**Recipe Name: Sweet Potato Beef Mash-Up** 

## 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 lb		6 lb		Preheat oven to 375°F. Peel and dice sweet potatoes into ½-inch cubes. Combine		
Potatoes, Fresh, Sweet	8 lb		16 lb		potatoes, half the taco seasoning and oil in		
Seasoning Mix, Taco, divided		¾ cup		1-1/2 cups	large bowl. Toss to coat. Place in single layer on sheet pans. Roast in preheated oven 30 minutes or until tender and lightly browned;		
Oil, vegetable		¾ cup		1-1/2 cups			
Onions, chopped	1-1/2 lb		3 lb		stirring and rotating halfway through. *		
Water, plus additional as needed		¾ cup		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		1-1/2 cups		3 cups	160°F*. Drain beef. Stir in remaining taco seasoning and water. Simmer, stirring		
Sauce, Hot Pepper		2 Tbsp – ¼ cup		1/4-1/2 cup	occasionally. *		
					Combine beef mixture with potato mixture; mix		
Cilantro, Fresh, Chopped (optional garnish)	As needed		As needed		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		

	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: 25 servings: Serving Size: 239.0 gm (Weight or Volume

**50 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.