

## Shepherd's Pie with Beef (or Turkey)

100 – 1 cup servings

2 oz. eq. m/ma

1 cup vegetable



Ingredients	For 100 servings		Directions
	Weight	Measure	
Beef, ground, 80/20 (or turkey)	18 lb. (20 lb. turkey)		Brown beef or turkey in a shallow pan, braiser, or tilt skillet. Once fully cooked to 165 degrees F, drain off fat.
Onion, raw, diced	2 lbs.		
Tomato Paste	12 oz.		Add onions and continue to cook for about 10 minutes on medium heat.
Cornstarch		1 ½ cup	
Rosemary, leaves, dried		1 T.	In a bowl, combine tomato paste, cornstarch, rosemary, and chicken broth. Whisk thoroughly to incorporate.
Chicken Broth		64 oz.	
Carrots, diced	5 lbs.		Add this sauce to browned beef and onions.
Zucchini, diced	4 lbs.		
Garlic, chopped		1 cup	Cook over medium heat until sauce thickens slightly.
Corn, sweet, frozen	4 lb.		
Water		3 gallons	To beef mixture, add carrots, zucchini, garlic, and corn.
Potato, fresh	30 lb.		
Butter, with salt	1 lb.		Cook again over medium heat for 5-10 minutes.
Milk		8 cups	
			Boil water for potatoes.
			Cook potatoes until very tender and soft. Drain.
			Mash potatoes in stand mixer. Add butter and milk and mix well until lumps are mostly gone. DO NOT OVER MIX.



		<p>Prepare 4 full sized – 2 1/2" hotel pans with pan release spray.</p> <p>Portion beef (turkey) mixture evenly among the 4 pans.</p> <p>On top of each pan of beef, scoop ½ cup portion of mashed potatoes evenly spaced.</p> <p>Bake:  Conventional oven: 375 for 30-35 minutes.  Convection oven: 350 for 25-30 minutes.</p> <p>Until potatoes are starting to brown.</p> <p>Hold in oven maintaining temperature above 145 degrees F.</p>
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Serving size and yield	
Serving size:	1 Cup
Yield:	100

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

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

Nutrients per serving									
Calories	381	Total fat (g)	16.1	Cholesterol (milligrams (mg))	64.32	Sodium (mg)	130.7	Iron (mg)	2.6
Protein (grams (g))	19.2	Saturated fat (g)	7	Total sugars (g)	4.3	Vitamin D (international units (IU))		Potassium (mg)	
Carbohydrate (g)	40.6	Trans fat (g)	0	Dietary fiber (g)	4.2	Calcium (mg)	65.7		