

Ground Beef and Macaroni (with Mexican Seasoning)

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-22

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		3 gal		6 gal	1. Heat water to rolling boil. Add salt.
Salt	2 oz	3 Tbsp	4 oz	¼ cup 2 Tbsp	
Enriched elbow macaroni	2 lb 10 oz	2 qt 1 ¼ cups	5 lb 4 oz	1 gal 2 ½ cups	2. Slowly add macaroni. Stir constantly, until water boils again. Cook for approximately 8 minutes or until tender; stir occasionally. DO NOT OVERCOOK. Drain well. Set aside
Raw ground beef (no more than 20% fat)	8 lb 8 oz		17 lb		for step 4. 3. Brown ground beef. Drain. Continue immediately. Add onions and cook for 5 minutes.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	
Canned tomato paste	1 lb 12 oz	3 cups 2 Tbsp (¼ No. 10 can)	3 lb 8 oz	1 qt 2 ¼ cups (½ No. 10 can)	4. Add tomato paste, tomatoes, stock or water, pepper, granulated garlic, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through, 5-10 minutes. CCP: Heat to 155° F or higher for at least 15 seconds.
Canned diced tomatoes, with juice	3 lb 3 oz	1 qt 2 ¼ cups (½ No. 10 can)	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	
Beef stock, non-MSG or water		1 qt 2 cups		3 qt	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Granulated garlic		1 Tbsp		2 Tbsp	
†Seasonings Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
					5. Pour into steamtable pans (12" x 20 " x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Reduced fat Cheddar cheese, shredded (optional)	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	6. Sprinkle 7 oz (1 ¾ cups) of shredded cheese (optional) evenly over each pan.
					7. CCP: Hold for hot service at 135° F or higher. Portion with two No. 10 scoops (¾ cup) per serving.

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Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb

SERVING:	YIELD:	VOLUME:
¾ cup (2 No. 10 scoops) provides 2 oz equivalent meat/meat alternate, ⅔ cup of vegetable, and 1 serving of grains/breads.	50 Servings: about 21 lb 8 oz	50 Servings: about 2 gallons 2 quarts
	100 Servings: about 43 lb	100 Servings: about 5 gallons

Tested 2004

Variation:

A. Ground Beef and Macaroni (With Italian Seasoning)

50 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use ½ cup 2 Tbsp Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or 3 Tbsp 2 tsp dried basil, 3 Tbsp 2 tsp dried oregano, 2 Tbsp 2 tsp dried marjoram, and 1 ½ tsp dried thyme. Continue with steps 5-7.

100 servings: Follow steps 1-3. In step 4, omit seasonings (chili powder, ground cumin, paprika, and onion powder). Use 1 ¼ cups Italian Seasoning Mix (see G-01, Sauces, Gravies, and Seasoning Mixes) or ¼ cup 3 Tbsp dried basil, ¼ cup 3 Tbsp dried oregano, ¼ cup 1 Tbsp dried marjoram, and 1 Tbsp dried thyme. Continue with steps 5-7.

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Nutrients Per Serving					
Calories	283	Saturated Fat	4.40 g	Iron	3.32 mg
Protein	19.96 g	Cholesterol	51 mg	Calcium	40 mg
Carbohydrate	26.14 g	Vitamin A	718 IU	Sodium	193 mg
Total Fat	10.67 g	Vitamin C	13.9 mg	Dietary Fiber	2.5 g