

Lean Lamb Chops (#21)

Yield: 25 servings
Serving size: 1 lamb chop

Ingredients

10.25 lbs lamb chops-raw, skin & bone removed
1 green pepper, sliced
1 cup onion, chopped
¼ cup vegetable oil
1 ½ Tbsp ground black pepper
2 ½ Tbsp garlic powder
1 ¼ cups water

Directions

1. Preheat oven to 350°F.
2. Rinse lamb chops thoroughly.
3. Place in large bowl, add dry ingredients and mix.
4. Layer lamb chops in pan and add onions and green peppers. Sprinkle vegetable oil on lamb chops and then add water.
5. Cook for 20 minutes and turn chops over. Cook for an additional 10-15 minutes until chops are browned and cooked fully through.

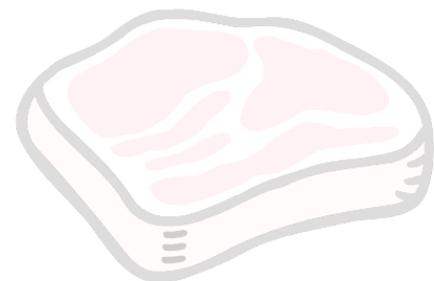
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	190	Calories from Fat	80
		% Daily Value	
Total Fat	9 g		14%
Saturated Fat	3 g		14%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	57 mg		4%
Total Carbohydrate	2 g		2%
Dietary Fiber	1 g		2%
Sugars	1 g		
Protein	24 g		
Vitamin A	1%	Calcium	1%
Vitamin C	4%	Iron	28%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Pepper Steak w/ Onions (#22)

Yield: 25 servings

Serving size: Approximately 3 oz meat and 1/3 cup onions/peppers

Ingredients

6.5 lbs steak-raw, lean, boneless
 1.5 lbs onions, chopped
 2.5 lbs green peppers
 2 Tbsp soy sauce, low sodium
 2 Tbsp distilled vinegar
 3 Tbsp ground black pepper
 1 ½ Tbsp cornstarch
 4 Tbsp garlic powder
 4 cups water

Directions

1. Place steak in a large, deep pan. Cover and cook over medium heat for 1 hour.
2. Add water, onions, green peppers, soy sauce, garlic, ground black pepper, cornstarch and distilled vinegar into the pan. Stir thoroughly until all ingredients are fully combined.
3. Cover pan and let simmer for 30 minutes or until meat is fully cooked and tender, and sauce is slightly thickened.

Nutrition Facts

Serving Size: 1 serving

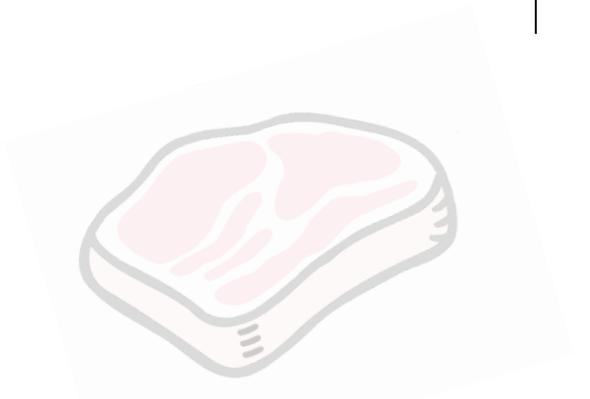
Amount Per Serving			
Calories	205	Calories from Fat	84
		% Daily Value	
Total Fat	9 g		15%
Saturated Fat	4 g		20%
Trans Fat	0 g		
Cholesterol	75 mg		25%
Sodium	115 mg		7%
Total Carbohydrate	6 g		5%
Dietary Fiber	1 g		5%
Sugars	3 g		
Protein	25 g		
Vitamin A	20%	Calcium	3%
Vitamin C	42%	Iron	35%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses a lean cut of meat. Using a cut of meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses soy sauce that contains 560 mg of sodium per serving. Using soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Roasted Beef Pot Roast w/ Mushrooms (#23)

Yield: 25 servings

Serving size: Approximately 3 oz meat and 2/3 cup vegetables

Ingredients

7 lbs beef brisket-raw, lean, well-trimmed, boneless
 3 cups carrots, sliced
 6 cups mushrooms, sliced
 5 lbs onions, chopped
 4 cups beef broth, low sodium
 Nonstick cooking spray
 1 Tbsp bay leaf & 1 Tbsp thyme, fresh
 6 garlic cloves, sliced
 3 Tbsp water

Directions

1. Preheat oven to 325°F.
2. Coat a pan with nonstick cooking spray and heat on top of the stove. Sear all sides of the meat. Remove from heat. With a sharp, small knife, make slits in the top of the meat and push in garlic slices at 2 inch intervals. Cover with garlic, carrots, bay leaf, half of the onions, and beef broth.
3. Roast brisket until fork tender, about 2-2 ½ hours, add water if needed.
4. While the roast is cooking, coat a nonstick skillet with nonstick cooking spray. Sauté remaining onions, stirring until soft. Add water and cover. Continue to cook until they caramelize. Remove from the pan. Add the mushrooms and sauté until they are just cooked through.
5. Remove the beef from the roaster and keep warm. Pour the sauce through a sieve into a shallow pan, mashing solids through to thicken. Slice the meat into very thin slices across the grain and place into the sauce.
6. When ready to serve, add the mushroom-onion mixture to the sliced beef. Decorate with thyme.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		216	Calories from Fat 49
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	2 g		9%
Trans Fat	0 g		
Cholesterol	87 mg		29%
Sodium	78 mg		5%
Total Carbohydrate	10 g		8%
Dietary Fiber	2 g		5%
Sugars	6 g		
Protein	31 g		
Vitamin A	273%	Calcium	4%
Vitamin C	7%	Iron	37%

Recommendations & Requirements*Recommendations*

-  If extra liquid is required while cooking, add small amounts of water.
-  This recipe uses a lean cut of meat. Using a cut of meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
-  This recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée and vegetable (1 serving) component of the menu and is a good source of protein.



Beef & Vegetable Stew (#25)

Yield: 25 servings
Serving size: Approximately 10 oz

Ingredients

7.75 lbs beef-raw, chuck, lean, cubed
2 lbs potatoes, pared or cubed
1 cup celery, chopped
1 ½ cups onion, chopped
1 lb mixed peas and carrots, frozen
10 cups beef broth, low sodium
48 oz canned diced tomatoes, low sodium
1 cup vegetable oil
½ tsp ground black pepper
1 tsp garlic powder

Directions

1. Heat vegetable oil in large stockpot over medium-high heat. Brown meat on all sides. Remove.
2. Reduce heat to medium-low and sauté the celery and onions.
3. Add diced tomatoes, peas, and carrots, and all spices. Cook for 5 more minutes.
4. Return the meat to the pot with any juices. Add the beef broth and bring to a boil.
5. Add potatoes.
6. Cover and lower the heat. Simmer for 1 hour or until potatoes are tender.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	308	Calories from Fat	134
		% Daily Value	
Total Fat	16 g		24%
Saturated Fat	4 g		18%
Trans Fat	0 g		
Cholesterol	84 mg		25%
Sodium	127 g		10%
Total Carbohydrate	13 g		10%
Dietary Fiber	2 g		8%
Sugars	3 g		
Protein	31 g		
Vitamin A	218%	Calcium	4%
Vitamin C	15%	Iron	38%

Recommendations & Requirements

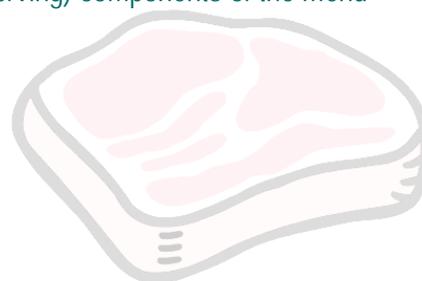
Recommendations

- 🍏 This recipe uses a lean cut of meat. Using a cut of meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses canned diced tomatoes that contain 50 mg of sodium per serving. Using canned diced tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍏 Canned diced tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée and vegetable (1 serving) components of the menu and is a good source of protein.



