

MOROCCAN POCKETS

Yield 100

Portion 1 Serving

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
429 cal	66 g	24 g	9 g	46 mg	587 mg	208 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
YOGURT,PLAIN,LOWFAT	13-1/2 lbs	1 gal 2-1/4 qts	
PARSLEY,FRESH,BUNCH,CHOPPED	6-1/3 oz	3 cup	6-2/3 oz
BEEF,GROUND,BULK,RAW,90% LEAN	12 lbs		
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	13-1/4 lbs	1 gal 2 qts	
BARLEY,UNCOOKED	4-3/8 lbs	2 qts 2 cup	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
PEPPERS,GREEN,FRESH,CHOPPED	3-1/4 lbs	2 qts 2 cup	4 lbs
CHILI POWDER,DARK,GROUND	5-1/4 oz	1-1/4 cup	
SALT	1-1/2 oz	2-1/3 tbsp	
OREGANO,CRUSHED	1-1/4 oz	1/2 cup	
GARLIC POWDER	1/2 oz	1 tbsp	
CUMIN,GROUND	1/4 oz	1 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
WATER	7-1/3 lbs	3 qts 2 cup	
RAISINS	3-1/4 lbs	2 qts 2 cup	
BREAD,PITA,WHITE,8-INCH	10-1/2 lbs	50 each	

Method

- 1 Combine yogurt and parsley. CCP: Refrigerate at 41 F. or lower for use in Step 5.
- 2 Cook beef until it loses its pink color, stirring beef to break apart. Drain or skim off fat.
- 3 Add tomatoes, barley, onions, green peppers, chili powder, salt, oregano, garlic, cumin, pepper, and water. Stir well. Bring to a boil; reduce heat. Cover; simmer 40 to 45 minutes or until barley is tender and most of liquid is absorbed. CCP: Internal temperature must reach 155 F. or higher for 15 seconds.
- 4 Stir in raisins. Simmer 5 minutes. Meat mixture is done when all moisture has been absorbed and product holds together.
- 5 Cut pita bread in halves to make 2 pockets. Place about 5-1/2 ounces of meat mixture in each pocket. Top with yogurt topping just before serving. CCP: Hold for service at 140 F. or higher.