

CREAMED GROUND BEEF

Yield 100

Portion 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
214 cal	9 g	21 g	10 g	65 mg	283 mg	81 mg

Ingredient

BEEF,GROUND,BULK,RAW,90% LEAN
 ONIONS,FRESH,CHOPPED
 FLOUR,WHEAT,GENERAL PURPOSE
 SALT
 PEPPER,BLACK,GROUND
 WATER,WARM
 WORCESTERSHIRE SAUCE
 MILK,NONFAT,DRY

Weight

18 lbs
 1 lbs
 1-2/3 lbs
 1-7/8 oz
 1/4 oz
 22 lbs
 2-1/8 oz
 1-1/4 lbs

Measure

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

Issue

1-1/8 lbs

Method

- 1 Cook beef in steam jacketed kettle or roasting pan until beef loses its pink color, stirring to break apart. Drain or skim off excess fat. Add onions; stir-cook 3 minutes.
- 2 Combine flour, salt and pepper. Sprinkle evenly over beef and onions. Mix thoroughly; cook about 5 minutes until flour is absorbed.
- 3 Reconstitute milk. Blend Worcestershire sauce into milk. Add to meat mixture.
- 4 Heat to a simmer, stirring frequently. Cook 10 minutes or until thickened. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.