

Recipe Name: Sweet Potato Beef Mash-Up

Recipe Source: Kansas Beef Council

Food Based Standardized Recipe Form

Ingredients	100 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (80% lean)	12 lb		6 lb		<p>Preheat oven to 375°F. Peel and dice sweet potatoes into ½-inch cubes. Combine potatoes, half the taco seasoning and oil in large bowl. Toss to coat. Place in single layer on sheet pans. Roast in preheated oven 30 minutes or until tender and lightly browned; stirring and rotating halfway through. *</p> <p>Meanwhile, brown ground beef and onions, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature reaches 160°F*. Drain beef. Stir in remaining taco seasoning and water. Simmer, stirring occasionally. *</p> <p>Combine beef mixture with potato mixture; mix well.</p> <p>CCP: Heat to 160°F or higher for 15 seconds. CCP: Hold hot for service at 135°F or higher.</p> <p>Portion 1 cup (#5 scoop).</p> <p>Combine yogurt and hot sauce in bowl.</p> <p>CCP: Hold at 41°F or below for cold service.</p> <p>Top with about 1 tablespoon (#70 scoop) yogurt mixture. Garnish with cilantro, as desired. *</p> <p>Components: 2 oz eq M/MA; 0.75 cup</p>
Potatoes, Fresh, Sweet	32 lb		16 lb		
Seasoning Mix, Taco, divided		3 cups		1-1/2 cups	
Oil, vegetable		3 cups		1-1/2 cups	
Onions, chopped	6 lb		3 lb		
Water, plus additional as needed		3 cups		1-1/2 cups	
Yogurt, Nonfat plain or Greek		6 cups		3 cups	
Sauce, Hot Pepper		½ - 1 cup		1/4-1/2 cup	
Cilantro, Fresh, Chopped (optional garnish)	As needed		As needed		

Vegetables (0.5 cup Red/Orange Sub-Group and 0.25 "Additional Veggies" Sub-Group)

Serving Size: 1 cup

HACCP Process: 2

* Cooking instructions are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

* Cook's Tip
Roast potatoes in convection oven at 400°F; conventional oven 425°F.

* Serving Suggestions
Beefy Sweet Potato Hash can also be served in whole grain tortillas. Portion 1 cup (three #8 scoops) into 1 tortilla (6 to 7 inch diameter) per serving. Top with about 1 tablespoon yogurt mixture. Garnish with cilantro, as desired.

Provides: Yield: 50 servings: Serving Size: 239.0 gm (Weight or Volume)

100 servings: Serving Size: 239.0 gm (Weight or Volume)

Nutrients per Serving

Calories	303	Dietary Fiber	5.1 gm	Vitamin B12	1.1 mcg
Protein	14.0 gm	Total Sugar (not added sugar)	7.9 gm	Iron	2.1 mg
Carbohydrate	33.0 gm	Cholesterol	33.0 mg	Vitamin B6	0.5 mg
Fat	13.2 gm	Sodium	222.0 mg	Selenium	10.2 mcg
Saturated Fat	3.4 gm	Zinc	3.0 mg	Phosphorus	177.0 mg

A serving of this recipe is an excellent source of protein, dietary fiber, vitamin B6, and zinc and a good source of niacin, riboflavin, vitamin B12, iron, selenium, phosphorus, and potassium.

For more information contact: NY Beef Council 315-339-6922/www.nybeef.org

