

Homemade Pizza72

Number of Servings: 72 (302 g per serving)

Amount	Measure	Ingredient
4 1/2	qt	Flour, bread, wheat, unbleached, enrich
9.00	cup	Flour, whole wheat, whole grain
2 1/4	tsp	Salt, table, iodized
9.00	Tbs	Honey, strained/extracted
9.00	Tbs	Yeast, baker's, dry active
3.00	qt	Water, tap, municipal
72.00	svg	Cooking Spray, butter flvr, 1/3 sec spray
1.00	cup	Cornmeal, yellow, whole grain
3 3/4	qt	Sauce, spaghetti, traditional, cnd
4 1/2	qt	Cheese, mozzarella, low moist, part skim, shredded
10.00	lb	Beef, ground, hamburger, pan browned, 10% fat
4 1/2	qt	Onion, white, fresh, chpd
4 1/2	qt	Peppers, bell, green, sweet, fresh, chpd
9.00	cup	Mushrooms, brown, fresh

Nutrients per serving

Nutrition Facts	
Serving Size (302g)	
Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 510mg	21%
Total Carbohydrate 49g	16%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 28g	
Vitamin A 10%	• Vitamin C 60%
Calcium 25%	• Iron 25%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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Instructions

Those of you that have made bread before know the amount of flour to water is until it "feels" right. This is made in a breadmaker so if you are making it in a bowl and on a bread board you will need to flour the board and dough when you start kneading it

Mix flours, salt, honey, yeast and water together/knead into a soft dough. Let rise in warm place 1 1/2 hours.
Spray 12"-18" pan (for each 8 servings) well with nonstick spray. Sprinkle commmeal on pan over nonstick spray.
Preheat oven to 400 degrees.

Food Handling :

- 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.

Brown ground beef just prior to needing it for pizza. Dice vegetables, mushrooms must be fresh or UNSALTED canned & drained. Vegetables can be changed to meet likes of participants. ie, if some do not like green pepper, green pepper can be left off part of the pizza and more mushrooms added.

Pour raised dough onto sprayed pan(s). Use sprayed gloves to spread dough to sides of pan(s). Spread spaghetti sauce evenly onto pizza crust dough. Sprinkle with browned granules of ground beef and diced vegetables and then sprinkle with shredded cheese.

Bake at 400 degrees approximately 20 minutes. Make sure at least 1/2 the time the pan(s) are on the bottom rack so the crust browns nicely on the bottom of the pizza.

Cut each 13X18" pan into 8 servings. Each serving = 3 CS
Each serving = 2 grain, 1 vegetable and 2+ oz meat/protein