

SLOPPY JOES

Meat/Meat Alternate-Grains/Breads-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Onions, chopped		3 cups		1 1/2 qt	<ol style="list-style-type: none"> 1. Heat vegetable oil in a stockpot on medium-high heat. Sauté onion, green pepper, and garlic in oil until tender, about 5 minutes. 2. Stir in tomato sauce, Italian seasoning, soy sauce, salt, and pepper; heat to boiling. Reduce heat and simmer, covered, 10 minutes. 3. Measure half of beans into mixer bowl; mix with paddle until lightly mashed. Add whole and mashed beans to stockpot. 4. Rinse TVP in cold water; add to stockpot with tomatoes, corn, and barbecue sauce. Simmer, covered, 10 minutes; uncover and cook until desired consistency, 10 to 20 minutes. 5. Use No. 8 scoop (1/2 cup) to spoon mixture into each bun.
Green pepper, chopped		1 cup		2 cups	
Garlic, minced		2 Tbsp		4 Tbsp	
Vegetable oil		2 Tbsp		4 Tbsp	
Tomato sauce, low sodium		1/2 #10 can		1 #10 can	
Italian seasoning		1 Tbsp		2 Tbsp	
Soy sauce		2 Tbsp		4 Tbsp	
Salt		2 tsp		1/2 Tbsp	
Black pepper		2 tsp		1 Tbp	
Pinto or kidney beans, canned, rinsed, drained		1 #10 can		2 #10 can	
TVP (reconstituted textured vegetable protein)	1 lb		2 lb		
Tomatoes, canned, diced, undrained		1 1/2 qt		3 qt	
Whole-kernel corn, canned, drained		2 cups		1 qt	
Barbecue sauce		1 qt		2 qt	
Hamburger buns		50 each		100 each	

Serving	Yield	Volume
No. 8 scoop	50 Servings	50 each
Meal component contribution: Each serving provides 2 servings grains/breads. For meat/meat alternate, refer to product specs.	100 Servings	100 each

Nutrients Per Serving							
Calories	244 kcal	Saturated Fat	0.55 g	Iron	3.67 mg	% of calories from fat	16.50%
Protein	11.95 g	Cholesterol	0 g	Calcium	117 mg	% of calories from saturated fat	2.58%
Carbohydrate	44.52 g	Vitamin A	22 mcg	Sodium	595 mg	% of calories from sugar	23.73%
Total Fat	2.7 g	Vitamin C	8.97 mg	Dietary Fiber	5.46 g		

Notes: Equipment list: stockpot, mixer. HACCP: 2)PHF-Same Day Service.

Equipment list: stockpot, mixer. Recipe adapted from John Cadman, Haiku Elementary, Makawao, Hawaii.



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