

Beef Goulash

50 Servings – ¾ cup

2 oz. eq. m/ma – 1 oz. eq. grain – 3/8 c. vegetables

Ingredients	For 50 servings		Directions
	Weight	Measure	
Water		3 gallons	Heat water to rolling boil.
Macaroni, whole grain, dry	2 lb. plus 10 oz.		Slowly add macaroni. Stirring constantly, until water boils again. Cook for approximately 8 minutes or until tender but not soft; stir occasionally while cooking. DO NOT OVERCOOK. Drain well. Set aside.
Beef, ground, 80/20	8 lb. plus 10 oz.		Brown ground beef. Drain. Add onions and cook for 5 minutes.
Onion, raw	1 lb., chopped		
Tomato Paste, canned		¼ #10 can	Add tomato paste, tomatoes, stock, pepper, garlic powder, seasonings, and macaroni. Cook over medium heat, uncovered, until heated through (5-10 minute) to 160 degrees F. for one minute.
Tomato, crushed, canned		½ #10 can	Pour into serving pans. Hold at 140 degrees or above until service.
Beef stock		1 ½ qt.	*Replace individual spices with ¼ cup Italian seasoning if desired.
Pepper, black		1 ½ tsp.	
Garlic powder		1 T.	
Basil, dry		3 2/3 T.	
Oregano, dry		3 2/3 T.	
Thyme, dry		1 ½ T.	
Marjoram		2 2/3 T.	
			Portion ¾ cup per serving.



Serving size and yield	
Serving size:	3/4 cup
Yield:	50

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

Meal pattern contribution (based on serving size)		
Meat/meat alternates:	2	ounce equivalents
Grains:	1	ounce equivalents ¹
Fruits:		cups
Vegetables:	3/8	cups

Nutrients per serving									
Calories	260	Total fat (g)	10.7	Cholesterol (milligrams (mg))	58.5	Sodium (mg)	256	Iron (mg)	2.7
Protein (grams (g))	20.6	Saturated fat (g)	4.1	Total sugars (g)	.5	Vitamin D (international units (IU))	0	Potassium (mg)	0
Carbohydrate (g)	21	Trans fat (g)	0	Dietary fiber (g)	2.5	Calcium (mg)	30		