughout (about 5-10 minutes).
CCP: Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
9. Pour the mixture into one 12" x 20" x 4" steamtable pan. For 50 servings, use one pan. Cover and hold in warmer until ready for service.
10. Sprinkle the shredded cheese evenly over pans. Place the steamtable pan, uncovered, in warmer to allow cheese to melt before serving.
CCP: Cover and hold the product for service at 135 degrees F or higher.
11. Use a 6 ounce spoodle to portion a $\frac{3}{4}$ cup serving. Each portion provides of 2 $\frac{1}{4}$ oz. eq. meat/meat alternate, 1 oz. eq. of enriched grains, and $\frac{3}{8}$ cup of red/orange vegetable.
CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for meats.

Salsa may be used instead of crushed tomato. The nutrient analysis must be re-calculated if salsa is used.

MISCELLANEOUS NOTES

Yield: 50 servings is about 2 $\frac{1}{2}$ gallons.

NUTRIENTS PER SERVING

Calories	291	Dietary Fiber	2.58 g	Sodium	388.00 mg	Sat. Fat	5.67 g
Carbohydrates	25.44 g	Protein	16.93 g	Total Fat	14.17 g	Trans Fat	0.00 g

BEEF-A-RONI

ILLUSTRATED STEPS FOR PREPARATION OF BEEF-A-RONI

1.



Cooked macaroni being added to the meat mixture

2.



Sprinkling shredded cheese evenly over pans.

3.



Cheese melted over the casserole

4.



1 serving of Beef-a-Roni