

# Cheesy Noodles with Beef

Meat/Grain

Main Dish

Recipe # New School Cuisine p 140 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Onions		2 medium			<p>1. Trim and peel onions. Cut into ¼-inch dice</p> <p>2. Cook the onions, oil and salt over low heat, stirring occasionally, until the onions are very soft, 35 to 40 minutes. Add garlic and cook, stirring, until fragrant, about 1 minute more.</p> <p>3. Add beef to the onion mixture and sprinkle with the celery seed powder. Cook over medium-high heat, crumbling with a spoon or spatula, until the beef is no longer pink and is brown, about 30 minutes. Drain and hold until step 7.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 155° F for 17 seconds</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>4. Meanwhile, bring water and salt to a boil in a large stockpot. Add macaroni and stir well. Cook until the macaroni is slightly undercooked, about 6 minutes. Drain the macaroni and rinse with cool water. Set aside.</p> <p>5. Preheat convection oven to 375°F or conventional oven to 400°F. For 50 servings, coat one 4-inch full hotel pan with cooking spray. Heat the milk and half of the broth in a saucepan over medium-high heat until boiling. <i>Continue</i></p>
Vegetable oil		¼ cup			
Salt, cooked with onions		½ tsp			
Minced garlic (adjust as needed)		¼ cup			
Ground beef, 90% lean	7 lb				
Celery seed powder		1 tsp			
Water		1 gal 1 qt			
Salt for boiling water		1 tsp			
Whole-wheat elbow macaroni, dry	5 lb				
Chicken broth, low sodium		2 qt divided			
Low-fat milk		1 qt			
Dried dill leaves		3 Tbsp			
Dried parsley leaves		3 Tbsp			
Dried ground thyme		2 Tbsp			
Ground mustard seed		1 ½ Tbsp			

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Ground black pepper		1 Tbsp			<p>6. Stir in the dill, parsley, thyme, mustard powder and pepper.</p> <p>7. Whisk cornstarch and the remaining broth in a medium bowl. Slowly whisk into the boiling milk mixture. Whisking constantly, return to a boil and cook until slightly thickened, 2 to 3 minutes. Remove from the heat and stir in cheese</p> <p>8. Combine the drained macaroni, ground beef mixture and sauce in the prepared hotel pan. Stir well to combine and cover tightly with foil. Bake until the internal temperature reaches 165°F, 40 to 50 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Cornstarch		6 Tbsp			
Shredded reduced-fat cheddar cheese	1 lb	1 qt 1 cup			

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## Notes:

Recipe modified by decreasing salt and using 90% lean ground beef.  
Nutrient information calculated using Food Processor.

**Serving:** approximately 1 cup + 1 Tbsp; provides 2 oz equiv meat/meat alternate and 2 oz equiv WGR grain

1-2 years: ½ c + 1/2 Tbsp

3-5 years: ¾ c + 1/2 Tbsp

6-18 years: 1 c + 1 Tbsp



Picture from: *New School Cuisine: Nutritious and Seasonal Recipes for School Cooks* by School Cooks

## Nutrients Per Serving

<b>Calories</b>	335.09	<b>Saturated Fat</b>	4.12 g	<b>Iron</b>	3.54 mg
<b>Protein</b>	23.10 g	<b>Cholesterol</b>	49.15 mg	<b>Calcium</b>	126.00 mg
<b>Carbohydrate</b>	36.78 g	<b>Vitamin A</b>	28.03 RAE mcg	<b>Sodium</b>	169.49 mg
<b>Total Fat</b>	11.27 g	<b>Vitamin C</b>	0.63 mg	<b>Dietary Fiber</b>	4.44 g