

Beef Shepherds Pie

D-43 Modified

Meat/Bean- Vegetable

Main Dish

Source: Modified USDA Child Care Recipes

Ingredients	25 Servings		50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	Weight	Measure	
Raw ground beef (90% lean-no more than 10% fat)	4 lb		8 ⅓ lb		16 ⅔ lb		1. Brown ground beef. Drain. Continue immediately.
*Fresh onions, diced OR Dehydrated onions	4 oz OR ¾ oz	2/3 cup OR 1/3 cup	8 oz OR 1 ½ oz	1 1/3 cup OR ¾ cup	1 lb OR 3 oz	2 2/3 cup OR 1 ½ cup	2. Add onions to ground beef and sauté for 5 minutes or until translucent.
Frozen sliced carrots AND Frozen peas OR Frozen mixed vegetables	1 lb 3 oz AND 1 lb 3 oz OR 3 lb ½ oz	1 qt ¼ cup AND 3 ¾ cup OR 1 qt 3 1/3cup	2 lb 6 oz AND 2 lb 6 oz OR 6 lb 1 oz	2 qt ½ cup AND 1 qt 3 ½ cup OR 3 qt 2 ¾ cup	4 lb 12 oz AND 4 lb 12 oz OR 12 lb 2 oz	1 gal 1 cup AND 3 qt 3 cup OR 1 gal 3 3/8 qt	3. Mix frozen carrots and frozen peas into ground beef mixture. Set aside.
Beef stock, non-MSG, low sodium		1 qt		2 qt		1 gal	4. Gravy: Heat beef stock in steam-jacketed kettle to a boil. Combine cornstarch and cold water in a bowl. Slowly add cornstarch mixture to beef stock, stirring constantly. Reheat to a boil. Remove from heat and reserve for step 5.
Cornstarch	2 oz	¼ cup 3 Tbsp	4 oz	¾ cup 2 Tbsp	8 oz	1 ¾ cup	
Water, cold		½ cup		1 cup		2 cup	
Dried thyme		½ Tbsp		1 Tbsp		2 Tbsp	5. Add thyme, pepper, onion salt, and salt to cornstarch gravy.
Ground black or white pepper		1 tsp		2 tsp		1 Tbsp 1 tsp	
Onion salt		1 tsp		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp		1 Tbsp 1 tsp	

Source: Modified USDA Recipes for Child Care Recipe D-43. Replaced Ground Beef with 90% Lean, used low-sodium Beef Stock, and removed margarine from Mashed Potatoes.

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							6. Add gravy to ground beef mixture.
							7. Pour 3 qt 3 cups (8 lb) of ground beef mixture into each steamtable pan. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
Water, boiling		3 cup		1 qt 2 cup		3 qt	8. Place boiling water and milk in a large mixer bowl. Add potato flakes, and salt. Mix with a paddle attachment for 1 minute, until well blended.
1% Low Fat Milk, hot		3 cup		1 qt 2 cup		3 qt	
Potato flakes	1 lb	2 qt 1 cup	2 lb	1 gal 2 cup	4 lb	2 gal 1 qt	
Salt		1 ¼ tsp		2 ½ tsp		1 Tbsp 2 tsp	
Paprika		½ tsp		1 tsp		2 tsp	9. Spread 4 lb 2 oz of mashed potatoes over the ground beef mixture in each steamtable pan. Sprinkle with paprika.
							10. Bake at 375° F for 45 minutes. CCP: Heat to 165°F or higher for at least 15 seconds.
							11. CCP: Hold for hot service at 135°F or higher. Cut each pan 5 x 5 (25 portions per pan).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings	100 Servings
Mature Onions	5 oz	10 oz	1 lb 4 oz

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Serving:	Yield:	Volume:
1 piece provides 2 oz equivalent meat/bean and $\frac{3}{4}$ cup vegetable.	25 Servings: About 12 1/2 lb	25 Servings: 1 steamtable pan
	50 Servings: About 25 lb	50 Servings: 2 steamtable pans
	100 Servings: About 50 lb	100 Servings: 4 steamtable pans

Nutrients Per Serving			
Calories	354	Saturated Fat	3.3 g
Protein	18 g	Cholesterol	51 mg
Carbohydrate	50 g	Vitamin A	152IU
Total Fat	8 g	Vitamin C	15.7 mg
Calories from Fat	73 (21%)	Iron	2.14 mg
		Calcium	54.20 mg
		Sodium	270 mg
		Dietary Fiber	2 g

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