

HAMBURGER STROGANOFF

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
330 cal	8 g	32 g	18 g	113 mg	862 mg	52 mg

Ingredient

BEEF,GROUND,BULK,RAW,90% LEAN

ONIONS,FRESH,CHOPPED

MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS

BEEF BROTH

FLOUR,WHEAT,GENERAL PURPOSE

SALT

PAPRIKA,GROUND

PEPPER,BLACK,GROUND

GARLIC POWDER

MILK,NONFAT,DRY

WATER,WARM

SOUR CREAM,LOW FAT

Weight

30 lbs

3-1/2 lbs

3-1/8 lbs

1-1/8 lbs

3-3/4 oz

1-1/4 oz

1/4 oz

1/3 oz

2-3/8 oz

5 lbs

4 lbs

Measure

2 qts 2 cup

2 qts 1 cup

1 gal 1 qts

1 qts

1/4 cup 2-1/3 tbsp

1/4 cup 1-1/3 tbsp

1 tbsp

1 tbsp

1 cup

2 qts 1-1/2 cup

2 qts

Issue

3-7/8 lbs

Method

- 1 Cook beef in a steam jacketed kettle or stock pot for 10 minutes, stirring to break apart.
- 2 Drain mushrooms. Reserve 1 quart mushroom liquid. Set mushrooms aside for use in Step 7.
- 3 Add beef broth to cooked onions and beef; stir to blend. Bring to a boil; reduce heat to a simmer.
- 4 Blend flour and mushroom liquid, stirring to make a slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat; simmer 10 minutes or until thickened, stirring frequently.
- 5 Reconstitute milk with warm water. Add salt, paprika, pepper and garlic powder; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 6 Stir beef, onions and mushrooms gently into thickened sauce. Heat to a simmer. CCP: Temperature must reach 155 F. or higher for 15 seconds. Remove from heat.
- 7 Carefully blend sour cream with 1 quart of sauce mixture. Combine with remaining sauce mixture. Mix well.
- 8 Pour stroganoff into each ungreased pan. CCP: Hold for service at 140 F. or higher. Serve with Boiled Noodles or Steamed Rice.