

Cheesy Goulash with Beans

50 - ¾ cup Servings

2 oz. eq. meat/meat alternate

1 oz. eq. grain

Ingredients	For 50 servings		Directions
	Weight	Measure	
Water		3 gallons	Heat water to a rolling boil in large stock pot. Add macaroni, stirring constantly until water boils again. Cook for approximately 8 minutes or until just tender. DO NOT OVERCOOK. Drain well. Set aside. Mash drained beans slightly. Heat oil in a large stock pot. Add onions and cook for 5 minutes until tender and translucent. Add mashed beans and cook for 10 minutes longer. Add tomatoes, tomato paste, stock, pepper, garlic, and spices to beans and stir.
Macaroni		2 lb. plus 10 oz.	
Beans, pinto, canned, drained		2 #10 cans	
Oil, canola		½ cup	
Onions, raw, diced	1 lb.		
Tomatoes, crushed, canned		½ #10 can	
Tomato Paste		¼ #10 can	
Vegetable Stock (or water)		1 ½ quarts	
Pepper, ground		1 ½ t.	
Garlic Powder		1 T.	
Chili Powder		2 T.	
Cumin, ground		1 T. plus 1 ½ t.	



Cheddar Cheese, shredded		2 lb.	<p>Portion cooked macaroni into 2 hotel pans which have been generously sprays with pan release spray.</p> <p>Add ½ the sauce and beans into each pan and stir to combine. Top each pan with 1 lb. cheddar cheese.</p> <p>Bake: Conventional oven: 350 degrees F for 20-30 minute until cheese is melted. Connection oven: 325 degrees F for 20-25 minutes until cheese is melted.</p>
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Serving size and yield	
Serving size:	¾ cup
Yield:	50 Servings

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:	350	30-35
Convection:	325	20-25

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:	1	ounce equivalents ¹
Fruits:		cups
Vegetables:		cups

Nutrients per serving					
Calories	162	Total fat (g)	4.4	Cholesterol (Milligrams (mg))	12.8
Protein (grams (g))	9.47	Saturated fat (g)	2.66	Sodium (mg)	232.23
Carbohydrate (g)	23.8	Trans fat (g)	0	Total sugars (g)	.56
		Dietary fiber (g)	3.14	Vitamin D (international units (IU))	1.5
				Calcium (mg)	158.3
					Potassium (mg)