



Salisbury Steak

USDA Recipe for CACFP

Salisbury Steak is lean ground turkey and beef combined with fresh vegetables and crushed tomatoes and spices, and then baked.

CACFP CREDITING INFORMATION
 1 steak provides 1.75 oz equivalent meat.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	2 oz	¼ cup	4 oz	½ cup	1 Gravy: Melt margarine in a large stock pot. 2 Add flour. Cook uncovered over medium heat for 8–10 minutes. Stir frequently until golden brown. Recommend to cook in batches of 25. 3 Add mushrooms, tomatoes, onion powder, ½ tsp pepper, and ½ tsp salt. Cook for 2 minutes.
Whole-wheat flour	2½ oz	½ cup 1 Tbsp	5 oz	1 cup 2 Tbsp	
*Mushrooms, fresh, diced	2 oz	½ cup 1 Tbsp	4 oz	1 cup 2 Tbsp	
Tomatoes, crushed, canned, no-salt-added	4 oz	½ cup	8 oz	1 cup	
Onion powder		1 tsp		2 tsp	
Black or white pepper, ground		1¼ tsp		2½ tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		2½ tsp		1 Tbsp 2 tsp	
Chicken stock, low-sodium		1 qt ¼ cup		2 qt ½ cup	4 Slowly add chicken stock, and bring to a boil. Reduce heat to medium.
Dijon mustard		1 Tbsp		2 Tbsp	5 Add dijon mustard, stirring constantly until thickened. Set aside for step 13.
					6 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
Ground turkey, raw (no more than 15% fat)	2 lb 6 oz	1 qt ¾ cup	4 lb 12 oz	1 qt 1½ cup	8 Pour remaining salt, remaining pepper, ground turkey, ground beef, oats, egg whites, beef broth, dry milk, onions, and parsley into a commercial mixer (batch as needed). Using a paddle attachment, mix on low speed for 4 minutes. DO NOT OVERMIX.
Ground beef, raw (no more than 15% fat)	1 lb 10 oz	¾ cup	3 lb 4 oz	1 qt 2½ cup	
Oats, rolled, dry	7 oz	2⅔ cup	14 oz	1 qt 1⅓ cup	
Egg whites	4 oz	½ cup	8 oz	1 cup	
Beef broth, low-sodium		½ cup		1 cup	
Instant nonfat dry milk		3 Tbsp	3 oz	¼ cup 2 Tbsp	
*Onions, fresh, chopped	6 oz	1 cup, 2½ Tbsp	12 oz	2¼ cup 1 Tbsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Parsley, dried		1/8 cup		1/4 cup	<p>9 Using a No. 10 scoop, portion 1/4 cup 3 Tbsp (about 4 oz) meat patties onto a sheet pan (18" x 26" x 1"). Flatten 25 meat patties into oval patties in each pan. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>10 Bake: Conventional oven: 350 °F for 25–30 minutes. Convection oven: 300 °F for 15–25 minutes.</p> <p>11 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p>12 Transfer steaks to a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> <p>13 Pour 1 qt (about 1 lb 11 oz) gravy over each pan.</p> <p>14 Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p>15 Serve one steak.</p>



NUTRITION INFORMATION

For 1 steak.

NUTRIENTS	AMOUNT
Calories	141
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	28mg
Sodium	323 mg
Total Carbohydrate	10 g
Dietary Fiber	1 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	8 IU
Calcium	36 mg
Iron	1 mg
Potassium	155 mg

N/A = data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	7 oz	14 oz
Mushrooms	3 oz	6 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 7 lb 1 oz	About 14 lb 2 oz
About 3 qt 2 1/8 cup/25 steaks	About 1 gal 3 qt 1/4 cup/50 steaks