Chili Con Carne (#26)

Yield: 25 servings
Serving size: Approximately 8 oz

Ingredients

6.5 lbs ground beef-raw, 85% lean
2 cups canned black beans, low sodium
2 cups canned kidney beans, low sodium
1 ½ lbs onion, diced
1 lb green pepper, diced
14 oz canned tomato paste, low sodium
64 oz canned whole tomatoes, low sodium
5 garlic cloves, minced
3 Tbsp of cumin, paprika, chili powder and ground black pepper
2 quarts water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	286	Calories from Fat	116
			% Daily Value
Total Fat	13 g		21%
Saturated Fat	5 g		23%
Trans Fat	1 g		
Cholesterol	77 mg		26%
Sodium	159 mg		10%
Total Carbohydrate	18 g		14%
Dietary Fiber	5g		18%
Sugars	6 g		
Protein	26 g		
Vitamin A	120%	Calcium	8%
Vitamin C	30%	Iron	67%

Directions

1. In large skillet or soup pot, cook ground beef, onions, green peppers, and garlic until meat is cooked through.
2. Reduce heat to medium and add tomatoes, including juice. Break up tomatoes with spoon or spatula.
3. Add all other ingredients: tomato paste, water, spices, black beans, and kidney beans.
4. Cover and simmer for 30-60 minutes. If dry, add more water as needed.

Recommendations & Requirements

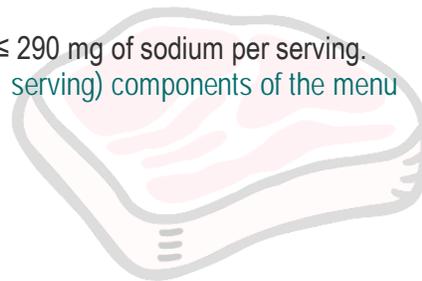
Recommendations

- 🍎 If extra liquid is required while cooking, add small amounts of water.
- 🍎 This recipe uses ground beef that is 85% lean. Using ground beef that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned beans that contain 130-240 mg of sodium per serving. Using canned beans that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato products that contain 12-16 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍎 Canned tomato products and canned beans should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée and vegetable (1 serving) components of the menu and is a good source of protein and a high source of fiber.



Italian Meatballs w/ Beef & Turkey (#31)

Yield: 25 servings

Serving size: 2 meatballs, approximately 2 oz each

Ingredients

- 4.25 lbs ground beef-raw, 85% lean
- 4.5 lbs ground turkey -raw, lean
- 2 ½ cups breadcrumbs, plain
- 6 eggs
- 2 cups parmesan cheese, grated
- 3 ¼ cups canned tomato puree, low sodium
- ½ Tbsp ground black pepper
- 1 Tbsp garlic powder
- ½ Tbsp oregano
- 1 Tbsp parsley

Directions

1. Preheat oven to 350°F.
2. Mix ground beef, ground turkey, breadcrumbs, eggs, tomato puree, parmesan cheese, and spices.
3. Shape mixture into balls using a #16 scoop.
4. Arrange meatballs on a baking sheet and cook until internal temperature of 160°F is obtained.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	322	Calories from Fat	155
			% Daily Value
Total Fat	17 g		27%
Saturated Fat	6 g		29%
Trans Fat	1 g		
Cholesterol	155 mg		52%
Sodium	227 mg		14%
Total Carbohydrate	6 g		5%
Dietary Fiber	1 g		3%
Sugars	2 g		
Protein	35 g		
Vitamin A	38%	Calcium	10%
Vitamin C	4%	Iron	44%

Recommendations & Requirements

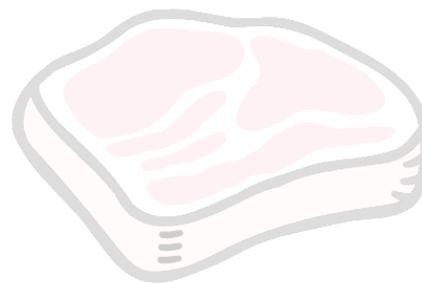
Recommendations

- 🍎 This recipe uses ground beef that is 85% lean and ground turkey that is 93% lean. Using ground meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato puree that contains 70 mg of sodium per serving. Using canned tomato puree that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍎 Canned tomato puree should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Sweet & Sour Meatballs w/ Beef (#32)

Yield: 25 servings

Serving size: 2 meatballs, approximately 2 oz each

Ingredients

6.5 lbs ground beef-raw, 85% lean
 1½ cups breadcrumbs, plain
 5 eggs
 1 ½ lbs onions, chopped
 1½ cups ketchup
 1½ cups cider vinegar
 3 cups brown sugar
 1/3 cup cornstarch
 3 cups water

Directions

1. Preheat oven to 350°F.
2. In a large bowl, combine ground beef, eggs, onion and breadcrumbs.
3. Using a #16 scoop portion meatballs and place in a baking pan. Bake the meatballs until browned and internal cooking temperature of 165°F is obtained. Remove pan from oven.
4. In a separate bowl, mix together the water, cider vinegar, ketchup, cornstarch and brown sugar. Pour over the meatballs and allow sauce to thicken.
5. Return baking pans to oven until the sauce just starts bubbling (about 8 minutes).

Nutrition Facts

Serving Size: 1 serving

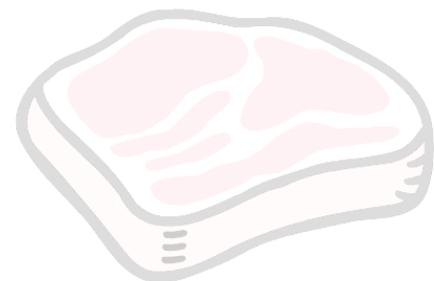
Amount Per Serving			
Calories	336	Calories from Fat	127
			% Daily Value
Total Fat	14 g		22%
Saturated Fat	5 g		25%
Trans Fat	1 g		
Cholesterol	145 mg		48%
Sodium	262 mg		17%
Total Carbohydrate	26 g		20%
Dietary Fiber	1 g		1%
Sugars	22 g		
Protein	25 g		
Vitamin A	26%	Calcium	4%
Vitamin C	4%	Iron	38%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses ground beef that is 85% lean. Using ground beef that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Swedish Meatballs w/ Beef & Turkey (#33)

Yield: 25 servings

Serving size: 2 meatballs, approximately 2 oz each

Ingredients

- 3.25 lbs ground beef-raw, 85% lean
- 3.5 lbs ground turkey-raw, lean
- 2 ½ cups breadcrumbs, plain
- 5 eggs
- 4 cups evaporated milk
- ¼ cup canned tomato sauce, low sodium
- 2 Tbsp all purpose flour
- 1 Tbsp ground black pepper
- 1 tsp nutmeg
- 1 Tbsp parsley

Directions

1. Preheat oven to 350°F.
2. Combine ground beef, ground turkey, breadcrumbs, eggs and small amount of milk to moisten the breadcrumbs.
3. Portion using a #16 scoop and place on baking sheet. Bake until internal temperature of 160°F is obtained.
4. Mix all purpose flour, milk, tomato sauce, ground black pepper, parsley and nutmeg and stir until smooth and creamy.
5. Place cooked meatballs into a shallow pan and cover with sauce. Heat until the flavors are blended.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	274	Calories from Fat	133
% Daily Value			
Total Fat	15 g		23%
Saturated Fat	6 g		27%
Trans Fat	0 g		
Cholesterol	128 mg		43%
Sodium	142 mg		9%
Total Carbohydrate	7 g		6%
Dietary Fiber	1 g		1%
Sugars	4 g		
Protein	27 g		
Vitamin A	23%	Calcium	12%
Vitamin C	1%	Iron	28%

