



# Sloppy Joe on a Roll

## USDA Recipe for CACFP

Our Sloppy Joe on a Roll features a truly delectable combination of lean ground turkey and lean ground beef cooked in a flavorful tomato sauce featuring green onions and spices. All this nutritious deliciousness is served on a whole grain roll.

### CACFP CREDITING INFORMATION

1 sandwich provides 2 oz equivalent meat/meat alternate, ¼ cup vegetable, and 1.75 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground beef, raw (no more than 10% fat)	1 lb 12 oz	3½ cups	3 lb 8 oz	1 qt 3 cups	<b>1</b> Place ground turkey and ground beef in a large stock pot. Heat uncovered over high heat for 5–8 minutes. Stir often until meat is well done.
Ground turkey, raw (no more than 15% fat)	3 lb	1 qt 2 cups	6 lb	3 qt	
					<b>2</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>3</b> Remove meat from heat. Drain beef and turkey in a colander. Return meat to heat.
*Onions, fresh, chopped	5 oz	1 cup	10 oz	2 cups	<b>4</b> Add onions, garlic powder, dry mustard, pepper, and sugar. Cook uncovered over medium–high heat for 1–2 minutes, stirring occasionally.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		1½ tsp		1 Tbsp	
Dry mustard		1 Tbsp		2 Tbsp	
Black or white pepper, ground		½ tsp		1 tsp	
Brown sugar		⅛ cup 1 Tbsp	3 oz	¼ cup 2 Tbsp	
Water		1 cup		2 cups	<b>5</b> Add water, vinegar, catsup, and tomato paste. Stir well. Heat uncovered over medium–high heat for 1–2 minutes.
White vinegar		½ cup 1 Tbsp		1 cup 2 Tbsp	
Catsup	14½ oz	1⅓ cups 1¼ tsp	1 lb 13 oz	2⅔ cups 2½ tsp	
Canned no-salt-added tomato paste	14 oz	1½ cups ⅔ tsp (⅛ No. 10 can)	1 lb 12 oz	3 cups 1⅓ tsp (¼ No. 10 can)	
*Green onions, fresh, tops and bottoms, chopped	2 oz	¼ cup 2¼ tsp	4 oz	½ cup 1 Tbsp 1½ tsp	<b>6</b> Reduce heat to medium. Add green onions. Simmer uncovered for 5–10 minutes.
					<b>7</b> Pour 2 qt 2 cups (5 lb 3 oz) sloppy joe mixture into a steam table pan (12" x 20" x 2½"). Set aside for step 9.  For 25 servings, use 1 pan. For 50 servings, use 2 pan.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Whole-grain hamburger buns (at least 1.8 oz each)	2 lb 13 oz	25 each	5 lb 10 oz	50 each	<p><b>8</b> Place bottom half of each bun on a sheet pan (18" x 26" x 1").</p> <p>For 25 servings, use 2 pans. For 50 servings, use 4 pans.</p>
					<p><b>9</b> Using a No. 12 scoop, portion 1/3 cup 2 1/2 tsp (about 3 oz) sloppy joe mixture onto bottom half of each bun.</p>
					<p><b>10</b> Place top half of bun on top of each sandwich.</p>
					<p><b>11</b> Critical Control Point: Hold for hot service 140 °F or higher.</p>
					<p><b>12</b> Serve 1 sandwich.</p>



## NUTRITION INFORMATION

For 1 sandwich.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>260</b>
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<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	40 mg
<b>Sodium</b>	<b>420 mg</b>
<b>Total Carbohydrate</b>	<b>32 g</b>
Dietary Fiber	2 g
Total Sugars	11 g
Added Sugars included	N/A
<b>Protein</b>	<b>17 g</b>
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Vitamin D	3 IU
Calcium	99 mg
Iron	4 mg
Potassium	430 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature yellow onions	6 oz	12 oz
Mature green onions	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 5 lb 3 oz	About 10 lb 6 oz
About 2 qt 2 <sup>1</sup> / <sub>3</sub> cups/25 sandwiches	About 1 gal 1 qt <sup>3</sup> / <sub>4</sub> cup/50 sandwiches