

Hamburger Casserole 300rev

Number of Servings: 300 (281.36 g per serving)

Amount	Measure	Ingredient
7 1/2	qt	Rice, brown, med grain, dry
7 1/2	gal	Water, tap, municipal
60.00	lb	Beef, ground, hamburger, pan browned, 10% fat
18.00	lb	Soup, cream of mushroom, cond, cnd
5.00	cup	Sauce, soy, light
3 1/4	cup	Sugar, brown, packed
30.00	lb	Snap Beans, green, all types, fzn
7 1/2	qt	Celery, fresh, diced
7 1/2	qt	Onion, white, fresh, chpd

Nutrients per serving

Nutrition Facts	
Serving Size (281g)	
Servings Per Container	
Amount Per Serving	
Calories 270	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 390mg	16%
Total Carbohydrate 25g	8%
Dietary Fiber 3g	12%
Sugars 5g	
Protein 21g	
Vitamin A 6%	• Vitamin C 10%
Calcium 4%	• Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Brown lean ground beef in pan; add chopped onion and diced celery and rice. Add water and bring to a boil. Turn off heat and add mushroom soup, frozen green beans, brown sugar and soy sauce. Mix well, cover pan(s) with foil and place in oven preheated to 350 degrees. Bake for 2 hours or until rice is done. For larger quantities Bake at 400 degrees.

Serve 1 cup/serving = 1 1/2 carb serving

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Cooking :

- Cook to an internal temperature of 155 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :

- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Storing :

- Store refrigerated left overs at an internal temperature of 32 - 36 F.

Serve 1 cup serving (2 #8 scoops OR 1 8 oz ladle

1 serving = 1 1/2 carb serving

(includes grain, meat and vegetable serving)

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