


# Garden Sloppy Joes

 Cooking time: 25 minutes  
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ½ cup Vegetable, 1 ounce equivalent Meat/Meat Alternate, 2 ounces Grains

NSLP: ¼ cup Red/Orange Vegetable, ¼ cup Other Vegetable,  
1 ounce equivalent Meat/Meat Alternate, 2 ounces Grains

SFSP: ½ cup Vegetable, 1 ounce equivalent Meat/Meat Alternate, 2 ounces Grains

Ingredients	10 Servings		20 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		1½ teaspoon		1 Tablespoon
Onions, chopped	8 ounces	2 cups	1 pound	1 quart
Green pepper, chopped	5 ounces	1½ cups	10 ounces	3 cups
Carrot, grated	3 ounces	½ cup	6 ounces	1 cup
Ground beef (90% lean)	1 pound		2 pounds	
Tomato sauce	8 ounces	1 cup	1 pound	2 cups
Crushed tomatoes	15 ounces	1¾ cups	1 pound 14 ounces	3½ cups
Fresh mushrooms, chopped	8 ounces	3¼ cups	1 pound	1 quart + 2½ cups
Barbecue sauce		1 cup		2 cups
Whole wheat burger buns (56 grams is 2 ounce equivalents)		10		20



## Directions

1. Heat a large saucepan over medium heat. Add the vegetable oil, onions, green peppers, and grated carrot. Sauté, stirring, until just softened, about 3 minutes.
2. Add the ground beef to the saucepan and break apart with a spoon or spatula. Increase the heat to medium-high and continue to cook until the beef browns slightly and there is no more visible pink beef.
3. Add the tomato sauce, crushed tomatoes, mushrooms and barbecue sauce. Bring to a low boil, then reduce the heat to a simmer. Continue to simmer for 15–20 minutes, stirring occasionally.  
CCP: Heat to 165°F or higher for at least 15 seconds.
4. Transfer the cooked filling to a pan for holding and service.  
CCP: Hold for hot service at 135°F or higher.  
Use a #8 scoop to portion ½ cup of filling into each sandwich.

*continues*

## Garden Sloppy Joes, continued

Serving	Yield	Volume
1 sandwich	10 Servings: about 3½ pounds 20 Servings: about 7 pounds	10 Servings: about 5 cups filling 20 Servings: about 10 cups filling

Nutrients Per Serving					
Calories	269	Sodium	453 mg	Vitamin A	1775 IU
Total Fat	7.5 g	Carbohydrate	36 g	Vitamin C	19 mg
Saturated Fat	1.9 g	Dietary Fiber	5 g	Iron	3 mg
Cholesterol	29 mg	Protein	17 g	Calcium	72 mg