Recommendations & Requirements*Recommendations*

- 🍎 This recipe uses ground beef that is 85% lean and ground turkey that is 93% lean. Using ground meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍎 Canned tomato sauce should contain \leq 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Meatloaf & Mushroom Gravy w/ Beef & Turkey (#34)

Yield: 25 servings

Serving size: Approximately 4 oz meatloaf

Ingredients

- 3.5 lbs ground beef-raw, 85% lean
- 3.5 lbs ground turkey breast-raw, lean
- 3 cups breadcrumbs, plain
- 3 eggs
- 3 cups mushrooms
- 1 cup onions, chopped
- 4 Tbsp trans fat free margarine
- 1 ½ cups canned tomato sauce, low sodium
- 1 tsp ground black pepper
- 2 Tbsp cornstarch
- 1 Tbsp basil, 1 Tbsp garlic powder, 1 Tbsp oregano
- 4 cups water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	253	Calories from Fat	122
		% Daily Value	
Total Fat	14 g		22%
Saturated Fat	4 g		20%
Trans Fat	0 g		
Cholesterol	107 mg		36%
Sodium	122 mg		8%
Total Carbohydrate	6 g		5%
Dietary Fiber	1 g		4%
Sugars	2 g		
Protein	26 g		
Vitamin A	17%	Calcium	2%
Vitamin C	2%	Iron	30%

Directions

1. Preheat oven to 350°F.
2. Combine ground beef, ground turkey, breadcrumbs, tomato sauce, eggs, onions, and spices in a large bowl. Mix well.
3. Shape into loaves and place on baking sheet.
4. Bake for 1 ½ hours, or until internal temperature reaches 165°F.
5. Slice meatloaf into 4 oz slices and serve with 2 oz mushroom gravy.

Mushroom Gravy

1. In a stock pot, melt margarine.
2. Add mushrooms and cook until tender.
3. Combine water and cornstarch and stir into broth. Cook and stir until gravy has thickened.

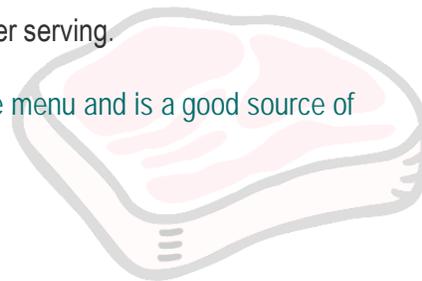
Recommendations & Requirements*Recommendations*

- 🍎 This recipe uses ground beef that is 85% lean and ground turkey that is 93% lean. Using ground meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Salisbury Steak w/ Mushroom Gravy (#35)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

3.5 lbs ground beef-raw, 85% lean
3.5 lbs ground turkey-raw, lean
1 ½ cups breadcrumbs, plain
5 eggs
3 cups mushrooms
½ lb onions, chopped
½ cup butter, unsalted
8 ½ cups milk, non-fat
3 cups canned tomato sauce, low sodium
½ cup all purpose flour
1 Tbsp ground black pepper
2 garlic cloves, chopped

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	320	Calories from Fat	146
		% Daily Value	
Total Fat	16 g		26%
Saturated Fat	7 g		31%
Trans Fat	0 g		
Cholesterol	131 mg		44%
Sodium	138 mg		9%
Total Carbohydrate	14 g		11%
Dietary Fiber	2 g		7%
Sugars	7 g		
Protein	30 g		
Vitamin A	57%	Calcium	12%
Vitamin C	4%	Iron	36%

Directions

1. Preheat oven to 350°F.
2. Combine ground beef, ground turkey, breadcrumbs, eggs, onions, garlic, ground black pepper, and tomato sauce. Mix well.
3. Portion using a #8 scoop, and then create a round shape.
4. Place on a baking sheet and bake until internal cooking temperature of 165°F is obtained.
5. Serve with mushroom gravy.

Mushroom Gravy

1. In a stock pot melt butter and add mushrooms. Cook and stir until tender.
2. Add all purpose flour.
3. Slowly stir in milk; bring to a boil and then simmer. Stirring until thick and creamy.

Recommendations & Requirements

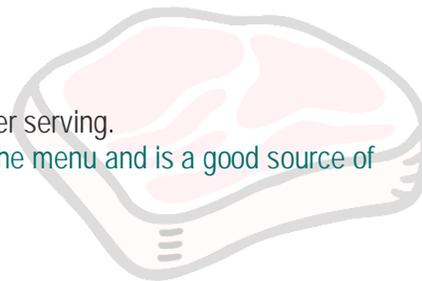
Recommendations

- 🍎 This recipe uses ground beef that is 85% lean and ground turkey that is 93% lean. Using ground meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Recommendations

- 🍎 Canned tomato sauce should contain \leq 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Pepper Steak (#36)

Yield: 25 servings

Serving size: Approximately 3 oz meat and 2 oz onions/peppers

Ingredients

6.5 lbs flank steak-raw, lean, boneless
 1.5 lbs onions, sliced
 2.5 lbs green peppers, sliced
 Nonstick cooking spray
 1 ½ Tbsp cornstarch
 2 Tbsp garlic powder
 12 cups water

Directions

1. Slice beef into very thin strips. Mix cornstarch, water and garlic powder.
2. Stir-fry beef in baking pan sprayed with nonstick cooking spray until browned and juices evaporate. Add green peppers, onions and cornstarch mixture.
3. Cook and stir until mixture boils and thickens.

Nutrition Facts

Serving Size: 1 serving

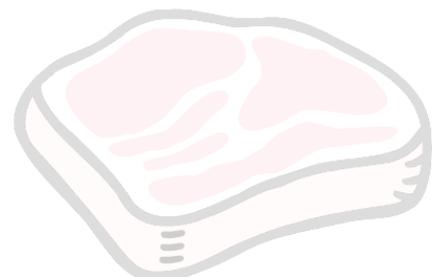
Amount Per Serving			
Calories	217	Calories from Fat	80
		% Daily Value	
Total Fat	9 g		14%
Saturated Fat	4 g		18%
Trans Fat	1 g		
Cholesterol	46 mg		15%
Sodium	63 mg		4%
Total Carbohydrate	6 g		4%
Dietary Fiber	1 g		5%
Sugars	2 g		
Protein	27 g		
Vitamin A	19%	Calcium	2%
Vitamin C	43%	Iron	25%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses a lean cut of meat. Using a cut of meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Beef Pot Roast (#37)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7.5 lbs beef-raw, bottom round, well trimmed
4 celery stalks, diced
1 lb onions, diced
3 cups canned tomato puree, low sodium
½ cup vegetable oil
½ Tbsp basil
1 Tbsp ground black pepper
2 garlic cloves, minced
6-8 cups water

Directions

1. Heat vegetable oil in large roasting pan. Place beef in a pan and quickly brown on all sides.
2. Fill pot with tomato puree and enough water to cover meat. Add onions, garlic, celery, ground black pepper, and basil. Bring to a boil.
3. Reduce heat and simmer for 3 ½ hours or until an internal temperature of 165°F is obtained.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	233	Calories from Fat	88
% Daily Value			
Total Fat	10 g		16%
Saturated Fat	2 g		11%
Trans Fat	0 g		
Cholesterol	77 mg		26%
Sodium	56 mg		4%
Total Carbohydrate	5 g		3%
Dietary Fiber	1 g		3%
Sugars	2 g		
Protein	30 g		
Vitamin A	21%	Calcium	2%
Vitamin C	5%	Iron	38%

