

# Sierra Beef or Chicken or Turkey300

Number of Servings: 300 (261.41 g per serving)

Amount	Measure	Ingredient
51.00	lb	Turkey, ground, 7% fat, raw
4 1/2	gal	Celery, fresh, diced
4.00	gal	Soup, cream of mushroom, rducd sod, cond, cnd
4.00	gal	Water, tap, municipal
6.00	gal	Rice, white, long grain, enrich, inst
1 1/8	cup	Herb, parsley, dried
6 1/4	qt	Sour Cream, light

## Nutrients per serving

Nutrition Facts	
Serving Size (261g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 70</b>
% Daily Value*	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol 55mg</b>	<b>18%</b>
<b>Sodium 300mg</b>	<b>13%</b>
<b>Total Carbohydrate 35g</b>	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 2g	
<b>Protein 19g</b>	
Vitamin A 4%	• Vitamin C 2%
Calcium 4%	• Iron 20%
*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

Saute meat (can use ground turkey, beef or chicken) and celery in sprayed pan for 8-10 minutes. Stir in soup and water. Add rice and parsley flakes. Mix well to combine. Lower heat, cover and simmer for 6-8 minutes or until rice is tender, stirring occasionally. Stir in sour cream. Continue simmering for 2-3 minutes, stirring occasionally. Serve 1 cup per serving (8 oz).

1 serving = 8 oz = 2 carb servings

### Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

### Cooking :

- Cook to an internal temperature of 165 F for 15 seconds.

### Holding :

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