

BEEF STROGANOFF (CREAM OF MUSHROOM SOUP)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
292 cal	8 g	31 g	14 g	93 mg	570 mg	53 mg

Ingredient

MUSHROOMS,CANNED,SLICED,INCL LIQUIDS
 SOUP,CONDENSED,CREAM OF MUSHROOM
 PAPRIKA,GROUND
 PEPPER,BLACK,GROUND
 GARLIC POWDER
 BEEF,SWISS STEAK,LEAN,RAW,THAWED
 COOKING SPRAY,NONSTICK
 ONIONS,FRESH,CHOPPED
 SOUR CREAM,LOW FAT

Weight

3-1/8 lbs
 14-3/8 lbs
 1-1/4 oz
 1/8 oz
 1/4 oz
 30 lbs
 2 oz
 3-1/2 lbs
 4 lbs

Measure

2 qts 1 cup
 1 gal 2-1/2 qts
 1/4 cup 1-1/3 tbsp
 1/8 tsp
 1/3 tsp
 1/4 cup 1/3 tbsp
 2 qts 2 cup
 2 qts

Issue

3-7/8 lbs

Method

- 1 Drain mushrooms; reserve liquid for use in Step 2 and mushrooms for Step 6.
- 2 Combine cream of mushroom soup with paprika, pepper, and garlic powder; stir well; add reserved mushroom liquid; stir well.
- 3 Slice beef into strips about 1/2-inch wide.
- 4 Spray griddle with non-stick cooking spray. Brown strips 5 minutes turning frequently.
- 5 Place about 11 pounds 3 ounces strips in each pan.
- 6 Add about 1 quart mushrooms and 1-1/4 quarts onions to meat in each pan; stir well.
- 7 Add about 1 gallon sauce to meat in each pan. Stir well.
- 8 Cover; Using a convection oven, bake 1 hour 15 minutes at 325 F. or until tender on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 9 Remove from oven. Skim off excess fat.
- 10 Add 1 quart sour cream to each pan, stirring to blend. Heat. CCP: Hold for service at 140 F. or higher. Serve with Boiled Noodles or Steamed Rice.

Notes

- 1 In Step 5, 33-3/4 pounds beef fajita strips may be used.