Recommendations & Requirements

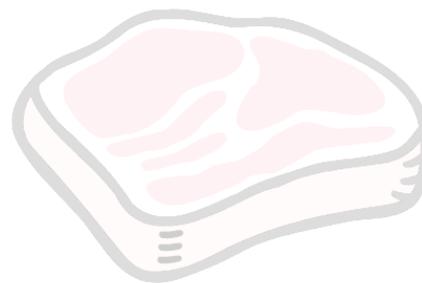
Recommendations

- 🍎 This recipe uses canned tomato puree that contains 70 mg of sodium per serving. Using canned tomato puree that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍎 Canned tomato puree should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Beef Stew (#38)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

7.75 lbs beef cubes-raw, chuck, well trimmed
1 ½ cups carrots, sliced
1 ½ cups celery stalks, chopped
1 lb onions, quartered
2 lbs potatoes, quartered
3 cups canned diced tomatoes, low sodium
½ cup vegetable oil
½ cup all purpose flour
½ Tbsp bay leaf
1 Tbsp ground black pepper
½ Tbsp thyme, dried
8 cups water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	234	Calories from Fat	81
			% Daily Value
Total Fat	9 g		14%
Saturated Fat	2 g		10%
Trans Fat	0 g		
Cholesterol	65 mg		22%
Sodium	63 mg		4%
Total Carbohydrate	12 g		9%
Dietary Fiber	2 g		8%
Sugars	3 g		
Protein	26 g		
Vitamin A	153%	Calcium	2%
Vitamin C	13%	Iron	32%

Directions

1. Coat beef with a mixture of all purpose flour and ground black pepper.
2. Heat vegetable oil in roasting pan. Add beef cubes and cook until browned, stirring often.
3. Stir in diced tomatoes, water, thyme, and bay leaves and heat to a boil. Reduce heat.
4. Add onions, celery, carrots, and potatoes. Cook for 1 ½ hours, or until the beef and vegetables are fully cooked and tender.

Recommendations & Requirements

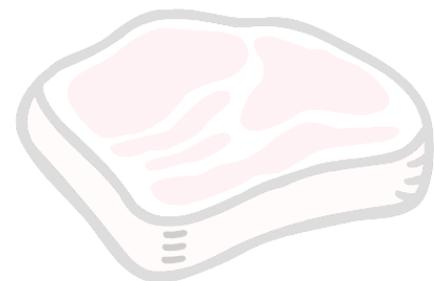
Recommendations

- 🍎 This recipe uses canned diced tomatoes that contain 50 mg of sodium per serving. Using canned diced tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned diced tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Hungarian Goulash w/ Beef (#39)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

7.75 lbs beef cubes-raw, chuck, well trimmed
1.25 lbs onions, sliced
3 cups canned tomato sauce, low sodium
½ cup vegetable oil
1 Tbsp ground black pepper
3 garlic cloves, minced
6 Tbsp Hungarian sweet paprika
8 cups water

Directions

1. Heat vegetable oil in roasting pan over medium heat. Cook the onions in the oil until soft, stirring frequently. Remove the onions and set aside.
2. In a bowl, combine paprika and ground black pepper and coat beef cubes in the mixture. Cook the beef in the roasting pan until brown on all sides. Return the onions to the pot and pour in the tomato sauce, water and minced garlic.
3. Reduce heat to low, cover and simmer, stirring occasionally, 1 ½-2 hours, or until the meat is fully cooked and tender.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	214	Calories from Fat	92
% Daily Value			
Total Fat	10 g		16%
Saturated Fat	3 g		14%
Trans Fat	0 g		
Cholesterol	74 mg		25%
Sodium	106 mg		7%
Total Carbohydrate	5 g		4%
Dietary Fiber	2 g		6%
Sugars	3 g		
Protein	26 g		
Vitamin A	100%	Calcium	2%
Vitamin C	3%	Iron	35%

Recommendations & Requirements

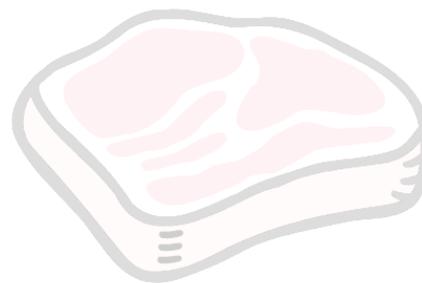
Recommendations

- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Beef Stroganoff (#41)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

6.5 lbs ground beef-raw, 85% lean
0.5 lb mushrooms, sliced
0.5 lb onions, chopped
6 cups beef broth, low sodium
Nonstick cooking spray
1 ½ cups sour cream, low fat
1/3 cup all purpose flour
Ground black pepper to taste

Directions

1. Spray a baking pan with nonstick cooking spray. Cook mushrooms and onions over medium heat until soft. Remove from pan.
2. Cook ground beef until browned. Stir in beef broth.
3. Mix in all purpose flour and cook until slightly thickened.
4. Add mushroom and onion mixture and cook for 5 more minutes.
5. Stir in sour cream; season with ground black pepper to taste.

Nutrition Facts

Serving Size: 1 serving

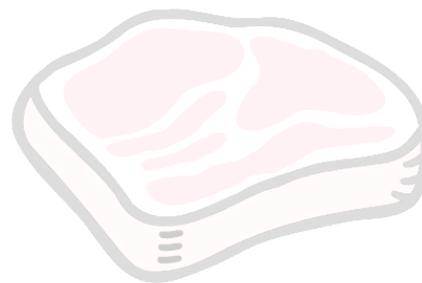
Amount Per Serving			
Calories	241	Calories from Fat	122
			% Daily Value
Total Fat	14 g		22%
Saturated Fat	5 g		25%
Trans Fat	1 g		
Cholesterol	82 mg		27%
Sodium	85 mg		5%
Total Carbohydrate	4 g		3%
Dietary Fiber	1 g		1%
Sugars	2 g		
Protein	24 g		
Vitamin A	11%	Calcium	4%
Vitamin C	1%	Iron	32%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses ground beef that is 85% lean. Using ground beef that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 The recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Braised Beef Tips (#42)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7.75 lbs beef cubes-raw, chuck, well trimmed
3 lb Portobello mushroom caps, sliced
0.5 lb shallots, chopped
6 cups beef broth, low sodium
8 Tbsp butter, unsalted
½ cup all purpose flour
½ Tbsp ground black pepper
4 garlic cloves, chopped
½ Tbsp thyme, dried
Water

Directions

1. Preheat oven to 325°F.
2. Cut beef into 1 inch cubes.
3. Slice mushrooms, chop garlic and shallots.
4. In a roasting pan, brown meat, garlic, shallots and mushrooms in butter.
5. Add beef broth and seasonings.
6. Cover and bake for 2 ½ - 3 hours or until internal temperature of 165°F is reached.
7. When done, remove beef from pan. Make the gravy by adding small amounts of water to all purpose flour until it forms a loose paste. Pour paste into drippings and stir slowly. Return beef to pan and mix.

