

## Sloppy Joe on WW Bun

50 Sandwiches

2 oz. eq. m/ma

2 oz. eq. grain



Ingredients	For 50 servings		Directions
	Weight	Measure	
Beef, ground, 85% lean		10 lb.	Brown ground beef. Drain. Add chopped onion and granulated garlic. Cook for 5 minutes. Add tomato paste, water, ketchup, vinegar, dry mustard, pepper, and brown sugar. Mix well and simmer for 25-30 minutes. Heat to 165 degrees F. for at least 15 seconds. Transfer Sloppy Joe mixture to a 4" full size hotel pan. Hold for service at 140 degrees F. or higher. Portion with No. 12 scoop (1/3 cup) onto bottom half of each roll. Cover with top half of roll.
Onions, raw, chopped		1 large	
Garlic, granulated		1 T.	
Tomato Paste		¼ of #10 can	
Water		2 cups	
Ketchup		¼ of #10 can	
Vinegar, distilled		1 cup plus 2 T.	
Mustard, powder, dry		2 T.	
Pepper, black		1 t.	
Sugar, brown		2 T.	
Hamburger Bun, whole wheat		50 Each	



Serving size and yield	
Serving size:	1 Sandwich
Yield:	50 Sandwiches

Cooking time and temperature		
Oven type	Temperature	Time
Conventional:		
Convection:		

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

Nutrients per serving									
Calories	379.24	Total fat (g)	13.9	Cholesterol (Milligrams (mg))	53	Sodium (mg)	516.1	Iron (mg)	182
Protein (grams (g))	21.41	Saturated fat (g)	1.2	Total sugars (g)	5.22	Vitamin D (International units (IU))		Potassium (mg)	
Carbohydrate (g)	44.02	Trans fat (g)	0	Dietary fiber (g)	2.92	Calcium (mg)	97.19		