

VEGETABLE BEEF SOUP AND SANDWICH

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, ¼ cup beans/peas vegetable, ¼ cup red/orange vegetable, 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup of soup and 1 sandwich

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(BEANS/PEAS) : VEGETABLES (RED/ORANGE) : VEGETABLES
(OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Gound, 80/20, #1001	8 pounds + 8 ounces
Peppers, Green, Diced, Frozen, #1613	1 cup
Onions, Frozen, Diced, #1610	1 1/2 cups
Salt, Table, #2723	2 tablespoons
Pepper, Black, Ground, #2718	2 tablespoons
Vegetables, Mixed, Low Sodium, #10 Can, #2829	1 #10 can
Potatoes, Diced, White, #10 Can, #2818	1 #10 can
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	1 #10 can
Salsa, Bulk, #2823	1 quart + 2 cups
Tomatoes, Crushed, #10 Can, #2827	1 quart + 2 1/2 cups
Tomatoes, Diced, #10 Can, #2828	1 quart + 2 1/2 cups
Water, Municipal, Mississippi	2 quarts + 1 1/2 cups
Peanut Butter, Smooth Style, #2252	1 quart + 3 tablespoons
Jelly, Apple,Bulk, #2246	2 3/4 cups + 3 1/2 tablespoons
Cheese, American, Grated/Shredded, #1306	2 pounds + 2 1/3 ounces
Mayonnaise, Reduced Calorie, Bulk, #2249	1 1/4 cups + 1 tablespoon
Pimentos, Diced, Canned, #2817	1/3 cups + 2 teaspoons
Pan Release Spray, Butter Flavored #2516	2 grams
Cheese, American Process, Sliced, #1308	34 slices
Bread, Pullman, WGR, #1225	200 slices

DIRECTIONS

1. FOR VEGETABLE BEEF SOUP

- Brown ground beef, green pepper, and onions together and drain. Press draining beef to remove excess fat.
- After draining ground beef, add salt and pepper and continue cooking.
- Combine beef mixture, tomatoes, salsa, canned vegetables, and water. Do not drain vegetables.
- Cover and simmer 30 minutes.
- Pour into half-size steamtable pans. For 100 servings, use 8 steamtable pans.

CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. until ready for service.

VEGETABLE BEEF SOUP AND SANDWICH

DIRECTIONS

2. TO ASSEMBLE PEANUT BUTTER AND JELLY SANDWICH:

- Combine the peanut butter and jelly in mixer at low speed.
- Place 24 slices of bread on each sheet pan, 4 down and 6 across.
- Spread a #20 (3 1/3 tablespoon) scoop peanut butter/jelly mixture on each slice of bread.
- Top with a second slice of bread.
- Cut each sandwich diagonally in half. Cover pan tightly with plastic wrap to maintain freshness.
- Place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

3. TO ASSEMBLE PIMENTO CHEESE SANDWICH:

- Combine shredded cheese, mayonnaise, and pimento. Mix lightly until well blended.
- Place 24 slices of bread on each sheet pan, 4 down and 6 across.
- Portion with #12 scoop (1/3 cup) of pimento cheese on each slice of bread.
- Top with a second slice of bread.
- Cut each sandwich diagonally in half. Cover pan tightly with plastic wrap to maintain freshness.
- Place under refrigeration until ready for service.

CCP: Hold under refrigeration (41 degrees F or lower) until ready for service. Check temperature every 30 minutes. Cover, label, and date any leftovers.

4. TO ASSEMBLE GRILLED CHEESE:

- Spray sheet pans (18" x 26" x 1") with food release spray or line sheet pans with pan liners.
- Place 24 slices of bread on each sheet pan, 4 down and 6 across.
- Lay 1 ounce (two 1/2-ounce slices) of cheese on each slice of bread.
- Top with a second slice of bread.
- Spray tops of sandwiches with butter flavored pan release spray.
- Cover each sheet pan with a second sheet pan to increase browning.
- Bake until lightly browned: Conventional oven: 400 degrees F for 15 - 20 minutes; Convection oven: 350 degrees F for 10 - 15 minutes.
- Cut each sandwich diagonally in half. Cover with aluminum foil. Cut holes in foil and place in warmer until ready for service.

Prepare in batches to maintain quality. DO NOT OVERBAKE.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F until ready for service. Discard any leftovers.

5. Portion 1 cup serving of soup with 8 ounce ladle and 1 sandwich for each serving. Each combo provides 2 oz. eq. meat/meat alternate, 2 oz. eq. whole grains, 1/4 cup beans/peas vegetable, 1/4 cup red/orange vegetable, and 1/8 cup other vegetable.

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 Meal" provides seasoning and serving ideas for soups and sandwiches.

NUTRIENTS PER SERVING

Calories	431	Dietary Fiber	5.15 g	Sodium	977.00 mg	Sat. Fat	7.36 g
Carbohydrates	46.78 g	Protein	17.41 g	Total Fat	20.67 g	Trans Fat	0.00 g