

East Penn School District

Recipe: 000969 SHEPHERD'S PIE

Recipe Source: EAST PENN
 Recipe Group: ENTREES

Recipe HACCP Process: #3 Complex Food Preparation

Alternate Recipe Name: SHEPHERDS PIE

Number of Portions: 10
 Size of Portion: 6 OZ

000711 BEEF GROUND ,80/20 Raw-to Cook & Drain...	1 LB,cooked wgt + 3/4 LB,cooked wgt	1. Brown ground beef until no pink- 10 minutes Drain fat and discard. keep warm until assembly
900042 Peas frozen..... 900038 Carrots diced frozen..... 900041 Corn whole kernal frozen..... 090026 GRAVY,BROWN,CND..... 107929 GARLIC, GRANULATED..... 002030 PEPPER,BLACK..... 002047 SALT,TABLE.....	4 OZ 4 OZ 4 OZ 1 CUP 1 TSP 1 dash + 1 TSP 1 dash + 1 TSP	2. Mix ground beef with frozen vegetables 3. Add canned gravy and seasonings. MIX UNTIL WELL COMBINED
R000719 MASHED POTATO, DRY CANNED, RH.....	10 (1/2 cup)	4. Prepare potatoes according to box water, margarine, and salt- mix until blended 5. Assemble: In an oven safe dish- spray with non stick Add ground beef, vegetable, gravy mix to dish Top with mixed mashed potatoes 6. TO BAKE: CONVECTION OVEN 350 F, 30 minutes UNTIL THOROUGHLY HEATED 165°. EACH PAN SERVES 10 - 3/4 cup servings

Calories	318	Iron	2.58* Mg	Protein	25.26 G	31.79%	Calories from Prot
Cholesterol	81* Mg	Calcium	16.27* Mg	Carbohydrates	18.26 G	22.99%	Calories from Carb
Sodium	612 Mg	Vitamin A	753* IU	Total Fat	15.58* G	44.11%	Calories from T Fat
Dietary Fiber	1.89 G	Vitamin C	26.33* Mg	Saturated Fat	6.00* G	17.00%	Calories from S Fat
				Trans. Fat	0.00* G	0.00%	Calories from Trans. Fat

Miscellaneous

Meat/Alt 2 oz.

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Recipe

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Grain/Bread srv.
F/V/J 0.75 cup
Milk fl. oz.

Moisture & fat Change
Moisture Change 0%
Fat Change 0%
Type of Fat:

Recipe Details:

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	000711	BEEF GROUND ,80/20 Raw-to Cook & Drain			
I	900042	Peas frozen			
I	900038	Carrots diced frozen			
I	900041	Corn whole kernal frozen			
I	090026	GRAVY,BROWN,CND			
I	107929	GARLIC, GRANULATED			
I	002030	PEPPER,BLACK			
I	002047	SALT, TABLE			
R	000719	MASHED POTATO, DRY CANNED, RH			