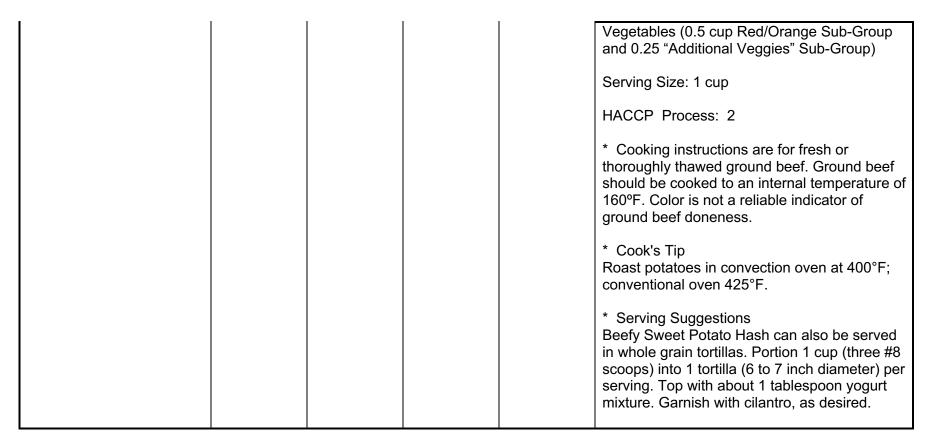
Recipe Name: Sweet Potato Beef Mash-Up

Recipe Source: Kansas Beef Council

Food Based Standardized Recipe Form

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



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.