Nutrition Facts

Serving Size: 1 serving

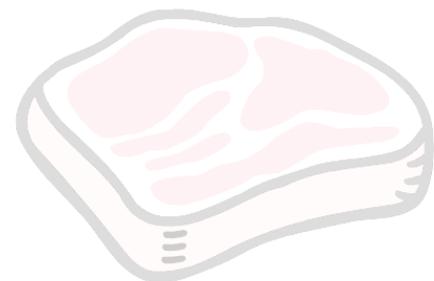
Amount Per Serving			
Calories 233		Calories from Fat 91	
		% Daily Value	
Total Fat	10 g		16%
Saturated Fat	5 g		24%
Trans Fat	0 g		
Cholesterol	94 mg		31%
Sodium	81 mg		5%
Total Carbohydrate	7 g		5%
Dietary Fiber	1 g		3%
Sugars	2 g		
Protein	30 g		
Vitamin A	26%	Calcium	2%
Vitamin C	1%	Iron	39%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Baked Ziti w/ Beef (#45)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

4.25 lbs ground beef-raw, 85% lean
25 oz ziti or penne
1 onion, chopped
1.5 lbs mozzarella cheese, low sodium, shredded
¼ cup parmesan cheese, grated
1.25 lbs ricotta cheese, low fat
2 quarts canned tomato sauce, low sodium
2 Tbsp vegetable oil
3 Tbsp basil
1 Tbsp ground black pepper
3 garlic cloves, minced
2 gallons water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	389	Calories from Fat	144
		% Daily Value	
Total Fat	16 g		25%
Saturated Fat	7 g		35%
Trans Fat	1 g		
Cholesterol	72 mg		24%
Sodium	109 mg		7%
Total Carbohydrate	31 g		24%
Dietary Fiber	4 g		14%
Sugars	6 g		
Protein	29 g		
Vitamin A	69%	Calcium	25%
Vitamin C	6%	Iron	39%

Directions

1. Preheat oven to 350°F.
2. Bring 2 gallons of water to a boil. Add ziti and cook until al dente. Drain and rise with cold water.
3. Heat vegetable oil in a large skillet and add onions until soft. Then add garlic and cook 30 seconds more.
4. Add the ground beef, tomato sauce, basil and ground black pepper. Cook until beef is cooked through.
5. In a large mixing bowl, toss the ziti, meat sauce, and ricotta cheese.
6. Transfer to a casserole dish and sprinkle with the mozzarella and parmesan cheese. Bake until the cheese is bubbling and brown (about 20-25 minutes).

Recommendations & Requirements

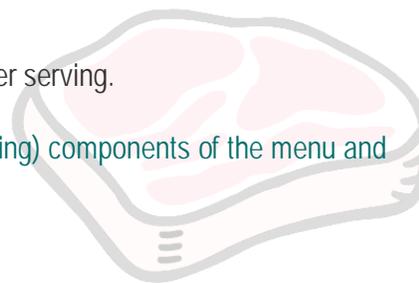
Recommendations

- 🍎 To increase fiber content use whole wheat ziti or penne.
- 🍎 This recipe uses ground beef that is 85% lean. Using ground beef that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍎 Canned tomato sauce should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée and grain (1 serving) components of the menu and is a good source of protein and high source of fiber.



Veal Stew (#46)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

7 lbs veal-raw
1 lb mushrooms, fresh or frozen, sliced
1 lb onions, chopped
24 oz canned stewed tomatoes, low sodium
½ cup vegetable oil
¼ cup all purpose flour
¼ cup garlic cloves, minced
4 Tbsp Italian seasoning
2 Tbsp oregano, dried
2 Tbsp white pepper

Directions

1. In a large pot add the onions, vegetable oil, and veal.
Cook until meat is brown on all sides.
2. Add Italian seasoning, oregano, white pepper and garlic.
3. Add mushrooms, stewed tomatoes and cook for an additional hour.
4. Add all purpose flour to thicken sauce.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	235	Calories from Fat	91
		% Daily Value	
Total Fat	10 g		16%
Saturated Fat	2 g		10%
Trans Fat	0 g		
Cholesterol	100 mg		33%
Sodium	85 mg		8%
Total Carbohydrate	6 g		5%
Dietary Fiber	1 g		5%
Sugars	3 g		
Protein	28 g		
Vitamin A	8%	Calcium	4%
Vitamin C	6%	Iron	20%

Recommendations & Requirements

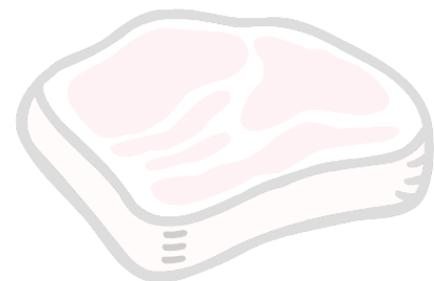
Recommendations

- 🍎 This recipe uses canned stewed tomatoes that contain 182 mg of sodium per serving. Using canned stewed tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned stewed tomatoes should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Deluxe Cheeseburger w/ Onions (#47)

Yield: 25 servings

Serving size: 1 burger, approximately 4 oz

Ingredients

- 6.5 lbs ground beef-raw, 85% lean
- 1 lb onions, chopped (reserve and slice some for topping)
- 25 oz (1 oz slices) Swiss cheese, low fat
- 1 ¼ cup canned tomato paste, low sodium
- 1 tsp ground black pepper

Directions

1. Preheat oven to 350°F.
2. In a bowl, combine tomato paste, chopped onion, ground black pepper and ground beef. Mix well.
3. Shape into 25- ¾ inch thick patties.
4. Bake until juices run clean and internal temperature is 165°F.
5. Top each burger with one slice of Swiss cheese and sliced onions. Cook until cheese melted.
6. If desired, serve with lettuce and tomato.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	270	Calories from Fat	124
			% Daily Value
Total Fat	14 g		22%
Saturated Fat	6 g		27%
Trans Fat	1 g		
Cholesterol	87 mg		29%
Sodium	142 mg		9%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		3%
Sugars	3 g		
Protein	31 g		
Vitamin A	27%	Calcium	26%
Vitamin C	6%	Iron	40%

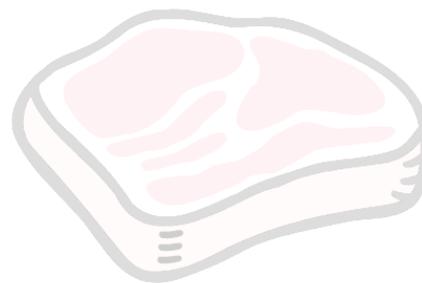
Recommendations & Requirements*Recommendations*

- 🍏 For 2 servings of grains, serve with a whole wheat bun.
- 🍏 This recipe uses ground beef that is 85% lean. Using ground beef that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses canned tomato paste that contains 16 mg of sodium per serving. Using canned tomato paste that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍏 Whole wheat buns should contain ≤ 290 mg of sodium per serving.
- 🍏 Canned tomato sauce should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Meat Sauce (#48)

Yield: 25 servings
Serving size: Approximately ½ cup

Ingredients

6.5 lbs ground beef-raw, 85% lean
1 lb onions, chopped
14 oz canned tomato paste, low sodium
64 oz canned tomato sauce, low sodium
2 Tbsp oregano

Directions

1. Cook ground beef and onion until the meat is browned.
2. Stir in tomato paste and tomato sauce.
3. Reduce the heat to low. Add additional Italian seasonings to taste such as garlic, oregano, parsley, basil, rosemary or thyme (if desired).
4. Cover and simmer for approximately 45 minutes or until sauce is thick for serving.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	251	Calories from Fat	111
		% Daily Value	
Total Fat	12		20%
Saturated Fat	5g		22%
Trans Fat	1g		
Cholesterol	78 mg		26%
Sodium	95 mg		6%
Total Carbohydrate	11 g		9%
Dietary Fiber	4 g		14%
Sugars	6 g		
Protein	24 g		
Vitamin A	68%	Calcium	4%
Vitamin C	10%	Iron	40%

Recommendations & Requirements

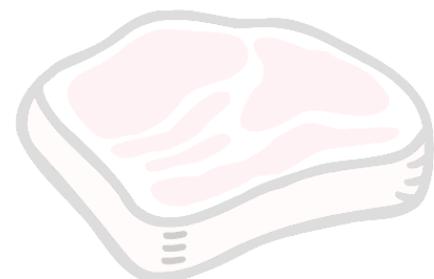
Recommendations

- 🍎 This recipe uses ground beef that is 85% lean. Using ground beef that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato products that contain 16-20 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍎 Canned tomato products should contain \leq 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein and fiber.



