

Barbecued Beef or Pork on Roll

Meat-Vegetable-Grains/Breads

Sandwiches

F-08

Ingredients	24 Servings		48 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat) OR Raw ground pork (no more than 20% fat)	3 lb 5 oz		6 lb 10 oz		1. Brown ground beef or pork. Drain. Continue immediately.
	OR		OR		
	3 lb 5 oz		6 lb 10 oz		2. Add onions, celery, granulated garlic, catsup, tomato paste, vinegar, brown sugar, dry mustard, pepper, cayenne pepper, and stock. Bring to boil. Reduce heat and simmer, uncovered, for 10-15 minutes, stirring frequently. CCP: Heat to 160° F or higher.
*Fresh onions, chopped OR Dehydrated onions	4 oz	$\frac{3}{8}$ cup OR $\frac{1}{4}$ cup 2 Tbsp	8 oz	1 $\frac{1}{3}$ cups OR $\frac{3}{4}$ cup	
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	3. CCP: Hold for hot service at 140° F or warmer. Using a No. 10 scoop ($\frac{3}{8}$ cup), portion meat mixture onto bottom half of each roll. Top with other half of roll. Cut each sandwich in half. Portion is $\frac{1}{2}$ sandwich.
Granulated garlic		$\frac{1}{4}$ tsp		$\frac{1}{2}$ tsp	
Catsup	9 oz	1 cup	1 lb 2 oz	2 cups	
Canned tomato paste	5 oz	$\frac{1}{2}$ cup 1 $\frac{1}{2}$ tsp ($\frac{3}{8}$ 12 oz can plus 1 Tbsp)	10 oz	1 cup 1 Tbsp ($\frac{3}{4}$ 12 oz can plus 2 Tbsp)	
White vinegar		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	
Brown sugar, packed		1 Tbsp		2 Tbsp	
Dry mustard		1 $\frac{1}{2}$ tsp		1 Tbsp	
Ground black or white pepper		$\frac{1}{2}$ tsp		1 tsp	
Cayenne pepper		$\frac{1}{8}$ tsp		$\frac{1}{4}$ tsp	
Beef stock, non-MSG OR Pork stock, non-MSG		2 $\frac{1}{2}$ cups OR 2 $\frac{1}{2}$ cups		1 qt 1 cup OR 1 qt 1 cup	
Enriched hamburger rolls (at least 1.8 oz each)		12 each		24 each	

Barbecued Beef or Pork on Roll

Meat-Vegetable-Grains/Breads

Sandwiches

F-08

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	24 Servings	48 Servings
Mature onions	5 oz	10 oz
Celery	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
<p>½ sandwich provides 1 ½ oz of cooked lean meat, ⅛ cup of vegetable, and the equivalent of 1 slice of bread.</p>	<p>24 Servings: 4 lb 10 oz (filling)</p>	<p>24 Servings: 2 quarts 1 ⅔ cups (filling) 24 sandwiches</p>
	<p>48 Servings: 9 lb 4 oz (filling)</p>	<p>48 Servings: 1 gallon 3 ⅓ cups (filling) 48 sandwiches</p>
<p>Tested 2004</p>		

Nutrients Per Serving			
Calories	210	Saturated Fat	3.74 g
Protein	14.87 g	Cholesterol	41 mg
Carbohydrate	16.47 g	Vitamin A	266 IU
Total Fat	9.24 g	Vitamin C	5.5 mg
		Iron	2.23 mg
		Calcium	51 mg
		Sodium	310 mg
		Dietary Fiber	1.1 g