

STUFFED GREEN PEPPERS (GROUND BEEF)

Yield 100

Portion 1 Half

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
342 cal	24 g	27 g	15 g	85 mg	960 mg	36 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
TOMATO SAUCE		1 gal 2-1/2 qts	
PEPPERS, GREEN, FRESH	17-1/4 lbs	3 gal 1-1/8 qts	21 lbs
WATER, BOILING	8-1/3 lbs	1 gal	
STEAMED RICE		1 gal 2 qts	
BEEF, GROUND, BULK, RAW, 90% LEAN	24 lbs		
ONIONS, FRESH, CHOPPED	2-7/8 lbs	2 qts 1/4 cup	3-1/4 lbs
SALT	5-1/8 oz	1/2 cup	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
WORCESTERSHIRE SAUCE	12-2/3 oz	1-1/2 cup	
WATER	2-1/8 lbs	1 qts	
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Method

- 1 Prepare Tomato Sauce, Recipe No O 015 00.
- 2 Cut each pepper in half lengthwise; remove core.
- 3 Place peppers in boiling water. Return to a boil; cook 1 minute. Drain well. Set aside for use in Step 6.
- 4 Prepare rice according to Recipe No. E 005 00.
- 5 Combine cooked rice, ground beef, onions, salt, pepper, Worcestershire sauce and water with 2 quarts tomato sauce. DO NOT OVERMIX.
- 6 Fill each pepper with 3/4 cup beef mixture. Place filled peppers in roasting pans.
- 7 Pour 1 cup water around peppers in each pan.
- 8 Pour remaining sauce over peppers in each pan. Cover pans.
- 9 Bake about 1-1/2 hours at 350 F. or until tender. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold at 140 F. or higher for service.