Stuffed Cabbage w/ Beef (#62)

Yield: 25 servings

Serving size: 1 stuffed cabbage leaf, approximately 6 oz meat/rice mixture

Ingredients

6.5 lbs ground beef, 85% lean
 3 ½ cups white rice, uncooked
 25 cabbage leaves
 ¾ cup tomato, fresh, chopped
 ¾ cup canned tomato puree, low sodium
 ¾ cup canned tomato sauce, low sodium
 ¾ cup canned crushed tomatoes
 ½ Tbsp ground black pepper

Directions

1. Brown ground beef in roasting pan on top of the stove, stirring to separate meat.
2. In a stock pot bring water to a boil. Add rice and stir. Reduce heat and simmer for 30 minutes or until all water is absorbed.
3. In a stock pot bring water to a boil. Add cabbage leaves and cook until cabbage leaves are softened. Drain and set aside.
4. Combine tomato puree, tomato sauce, crushed tomatoes and fresh tomato in a bowl.
5. Combine beef, rice, and half of tomato mixture in a large bowl. Mix thoroughly and set aside.
6. Divide this mixture among the cabbage leaves and roll each leaf around the mixture until there are no loose ends.
7. Cover the bottom of a baking pan with a layer of tomato mixture and place cabbage rolls on top. Use remaining tomato mixture to cover the leaves and simmer for 1 hour, basting as needed to prevent cabbage from drying out.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	319	Calories from Fat	112
			% Daily Value
Total Fat	12 g		20%
Saturated Fat	5 g		22%
Trans Fat	1 g		
Cholesterol	77 mg		26%
Sodium	81 mg		5%
Total Carbohydrate	26 g		20%
Dietary Fiber	2 g		7%
Sugars	3 g		
Protein	25 g		
Vitamin A	18%	Calcium	2%
Vitamin C	12%	Iron	48%

Recommendations & Requirements

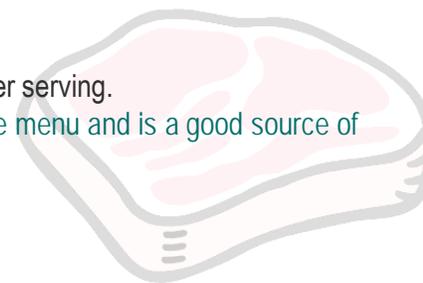
Recommendations

- 🍎 To increase fiber content use brown rice instead of white.
- 🍎 This recipe uses ground beef that is 85% lean. Using ground beef that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned tomato products that contain 20-290 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍎 Canned tomato products should contain ≤290 mg sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Beef and Broccoli (#131)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

6.75 lbs beef cubes-raw, chuck, well trimmed
2 lbs broccoli florets, frozen
¼ cup beef broth, low sodium
¼ cup molasses
½ cup soybean oil
½ cup soy sauce, low sodium
½ cup cornstarch
1 garlic clove, minced
1 Tbsp granulated sugar
½ tsp white pepper

Directions

1. Combined sugar, cornstarch, white pepper, beef broth, molasses and soy sauce together.
2. Cook and stir until mixture thickens.
3. Reduce heat. Cover and keep warm for use in final step
4. Pour enough soybean oil into a large frying pan just to cover bottom of pan. Heat soybean oil, add beef, garlic and broccoli. Stir fry until done. Stir in sauce reserved from earlier step.

Nutrition Facts

Serving Size: 1 serving

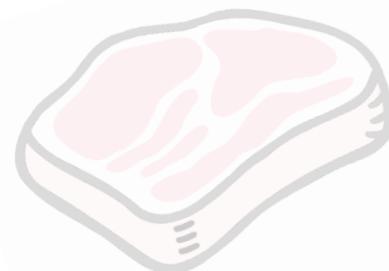
Amount Per Serving			
Calories	235	Calories from Fat	105
			% Daily Value
Total Fat	12 g		19%
Saturated Fat	4 g		17%
Trans Fat	0 g		
Cholesterol	71 mg		24%
Sodium	251 mg		16%
Total Carbohydrate	9 g		7%
Dietary Fiber	1 g		4%
Sugars	3 g		
Protein	24 g		
Vitamin A	50%	Calcium	3%
Vitamin C	21%	Iron	30%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses a lean cut of meat. Using a cut of meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses soy sauce that contains 560 mg of sodium per serving. Using soy sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Meatloaf w/ Beef & Pork (#135)

Yield: 25 servings
Serving size: Approximately 4 oz

Ingredients

5 lbs ground beef-raw, 85% lean
1.25 lb ground pork-raw, 84% lean
¾ cup bread crumbs, plain
2 pints milk, low fat
6 eggs
¼ cup onion, chopped
1 Tbsp granulated garlic
½ tsp ground black pepper

Directions

1. Preheat oven to 325°F.
2. Mix all ingredients on low speed until blended. Do not over mix.
3. Press mixture into 5 inch x 9 inch pans, approximately 3 lbs per pan.
4. Bake for 1 1/2 hours.
5. Meatloaf also may be made in a 12 inch x 20 inch x 4 inch counter pan.

Nutrition Facts

Serving Size: 1 serving

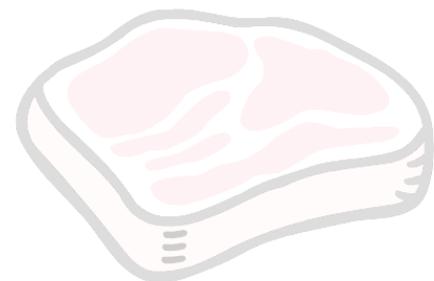
Amount Per Serving			
Calories	277	Calories from Fat	138
		% Daily Value	
Total Fat	15 g		24%
Saturated Fat	6 g		27%
Trans Fat	1 g		
Cholesterol	125 mg		42%
Sodium	143 mg		9%
Total Carbohydrate	8 g		6%
Dietary Fiber	1 g		1%
Sugars	3 g		
Protein	26 g		
Vitamin A	16%	Calcium	7%
Vitamin C	0%	Iron	33%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses ground beef that is 85% lean. Using ground beef that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Sheppard's Pie w/ Beef (#187)

Yield: 25 servings
Serving size: Approximately 10 oz

Ingredients

6.3 lbs ground beef-raw, 85% lean
2 Tbsp breadcrumbs, plain
1 egg
½ cup carrots, chopped
½ cup celery stalk, chopped
½ cup onion, chopped
½ cup bell pepper, chopped
5 lbs potatoes, cubed
½ cup mozzarella cheese, low fat, shredded
3 cups canned tomato sauce, low sodium
2 Tbsp all purpose flour
2 Tbsp Mrs. Dash seasoning 1 garlic clove, minced
2 Tbsp parsley, chopped
1 oz water

Nutrition Facts

Serving Size: 1 serving

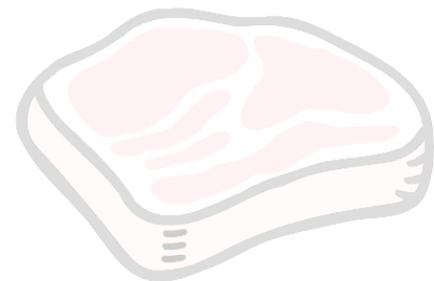
Amount Per Serving			
Calories	295	Calories from Fat	116
		% Daily Value	
Total Fat	13 g		21%
Saturated Fat	5 g		24%
Trans Fat	1 g		
Cholesterol	86 mg		29%
Sodium	96 mg		6%
Total Carbohydrate	19 g		15%
Dietary Fiber	2 g		8%
Sugars	3 g		
Protein	25 g		
Vitamin A	69%	Calcium	4 %
Vitamin C	12%	Iron	34%

Directions

1. Preheat oven to 400°F.
2. To make the crust: use the pulse setting of a blender to mix all purpose flour, Mrs. Dash seasoning, 4 oz mozzarella cheese, butter and ice water.
3. Pulse mix until the dough just starts to come together.
4. Place mixture on a sheet of plastic paper and pat into a disk wrap. Refrigerate until firm.
5. Cook ground beef, seasoned to taste, over medium heat on stove.

