

SLOPPY JOES

Meat/Meat Alternate-Grains/Breads-Main Dishes

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh onions, chopped		3 C		1½ qt	<ol style="list-style-type: none"> Heat vegetable oil in a stockpot on medium-high heat. Sauté onion, green pepper, and garlic in oil until tender, about 5 minutes. Stir in tomato sauce, Italian seasoning, soy sauce, salt, and pepper; heat to boiling. Reduce heat and simmer covered, 10 minutes. Measure half of the beans into mixer bowl; mix with paddle until lightly mashed. Add whole and mashed beans to stockpot. Rinse TVP in cold water; add to stockpot with tomatoes, corn, and barbecue sauce. Simmer, covered, 10 minutes; uncover and cook until desired consistency, 10 to 20 minutes. Use No. 8 scoop (½ cup) to spoon mixture into each bun.
Green pepper, chopped		1 C		2 C	
Garlic, minced		2 T		4 T	
Vegetable oil		2 T		4 T	
Tomato sauce		1½ qt (½ #10 can)		3 qt (1 #10 can)	
Italian seasoning		1 T		2 T	
Soy sauce		2 T		4 T	
Salt		2 tsp		½ T	
Pepper		2 tsp		1 T	
Pinto or kidney beans, canned, rinsed, drained		3 qt (1 #10 can)		1½ gal (2 #10 cans)	
TVP (textured vegetable protein)	1 lb		2 lb		
Tomatoes, canned, diced, undrained		1½ qt		3 qt	
Whole kernel corn, canned, drained		2 C		1 qt	
Barbecue sauce		1 qt		2 qt	
Hamburger buns		50 each		100 each	

Serving	Yield	Volume
1 bun with ½ cup bean mixture	50 Servings:	50 each
Each serving provides 2 ounces equivalent meat/meat alternate and 2 servings grains/breads.	100 Servings:	100 each

Nutrients Per Serving					
Calories	250 kcal	Saturated Fat	0.6 g	Iron	4 mg
Protein	12 g	Cholesterol	0 mg	Calcium	124 mg
Carbohydrate	45 g	Vitamin A	204 IU	Sodium	786 mg
Total Fat	2.9 g	Vitamin C	8 mg	Dietary Fiber	6 g

Notes

Equipment list: stockpot, mixer. Recipe adapted from John Cadman, Haiku Elementary, Makawao, Hawaii.

