**Recipe Name: Personal Beef Pizzas** 

## **Recipe No: Kansas Beef Council Food Based Standardized Recipe Form**

Ingredients	25 Servings		<u>50</u> Servings		Directions		
	Weight	Measure	Weight	Measure			
Raw ground beef (80% lean)	3-1/4 lb		6-1/2 lb		Combine ground beef, fennel seeds, coriande seeds, garlic powder, paprika, black pepper		
Fennel seeds		1-1/2 Tbsp		3 Tbsp	and crushed red pepper in large bowl. Mixing lightly, but thoroughly. Brown seasoned ground beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature reaches 160°F. Drain. *		
Coriander seeds		1 tsp		2 tsp			
Garlic powder		1 tsp		2 tsp			
Paprika		1 tsp		2 tsp			
Black pepper		1 tsp		2 tsp			
Crushed red pepper (optional)		1/2 to 1 tsp		1 to 2 tsp	Stir in 1/3 pizza sauce; cook until heated through, about 2 to 3 minutes, stirring frequently. Keep warm and set aside.		
Pizza sauce, divided		½ gallon + 1 cup		1 gallon + 1 pint			
Whole grain sandwich thins (2 oz each)		25 sandwiches		50 sandwiches	Place sandwich thins, cut-side up, on sheetpan. Spoon 1 ounce pizza sauce on each sandwich thin half. Top with 1 ounce		
Mozzarella cheese, shredded	12 oz		24 oz		beef mixture. Sprinkle 1 tablespoon cheese on each half.		
Sliced black or green olives, sliced red or yellow bell peppers, sliced red		As needed		as needed	Top pizzas with optional toppings before cooking, as desired.		
onions (optional)					Preheat broiler to high or conventional oven to 425°F. Place sheet pan of pizzas in broiler so		
					surface of cheese is 3 to 4 inches from heat of in preheated oven. Broil or bake 4 to 5 minutes or until cheese is melted and bubbly.		
					Serve hot.		
					CCP: Heat to 160°F or higher for 15 second CCP: Hold hot for service at 135°F or higher		

	CCP: Hold at 41°F or below for cold service.  Components: 2.5 oz eq M/MA; 2 oz eq Grains; 0.25 cup Vegetables (Re/Orange Sub-Group)  Serving Size: 2 Sandwich thin halves
	* 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.

Provides: Yield: 25 servings: Serving Size: 183.0 gm (Weight or Volume

**50 servings:** Serving Size: 183.0 gm (Weight or Volume)

## **Nutrients per Serving**

Calories	296	Dietary Fiber	7.0 gm	Vitamin B12	1.4 mcg
Protein	19.9 gm	Total Sugar (not added sugar)	5.5gm	Iron	3.1 mg
Carbohydrate	32.0 gm	Cholesterol	44.0 mg	Vitamin B6	0.3 mg
Fat	•	Sodium	595.0 mg	Selenium	12.4 mcg
Saturated Fat	4.5 gm	Zinc	•	Phosphorus	210.0 mg

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