



# Ground Turkey and Beef Stroganoff

## USDA Recipe for Schools

This Ground Turkey and Beef Stroganoff has lean ground turkey and beef mixed with fresh vegetables and a flavorful sauce.

### NSLP/SBP CREDITING INFORMATION

$\frac{3}{4}$  cup (6 fl oz spoodle) provides 2 oz equivalent meat and  $\frac{1}{4}$  cup red/orange vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw ground turkey (no more than 15% fat)	5 lb	2 qt 2 cups	10 lb	1 gal 1 qt	<b>1</b> Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5–8 minutes. Stir often until meat is well done.
Raw ground beef (no more than 15% fat)	4 lb	2 qt	8 lb	1 gal	<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.
Whole-wheat flour	8 oz	1 $\frac{3}{4}$ cups 2 tsp	1 lb	3 $\frac{1}{2}$ cups 1 Tbsp 1 tsp	<b>4</b> Add flour, bell peppers, onions, carrots, garlic powder, parsley, salt, and pepper.  Stir well combine.  Cook uncovered over low–medium heat for 5 minutes.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh red bell peppers, diced	2 lb 4 oz	1 qt 2 <sup>2</sup> / <sub>3</sub> cups 1 Tbsp 1 tsp	4 lb 8 oz	3 qt 1 <sup>1</sup> / <sub>3</sub> cups 2 Tbsp 2 tsp	
*Fresh onions, chopped	1 lb 12 oz	1 qt 1 <sup>1</sup> / <sub>2</sub> cups	3 lb 8 oz	2 qt 3 cups	
*Fresh carrots, shredded	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups	
Garlic powder		1 <sup>1</sup> / <sub>2</sub> tsp		1 Tbsp	
Dried parsley		<sup>1</sup> / <sub>4</sub> cup 1 Tbsp 1 tsp		<sup>1</sup> / <sub>2</sub> cup 2 Tbsp 2 tsp	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Fat-free half and half		1 gal		2 gal	<b>5</b> Add half and half and milk.
Low-fat (1%) milk		2 cup		1 qt	<b>6</b> Bring to a boil. Reduce heat and simmer uncovered for 40–45 minutes.
					<b>7</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>8</b> Pour 1 gal 1 cup (about 8 lb 10 oz) into a half steam table pan (12" x 10" x 2 <sup>1</sup> / <sub>2</sub> ").  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>9</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>10</b> Portion with 6 fl oz spoodle ( <sup>3</sup> / <sub>4</sub> cup).



## NUTRITION INFORMATION

For ¾ cup (6 fl oz spoodle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>159</b>

<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	2 g
Cholesterol	36 mg
<b>Sodium</b>	<b>304 mg</b>
<b>Total Carbohydrate</b>	<b>14 g</b>
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	N/A
<b>Protein</b>	<b>16 g</b>
Vitamin D	4 IU
Calcium	97 mg
Iron	1 mg
Potassium	327 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb	4 lb
Red bell peppers	2 lb 14 oz	5 lb 12 oz
Carrots	1 lb 4 oz	2 lb 8 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 17 lb 4 oz	About 34 lb 8 oz
About 2 gal 2½ cups/2 half steam table pans (12" x 10" x 2½")	About 4 gal 1 qt 1 cup/4 half steam table pans (12" x 10" x 2½")