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Swiss Steak with Onions (#189)

Yield: 25 servings

Serving size: Approximately 3 oz meat, 1 oz vegetables

Ingredients

6.75 lbs beef-raw, chuck, well trimmed
 ¾ cup black olives, chopped
 1 lb onion, chopped
 1.5 lbs bell peppers (red & green), chopped
 1 ½ cups beef broth, low sodium
 3 cups canned stewed tomatoes, low sodium
 1 Tbsp vegetable oil
 ½ cup water

Directions

1. Wash, seed, and cut peppers and onions.
2. In a large pot, add vegetable oil and steak.
3. Cook for 30 minutes.
4. Add stewed tomatoes, olives, beef broth, water and cover.
5. Cook for additional 1 ½ hours.
6. Add red pepper, green pepper and onions. Cover and cook at low heat until serving time.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	191	Calories from Fat	75
		% Daily Value	
Total Fat	8 g		13%
Saturated Fat	3 g		15%
Trans Fat	0 g		
Cholesterol	71 mg		24%
Sodium	111 mg		7%
Total Carbohydrate	6 g		4%
Dietary Fiber	1 g		5%
Sugars	3 g		
Protein	24 g		
Vitamin A	63%	Calcium	3%
Vitamin C	36%	Iron	32%

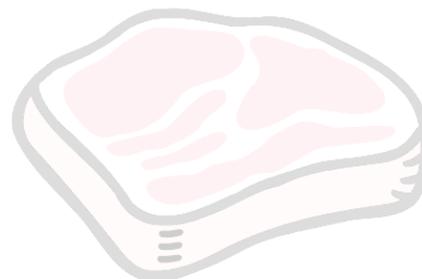
Recommendations & Requirements*Recommendations*

- 🍎 This recipe uses a lean cut of meat. Using a cut of meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses canned stewed tomatoes that contain 182 mg of sodium per serving. Using canned stewed tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned stewed tomatoes should contain ≤290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Spare Ribs (#190)

Yield: 25 servings
Serving size: Approximately 3 oz meat, 2 Tbsp sauce

Ingredients

12 lbs short ribs-raw, lean
2 Tbsp lemon juice
1 ½ tsp distilled vinegar
1 Tbsp vegetable oil
Nonstick cooking spray
1 ½ tsp Mrs. Dash seasoning
4 garlic cloves, minced
1 ½ tsp oregano
½ tsp paprika
1 ½ tsp thyme

BBQ Sauce-Ingredients

1 lb ketchup
¾ cup honey
¼ cup lemon juice

Directions

1. Preheat oven to 350°F.
2. Combine all ingredients and season ribs.
3. Spray baking tray with nonstick cooking spray, and arrange ribs on a platter.
4. Cover with foil and bake for 2 ½ hours.
5. Prepare BBQ sauce by combining all ingredients and mixing together.
6. Remove spare ribs from oven and add BBQ sauce.
7. Cook for an additional 1 ½ hours.
8. Lower heat until serving time.

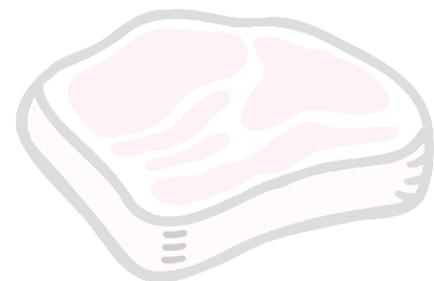
Recommendations & Requirements

Note: This recipe may count towards the entree component of the menu and is a good source of protein.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	258	Calories from Fat	112
		% Daily Value	
Total Fat	14 g		20%
Saturated Fat	4 g		20%
Trans Fat	0 g		
Cholesterol	75 mg		25%
Sodium	251 g		16%
Total Carbohydrate	13 g		10%
Dietary Fiber	0 g		1%
Sugars	13 g		
Protein	23 g		
Vitamin A	22%	Calcium	2%
Vitamin C	5%	Iron	15%



Baked Breaded Lamb Chops (#191)

Yield: 25 servings
Serving size: 1 lamb chop

Ingredients

10.25 Lamb chops-raw, bone-in, skin removed
0.75 lb breadcrumbs, plain
Nonstick cooking spray
1 Tbsp vegetable oil
1 tsp distilled vinegar
2 ½ Tbsp Mrs. Dash seasoning
1 Tbsp oregano
1 Tbsp garlic clove, minced
1 tsp sage
Nonstick cooking Spray

Directions

1. Preheat oven to 350°F.
2. Season lamb chops with all ingredients, except bread crumbs.
3. Pour bread crumbs in bowl and cover each pork chop evenly, on both sides.
4. Spray baking pan with nonstick cooking spray and arrange on tray.
5. Bake for approximately 3 hours.

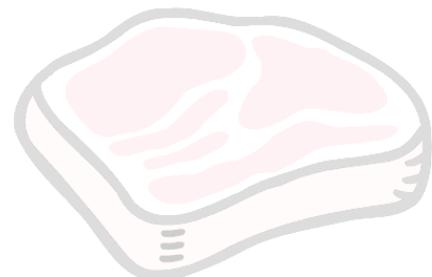
Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	220	Calories from Fat	71
		% Daily Value	
Total Fat	8 g		13%
Saturated Fat	3 g		14%
Trans Fat	0 g		
Cholesterol	72 mg		24%
Sodium	156 mg		10%
Total Carbohydrate	10 g		8%
Dietary Fiber	1 g		3%
Sugars	1 g		
Protein	25 g		
Vitamin A	1%	Calcium	3%
Vitamin C	0%	Iron	35%

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Liver Stew (#195)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

4 lbs beef liver-raw, chopped
0.5 lb red onion, sliced
0.25 lb green pepper & 0.25 lb red pepper, chopped
1 ½ cups beef broth, low sodium
2 Tbsp canned stewed tomatoes, low sodium
2 Tbsp canned tomato sauce, low sodium
1 tsp vegetable oil
½ tsp distilled vinegar & 1 bay leaf
½ tsp celery seeds & ½ tsp thyme
2 Tbsp cornstarch
½ tsp Mrs. Dash seasoning
2 garlic cloves, minced
½ tsp oregano
1 tsp sofrito (DFTA #40)
6 oz water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	112	Calories from Fat	27
			% Daily Value
Total Fat	3 g		5%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	200 mg		67%
Sodium	56 g		4%
Total Carbohydrate	5 g		4%
Dietary Fiber	1 g		1%
Sugars	1 g		
Protein	15 g		
Vitamin A	1382%	Calcium	1%
Vitamin C	13%	Iron	46%

Directions

1. Blend garlic, vegetable oil, distilled vinegar, sofrito, Mrs. Dash seasoning and bay leaf.
2. Season liver.
3. In a large pot, place seasoned liver and all the remaining ingredients.
4. Cook at medium heat for 1 1/2 hours.
5. In a small pot mix 6 oz of water and corn starch. Add to stew until desired consistency is reached.
6. Add to liver stew until desired consistency. Remove bay leaf once stew is ready to be served.

Recommendations & Requirements

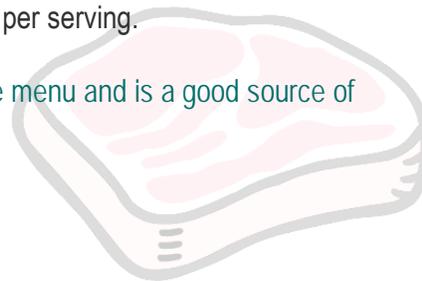
Recommendations

- 🍎 This recipe uses canned tomato products that range from 20-182 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato products should contain ≤290 mg of sodium per serving.

Note: This recipe may count towards the entree component of the menu and is a good source of protein.



