

SOUTHWEST SLOPPY JOES



YIELD: 100 servings

SERVING SIZE: 1 sandwich

PREP TIME: 30 minutes

COOK TIME: 30-40 minutes



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INGREDIENTS	WEIGHT	MEASURE	METHOD
Small red beans, canned, low sodium	21 lb, 12 oz (about 3 ¼ #10 cans)		1. Drain and rinse beans. Set aside. Yields 1 ½ gal, 1 cup rinsed, cooked beans.
Ground beef, 15% fat	8 lb, 6 oz		2. In a tilt skillet, brown ground beef on medium-high heat until golden brown and reaches 165°F. 3. Reduce heat to medium and stir in bell peppers and cook for 5 minutes. Stir frequently.
Bell peppers, green, fresh, ¼" diced	5 lb, 2 oz		
Onions, dehydrated flakes	8 oz		4. Add red beans, dehydrated onions, tomato sauce, Worcestershire, brown sugar, mustard, taco seasoning, and granulated garlic. Increase heat to medium-high and bring to a boil. Reduce heat to low and simmer for 20-25 minutes. Stir frequently.
Tomato sauce, low sodium, canned		1 ½ gal, 1 cup (about 2 #10 cans)	
Worcestershire sauce		¼ cup, 1 Tbsp	
Brown sugar, packed		1 cup	
Mustard, prepared, yellow		¾ cup	
Taco seasoning, low sodium		¾ cup	
Garlic, granulated		¾ cup	
Hamburger buns, whole grain-rich (2 oz eq each)		100	5. Serving: Place ⅔ cup (#6 scoop) sloppy joe mix between each bun. Serve immediately.

Meal Components per sandwich:
1 oz eq Meat/Meat Alternate, 2 oz Grain, and ⅔ cup Vegetables (¼ cup Legumes, Beans and Peas, ¼ cup Red/Orange and ⅓ cup Other vegetable subgroups) OR
2 oz eq Meat/Meat Alternate, 2 oz Grain and ⅔ cup Vegetables (¼ cup Red/Orange and ⅓ cup Other vegetable subgroups)

Approximate nutritional contribution per sandwich:
321 Calories, 6 g Fat, 2 g Saturated Fat, 0 g Trans fat, 25 mg Cholesterol, 442 mg Sodium, 43 g Carbohydrate, 8 g Dietary Fiber, 10 g Sugars, 19 g Protein, 203 IU Vitamin A, 16 mg Vitamin C, 49 mg Calcium, 3.4 mg Iron.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

REHEATING: CCP: Reheat to 165°F or higher for 15 seconds, within 2 hours.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours. Thaw frozen product properly using an FDA recommended method.

***Other pulses may be used in this recipe.** For example, kidney beans or white beans may be used in place of small red beans.

