

MEAT, FISH, AND POULTRY No.L 036 00
MINCED BEEF

Yield 100

Portion 5 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
249 cal	15 g	23 g	11 g	71 mg	301 mg	40 mg

Ingredient

BEEF,GROUND,BULK,RAW,90% LEAN
 ONIONS,FRESH,CHOPPED
 FLOUR,WHEAT,GENERAL PURPOSE
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS
 MACE,GROUND
 SALT
 PEPPER,BLACK,GROUND

Weight

20 lbs
 2-1/8 lbs
 2-1/8 lbs
 19-7/8 lbs
 3/8 oz
 1-1/4 oz
 1/8 oz

Measure

1 qts 2 cup
 1 qts 3-1/2 cup
 2 gal 1 qts
 2 tbsp
 2 tbsp
 1/3 tsp

Issue

2-1/3 lbs

Method

- 1 Cook beef with onions until beef loses its pink color, stirring to break apart. Drain or skim off excess fat.
- 2 Sprinkle flour over beef; continue cooking until flour is absorbed.
- 3 Add tomatoes, mace or nutmeg, salt and pepper. Stir to mix well. Simmer 10 to 15 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher. Minced beef may be served over toast, biscuits, rice or pasta.