



# Barbecued Turkey on a Roll

## USDA Recipe for Schools

Our Barbecued Turkey on a Roll recipe is ground turkey simmered in a zesty barbecue sauce and served on a whole-grain bun.

### NSLP/SBP CREDITING INFORMATION

1 sandwich provides 2 oz equivalent meat, 1/8 cup red/orange vegetable, and 1.75 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey, ground (no more than 10% fat)	10 lb	1 gal 1 qt	20 lb	2 gal 2 qt	<ol style="list-style-type: none"> <li>Place ground turkey in a large stock pot. Heat uncovered over high heat for 5–8 minutes. Stir often until meat is well done.</li> <li>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>Remove meat from heat. Drain turkey in a colander. Set aside for step 5.</li> </ol>
*Onions, fresh, chopped	1 lb 6 oz	1 qt	2 lb 12 oz	2 qt	
					<ol style="list-style-type: none"> <li>In a large stock pot, add onions, brown sugar, catsup, pepper, cayenne pepper, granulated garlic, soy sauce, vinegar, dry mustard, and tomato paste. Stir well. Bring to a boil. Reduce to medium heat. Simmer uncovered for 8–10 minutes.</li> </ol>

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown sugar	6 oz	1 cup	12 oz	2 cups	
Catsup	2 lb 11 oz	1 qt	5 lb 6 oz	2 qt	
Pepper, black or white, ground		1½ tsp		1 Tbsp	
Cayenne pepper		¼ tsp		½ tsp	
Garlic, granulated		1½ tsp		1 Tbsp	
Soy sauce, low-sodium		¼ cup		½ cup	
Vinegar, white		1 cup		2 cups	
Mustard, dry		3 Tbsp		¼ cup 2 Tbsp	
Tomato paste, canned, no-salt-added	1 lb	1½ cup 3 Tbsp 2 tsp (approx. ⅛ No. 10 can)	2 lb	3¼ cup 3 Tbsp 1 tsp (approx. ¼ No. 10 can)	
					<b>5</b> Add ground turkey. Simmer uncovered over low heat for 10–12 minutes.
					<b>6</b> Pour 3 qt 2 cups (about 5 lb 12 oz) turkey mixture into a steam table pan (12" x 20" x 2½"). Set aside for step 8.  For 50 servings, use 2 pans. For 100 servings, use 4 pans.





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Hamburger bun, whole-grain, (minimum 1½ oz each)	5 lb 10 oz	50 each	11 lb 4 oz	100 each	<p><b>7</b> Place bottom half of each bun on a sheet pan (18" x 26" x 1").</p> <p>For 50 servings, use 4 pans. For 100 servings, use 8 pans.</p>
					<p><b>8</b> Using a No. 8 scoop, portion ½ cup (about 3.6 oz) barbecued turkey mixture onto bottom half of each bun.</p>
					<p><b>9</b> Place top half of bun on top of each sandwich.</p>
					<p><b>10</b> Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p><b>11</b> Serve 1 sandwich.</p>



## NUTRITION INFORMATION

For 1 sandwich.

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>310</b>
<b>Total Fat</b>	<b>7 g</b>
Saturated Fat	1 g
Cholesterol	43 mg
<b>Sodium</b>	<b>343 mg</b>
<b>Total Carbohydrate</b>	<b>43 g</b>
Dietary Fiber	4 g
Total Sugars	15 g
Added Sugars included	N/A
<b>Protein</b>	<b>19 g</b>
Vitamin D	56 IU
Calcium	167 mg
Iron	4 mg
Potassium	323 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 10 oz	3 lb 4 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

50 Servings	100 Servings
About 11 lb 8 oz	About 23 lb
About 1 gal 1 qt 3 cup/50 sandwiches	About 2 gal 3 qt 2 cup/100 sandwiches