

Beef Paprikash

Component: Meat/ vegetable (extra)

Recipe Category: Main dish

Recipe #

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Beef crumbles, pre-cooked OR Ground beef, raw, no more than 10% fat	7 lb 8 oz OR 8 lb 5 oz				<p>1. If using pre-cooked beef crumbles go to step #2. Brown ground beef.</p> <p>2. Add onions and red peppers to cooked beef. Simmer for 4– 5 minutes or until the onions become translucent.</p> <p>3. Add the diced tomatoes, crushed tomatoes, and dry seasonings. Mix to incorporate. Combine the beef base and water to create beef stock. Add to the mixture. Season with paprika and black pepper. Bring to a simmer and cook 15-20 minutes.</p> <p>CCP: Cook until a minimum internal temperature of 165°F has been reached for 15 seconds.</p> <p>Whisk cornstarch and second listed water into a smooth liquid. While stirring the beef mixture, add cornstarch mixture. Simmer for 5 minutes. Remove from heat and stir in the sour cream. DO NOT COOK (sour cream will separate and dish will become watery).</p> <p>CCP: Hold hot for service at 135°F or above.</p>
Onions, raw, chopped	3 1/8 lb				
Peppers, sweet, red, raw	6 1/4 lb				
Tomatoes, canned, diced, low sodium	3 1/8 lb				
Tomatoes, concentrated crushed, low sodium	1 1/2 lb				
Garlic powder (adjust down as needed)		1/4 cup			
Caraway seeds		3 Tbsp			
Thyme leaf, dried whole		1/8 cup			
Beef base (dry), reduced sodium	2 oz				
Water		1 qt 1 cup			
Paprika	5 oz				
Black pepper, ground		3/4 tsp			
Sour cream, reduced fat	4 lb				
Cornstarch		1/3 cup			
Water		1/3 cup			

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Notes:

Alternative method: Add the cornstarch and the second listed water to the beef mixture to thicken. Serve the sour cream on the side at the time of service.

Serving: 1 cup provides 2 oz meat, 5/8 cup vegetable

1-2 years: 1/2 cup

3-5 years: 3/4 cup

6-18 years: 1 cup

Nutrients Per Serving

Calories	276	Saturated Fat	6.66	Iron	3.08 mg
Protein	20.84	Cholesterol	75.30	Calcium	116.74 mg
Carbohydrate	14.62	Vitamin A	169 RAE	Sodium	151 mg
Total Fat	14.87	Vitamin C	77.10	Dietary Fiber	3.58 mg