



Salisbury Steak

USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

1 steak provides 1.75 oz equivalent meat.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	4 oz	½ cup	8 oz	1 cup	1 Gravy: Melt margarine in a large stock pot.
Whole-wheat flour	5 oz	1 cup 2 Tbsp	10 oz	2¼ cups	2 Add flour. Cook uncovered over medium heat for 8–10 minutes. Stir frequently until golden brown. Recommend to cook in batches.
*Mushrooms, fresh, diced	4 oz	1 cup 2 Tbsp	8 oz	2¼ cups	3 Add mushrooms, tomatoes, onion powder, ½ tsp pepper, and ½ tsp salt. Cook for 2 minutes.
Tomatoes, crushed, canned, no-salt-added	8 oz	1 cup	1 lb	2 cups (about ⅛ No. 10 can)	
Onion powder		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black or white pepper, ground		2½ tsp		1 Tbsp 2 tsp	
Salt		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Chicken stock, low-sodium		2 qt ½ cup		1 gal 1 cup	4 Slowly add chicken stock, and bring to a boil. Reduce heat to medium.
Dijon mustard		2 Tbsp	2⅔ oz	¼ cup	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 135 °F or higher.
Ground turkey, raw (no more than 15% fat)	4 lb 12 oz	1 qt 1½ cups	9 lb 18 oz	2 qt 3 cups	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)	3 lb 4 oz	1 qt 2½ cups	6 lb 8 oz	3 qt 1 cup	
Oats, rolled, dry	14 oz	1 qt 1⅓ cups	1 lb 12 oz	2 qt 2⅔ cups	
Egg whites	8 oz	1 cup	1 lb	2 cups	
Beef broth, low-sodium		1 cup		2 cups	
Instant nonfat dry milk	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onions, fresh, chopped	12 oz	2¼ cups 1 Tbsp	1 lb 8 oz	1 qt ½ cup 2 Tbsp	
Parsley, dried		¼ cup		½ cup	<p>9 Using a No. 10 scoop, portion ¼ 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.</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 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 2½").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 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 135 °F or higher.</p>
					<p>15 Serve one steak.</p>



NUTRITION INFORMATION

For 1 steak.

NUTRIENTS	AMOUNT
Calories	141
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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
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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	50 Servings	100 Servings
Mature onions	14 oz	1 lb 12 oz
Mushrooms	6 oz	12 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 14 lb 2 oz	About 28 lb 4 oz
About 1 gal 3 qt ¼ cup/50 steaks	About 3 gal 2 qt ½ cup/100 steaks

