

BEEF POT ROAST

MEAT/MEAT ALTERNATE

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 2 ounces**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Beef Round, Bottom, All Grades, USDA	9 pounds + 8 ounces
Salt, Table, #2219	2 tablespoons
Pepper, Black, Ground, #2718	1 teaspoons
Water, Municipal, Mississippi	2 quarts
Onions, Yellow, Whole, #4103	1 pounds

DIRECTIONS

- Season the meat with salt and pepper. Place the seasoned meat in a roasting pan. Bake at 450 degrees F for about 15-30 minutes until brown.
- When the meat is browned, add the water. Reduce the heat to 300 degrees F and continue roasting.
- Quarter the onions and place in the pan after cooking for 2½ hours. Cover the dish and cook slowly until tender for an additional 30 minutes. Add additional water as necessary.
- When the meat is done, remove it from the pan. Let stand for 30 minutes before slicing it.
- Slice the meat.
- Portion 2 ounce portion of meat per serving. Each portion provides 2 oz. eq. of meat/meat alternate.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Note: Roast may be cooked in steam-jacketed kettle or braising pan.

May be prepared ahead and refrigerated overnight. If prepared ahead, the CCP steps below for cooling must be followed. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours. and for service, reheat to 165 degrees F for 15 seconds.

Use USDA Foods products when available.

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.

The nutrient analysis is based on cooked roast beef. According to the USDA FNS Food Buying Guide for School Meal Programs, about 9 pounds 8 ounces of raw rump, boneless roast will yield 50 2-ounce equivalent servings. If using another cut of meat, check with the USDA FNS Food Buying Guide for School Meal Programs for quantity to prepare.

SERVING NOTES

Brown gravy may be served with the roast. A separate nutrient analysis must be conducted if brown gravy is used.

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NUTRIENTS PER SERVING

Calories	192	Dietary Fiber	0.17 g	Sodium	314.60 mg	Sat. Fat	3.81 g
Carbohydrates	0.87 g	Protein	22.85 g	Total Fat	10.04 g	Trans Fat	0.00 g