

Sloppy Farmer Joes

Fall

Winter

Spring

Summer

NUTRITION INFORMATION

SERVING SIZE: 1 sandwich

Amount per Serving

Calories	338 kcal
Protein	21.64 g
Carbohydrate	31.62 g
Total Fat	14.02 g
Saturated Fat	4.76 g
Cholesterol	57.63 mg
Vitamin A	435.25 IU
Vitamin C	12.20 mg
Iron	7.02 mg
Calcium	70.47 mg
Sodium	796.30 mg
Dietary Fiber	3.47 g

EQUIVALENTS: 1 sandwich provides
2 oz equiv meat/meat alternate,
¼ cup other vegetable and 2 oz equiv
WGR grain.

Recipe HACCP Process: #2 Same Day Service

"Awesome!

Because they are sloppy
meat, and my name's Joe!"

— STUDENT

Sloppy Farmer Joes • 50 servings (1 sandwich)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Onions	2 lb		1 Trim and peel onions. Cut into 1-inch pieces.	<ul style="list-style-type: none">You can use 6 lb 4 oz cooked meat in place of the raw.If you use leaner beef, add oil to cook as necessary.
Sweet bell peppers (any color)	1 lb		2 Stem, core and seed peppers. Cut into 1-inch pieces.	
Celery	1 lb		3 Trim celery and cut into 1-inch pieces.	
Ground beef, 80% lean	8 lb 8 oz		4 Cook beef and water in 30-gal steam kettle or tilt skillet on high heat, stirring occasionally to break up the meat, until no longer pink, 25 to 30 minutes. Drain the cooked beef. Set aside.	
Water		2 cups		
Mushrooms, white button	1 lb 8 oz		5 Meanwhile, in batches, pulse the onions, peppers, celery and mushrooms in a food processor fitted with a steel blade until chopped into ¼-inch pieces, 6 to 8 pulses per batch. (Alternatively, do this step by hand).	
Vegetable oil	1.75 oz	¼ cup	6 Add the chopped vegetables and oil to the kettle or tilt skillet. Cook, covered, over high heat, stirring occasionally, until soft, about 10 minutes.	
Low-sodium tomato sauce	3 lb 4 oz	1 qt + 1 cup	7 Reduce heat to low. Stir in tomato sauce, vinegar, tomato paste, sugar, Worcestershire sauce, garlic powder, onion powder, mustard, pepper and salt. Add the beef and stir well to combine. Cook until heated through, 10 to 20 minutes.	
Cider vinegar	1 lb	2 cups		
Tomato paste	12 oz	1½ cups		
Brown sugar	8 oz	1 cup (packed)		
Worcestershire sauce	4 oz	½ cup		
Garlic powder		¼ cup		
Onion powder		¼ cup		
Ground mustard seed		2 Tblsp		
Ground black pepper		2 Tblsp		
Kosher salt		1 Tblsp		
			8 Transfer to a large mixing bowl. Stir the mixture in standing mixer fitted with paddle attachment until crumbled and thoroughly combined, 5 to 10 minutes on low speed.	
Whole-grain buns (2 oz equiv each)		50 each	9 Serve 3-ounce portions on buns.	