


Garden Sloppy Joes

 Cooking time: 25 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetable, 1 ounce equivalent Meat/Meat Alternate, 2 ounces Grains

NSLP: ¼ cup Red/Orange Vegetable, ¼ cup Other Vegetable,
1 ounce equivalent Meat/Meat Alternate, 2 ounces Grains

SFSP: ½ cup Vegetable, 1 ounce equivalent Meat/Meat Alternate, 2 ounces Grains

Ingredients	40 Servings		80 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		2 Tablespoons		¼ cup
Onions, chopped	2 pounds	2 quarts	4 pounds	1 gallon
Green pepper, chopped	1 pound 4 ounces	1 quart + 2 cups	2 pounds 8 ounces	3 quarts
Carrot, grated	12 ounces	2 cups	1 pound 8 ounces	1 quart
Ground beef (90% lean)	4 pounds		8 pounds	
Tomato sauce	2 pounds	1 quart	4 pounds	2 quarts
Crushed tomatoes	3 pounds 12 ounces	1 quart + 3 cups	7 pounds 8 ounces	3 quarts + 2 cups
Fresh mushrooms, chopped	2 pounds	3 quarts + 1 cup	4 pounds	1 gallon + 2 quarts + 2 cups
Barbecue sauce		1 quart		2 quarts
Whole wheat burger buns (56 grams is 2 ounce equivalents)		40		80



Directions

1. Heat a large saucepan or a steam jacketed kettle over medium heat. Add the vegetable oil, onions, green peppers, and grated carrot. Sauté, stirring, until just softened, about 6 minutes.
2. Add the ground beef to the saucepan and break apart with a spoon or spatula. Increase the heat to medium-high and continue to cook until the beef browns slightly and there is no more visible pink beef.
3. Add the tomato sauce, crushed tomatoes, mushrooms and barbecue sauce. Bring to a low boil, then reduce the heat to a simmer. Continue to simmer for 15–20 minutes, stirring occasionally.
CCP: Heat to 165°F or higher for at least 15 seconds.
4. Transfer the cooked filling to a pan for holding and service.
CCP: Hold for hot service at 135°F or higher.
Use a #8 scoop to portion ½ cup of filling into each sandwich.

continues

Garden Sloppy Joes, continued

Serving	Yield	Volume
1 sandwich	40 Servings: about 14 pounds 80 Servings: about 28 pounds	40 Servings: about 1 gallon 1 quart filling 80 Servings: about 2 gallons 2 quarts filling

Nutrients Per Serving					
Calories	269	Sodium	453 mg	Vitamin A	1775 IU
Total Fat	7.5 g	Carbohydrate	36 g	Vitamin C	19 mg
Saturated Fat	1.9 g	Dietary Fiber	5 g	Iron	3 mg
Cholesterol	29 mg	Protein	17 g	Calcium	72 mg