Creamy Beef Stroganoff (#205)

Yield: 25 servings
Serving size: Approximately 10 oz

Ingredients

7.75 lbs beef-raw, chuck, well trimmed
25 oz egg noodles, uncooked
10 cups mushrooms
2 ¾ cups onions
2 ½ cups chicken broth, low sodium
1 ¼ cup sour cream light
3 Tbsp vegetable oil
1 ¼ cup nonfat yogurt
5 tsp dried dill
5 garlic cloves, minced
3 Tbsp paprika

Nutrition Facts

Serving Size: 1 serving

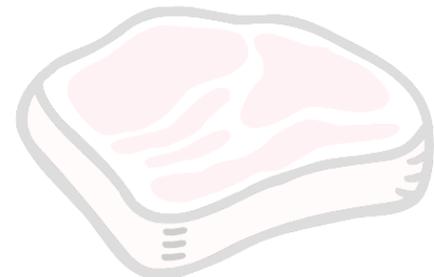
Amount Per Serving			
Calories	330	Calories from Fat	93
		% Daily Value	
Total Fat	10 g		16%
Saturated Fat	4 g		18%
Trans Fat	0 g		
Cholesterol	112 mg		37%
Sodium	89 mg		6%
Total Carbohydrate	26 g		20%
Dietary Fiber	2 g		7%
Sugars	3 g		
Protein	35 g		
Vitamin A	49%	Calcium	6%
Vitamin C	3%	Iron	52%

Directions

1. In a large nonstick skillet, heat vegetable oil over medium-high heat. Add beef; sauté until browned (about 2 minutes). Set aside.
2. In the same skillet, cook mushrooms and 1 cup broth for 5 minutes.
3. Add the onions and garlic; sauté for 3 minutes. Stir in paprika until well blended.
4. Add the remaining broth and cook for 4 minutes.
5. While the mixture is simmering, cook noodles according to package directions- do not add salt.
6. In a small bowl, combine sour cream and yogurt. Mix well; set aside.
7. Return the beef and juices to the skillet; reduce heat to low and stir in sour cream mixture.
8. Drain the noodles in a colander. Place on serving plates and top with beef mixture.
9. Sprinkle with dill and serve immediately.

Recommendations & Requirements

Note: This recipe may count towards the entrée and grain (1 serving) component of the menu and is a good source of protein.



Beef and Pepper Pasta (#206)

Yield: 25 servings
Serving size: Approximately 8 oz

Ingredients

6.5 lbs steak- raw, lean, boneless
3 lbs egg noodles, uncooked
1.5 lbs onions, chopped
2.5 lbs green pepper, chopped
3 cups beef broth, low sodium
1 #10 canned tomato sauce, low sodium
½ cup Worcestershire sauce

Directions

1. Spray a large saucepan with nonstick cooking spray and heat over medium heat until hot.
2. Add beef and stir-fry until done. Remove meat from pan and set aside.
3. Spray saucepan with nonstick cooking spray and reheat. Add green pepper and onion and cook for 5 minutes until tender.
4. Stir in pasta sauce, beef broth, Worcestershire sauce and meat. Bring to a boil.
5. Reduce heat and simmer for 10 minutes.
6. Cook pasta according to directions and drain. Toss pasta with sauce and serve immediately.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	450	Calories from Fat	107
			% Daily Value
Total Fat	12 g		19%
Saturated Fat	5 g		23%
Trans Fat	0 g		
Cholesterol	121 mg		40%
Sodium	175 mg		11%
Total Carbohydrate	54 g		41%
Dietary Fiber	7 g		23%
Sugars	9 g		
Protein	34 g		
Vitamin A	83%	Calcium	4%
Vitamin C	52%	Iron	64%

Recommendations & Requirements

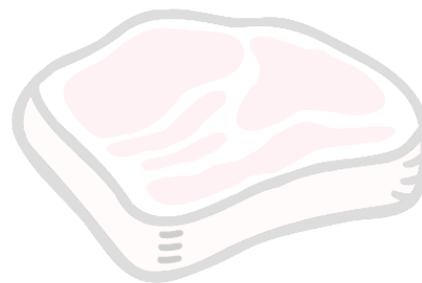
Recommendations

- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée and grain (1 serving) component of the menu and is a good source of protein and high source of fiber.



Spanish Style Beef Stew (#229)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

7.75 lbs beef-raw, chuck, well trimmed
1 celery stalk, chopped
0.75 lb green pepper, chopped
0.75 lb red pepper, chopped
0.5 lb onion, chopped
2 ½ Tbsp canned tomato paste, low sodium
¼ bunch fresh cilantro, chopped
2 Tbsp garlic clove, minced
½ tsp ground black pepper
1 ½ oz oregano leaves
12 cups water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	181	Calories from Fat	54
		% Daily Value	
Total Fat	6 g		9%
Saturated Fat	3 g		12%
Trans Fat	0 g		
Cholesterol	84 mg		28%
Sodium	65 mg		4%
Total Carbohydrate	4 g		3%
Dietary Fiber	2 g		5%
Sugars	2 g		
Protein	28 g		
Vitamin A	61%	Calcium	4%
Vitamin C	33%	Iron	41%

Directions

1. Brown beef in a covered pot over medium high heat.
2. Chop onion and peppers into bite size pieces.
3. Add oregano, garlic, onions, cilantro, peppers, celery, and ground black pepper.
4. Add water and tomato paste, mix together.
5. Cover and simmer for approximately 2 hours.
6. Add more water if necessary.

Recommendations & Requirements

Recommendations

- 🍏 If extra liquid is required while cooking, add small amounts of water.
- 🍏 This recipe uses a lean cut of meat. Using a cut of meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 This recipe uses canned tomato paste that contains 16 mg of sodium per serving. Using canned tomato paste that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍏 Due to the high fat content in this recipe consider serving a side dish that contains little or no fat and eliminating butter or margarine from the menu.

Requirements

- 🍏 Canned tomato paste must contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.



Beef Brisket w/ Oranges (#257)

Yield: 25 servings
Serving size: Approximately 3 oz

Ingredients

7 lbs beef brisket-raw, lean, well trimmed, boneless
2 ½ Tbsp walnuts, ground
12 tomatoes, seeded and chopped
4 ½ onions, sliced
5 garlic cloves, sliced
3 oranges, sliced
3 cups beef broth, low sodium
Ground black pepper to taste
1 Tbsp ground cinnamon
¾ tsp ground ginger
1 Tbsp orange zest
1 ½ tsp paprika

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	213	Calories from Fat	58
		% Daily Value	
Total Fat	7 g		10%
Saturated Fat	2 g		10%
Trans Fat	1 g		
Cholesterol	87 mg		29%
Sodium	62 mg		4%
Total Carbohydrate	8 g		6%
Dietary Fiber	2 g		6%
Sugars	4 g		
Protein	31 g		
Vitamin A	66%	Calcium	3%
Vitamin C	22%	Iron	35%

Directions

1. Preheat oven to 325°F.
2. In a heavy flameproof casserole or Dutch oven with lid, heat vegetable oil over medium heat. Add brisket and brown on all sides. When brisket is browned, pour off all fat and pan juices.
3. Scatter onion and garlic slices around the brisket. Season with spices and orange zest. Add chopped tomatoes and beef broth. Bring to a simmer.
4. Cover, and transfer to oven. Roast until brisket is fork tender (about 2 ½ to 3 hours). Turn meat and baste with pan juices 2-3 times throughout cooking time.
5. Transfer brisket to a carving board and keep warm. Skim off any fat from the casserole and place over medium-high heat on the stovetop.
6. Cook, uncovered until reduced by half. Pour the sauce through a sieve into a shallow pan, mashing solids through to thicken.
7. Peel oranges, removing all the white pith. Thinly slice them and add to the warm sauce. Heat through.
8. Slice the brisket across the grain into thin slices. Place on a heated serving platter with the sauce. Sprinkle with ground walnuts.

Recommendations & Requirements

Recommendations

-  This recipe uses a lean cut of meat. Using a cut of meat that contains higher amounts of fat may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
-  This recipe uses beef broth that contains 70 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the entrée component of the menu and is a good source of protein.

