

Sweet and Sloppy Joe

Main Dish

Lunch

Recipe #

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground Beef (80% lean)	8-1/2 pounds		17 pounds		1. Brown ground beef, bell peppers and onions, breaking ground beef into 3/4-inch crumbles and stirring occasionally until internal temperature reaches 160°F*. Remove drippings. * <i>Cooking instructions are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.</i>
Diced bell peppers (red, yellow, orange or green)		3 quarts		6 quarts	
Chopped onions		1-1/2 quarts		3 quarts	
Tomato sauce		1 (#10) can		2 (#10) cans	2. Stir in tomato sauce, water, raisins, chile powder, and oregano; bring to a boil. Reduce heat; simmer, uncovered, until sauce thickens, stirring occasionally. CCP: Heat to 165°F for at least 15 seconds. CCP: Hold hot for service at 135°F for up to 2 hours.
Water		1-1/2 quarts		3 quarts	
Dark or golden raisins		1-1/2 quarts		3 quarts	
Ancho chile powder		1/2 cup		1 cup	
Dried oregano leaves		1/4 cup		1/2 cup	
For Service: Whole wheat hamburger buns (about 2 ounces each) Toppings (optional): Chopped fresh mango, chopped canned, drained peaches, chopped tomato, sliced green onions, chopped jalapeño pepper, shredded Cheddar cheese, and/or chopped fresh cilantro		50 each		100 each	
		As needed		As needed	

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Notes:

- Ground chili powder and ground red pepper can be substituted for ancho chile powder. For 50 servings, combine ½ cup chili powder and 1 to 2 teaspoons ground red pepper; 100 servings combine 1 cup chili powder and 2 to 4 teaspoons ground red pepper.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

1 Serving Provides:

Meat/Meat Alternates – 2 ounces
 Vegetables – 1/2 cup (red/orange)
 Fruit - 1/8 cup

Volume:

50 Servings: About 2 gallons
100 Servings: About 4 gallons

Nutrients Per Serving* (2/3 cup beef mixture, 1 (2-ounce) whole wheat bun, 1/8 cup chopped fresh mango)

Calories 408
Protein 23 g
Carbohydrate 51 g
Total Fat 14 g

Saturated Fat 5 g
Cholesterol 51mg
Vitamin A 633 IU
Vitamin C 42 mg

Iron 5 mg
Calcium 102 mg
Sodium 632 mg
Dietary Fiber 5 g

*Nutritional analysis calculated using Nutrikids® Menu Planning version 14.0.



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