



Green for Go Local

Ingredients in **green** = locally grown or produced



Beef



Garlic



Carrot



Onion



Mushroom



Cheese

Tomato Mac & Beef (Goulash)

By Jenny & Rosie

Yield: 50 × 8 oz (250 mL) Elementary School servings

Ingredients

For Tomato Mac & Beef:

½ cup (125 mL)	Oil
4 large	Onions , chopped (about 8 cups / 2 L)
5 lb (2.27 kg)	Lean ground beef
2 lb (907 g)	Mushrooms , minced or diced
2 lb (907 g)	Carrots , minced or diced
10	Garlic cloves, minced
¼ cup (60 mL)	Paprika
¼ cup (60 mL)	Oregano
2 ½ Tbsp (40 mL)	Salt
2 tsp (10 mL)	Ground black pepper
1 × (2.85 L) can	Crushed tomatoes or 3 L fresh or frozen Tomato purée
2 Tbsp (30 mL)	Brown sugar
20 cups (5 L)	Water
4 lb (1.8 kg)	Whole wheat elbow macaroni

To Serve:

2 cups (230 g)	Grated cheddar cheese or 1 cup finely grated parmesan cheese
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Directions

Note: Wash all produce well. If you prefer to cook the pasta separately from the sauce, simply omit the water in the recipe. Boil the macaroni in plenty of salted water, drain, and combine with the sauce.

1. Heat oil in a 16–20 L pot over medium-high heat. Add the onion, mushrooms, carrots and garlic and cook until tender and beginning to brown, about 15 minutes.
2. Add the ground beef, breaking it up as you go. Stir and cook until the beef is browned, about 10 minutes.
3. Add paprika, oregano, salt and pepper and cook, stirring, for 1 minute.
4. Stir in tomatoes, baking soda, sugar and water. Bring to a boil. Reduce heat to medium-low, cover and cook for 15 minutes.
5. Add macaroni and cook uncovered, stirring occasionally, until tender, about 20–25 minutes. Add a little more water if the mixture seems too dry. Transfer to hotel pans.
6. Cover with lids or foil and hold food at a minimum 140°F (60°F), checking at regular intervals, in a warming oven or steam table set to 170°F (75°C).
7. Top each serving with parmesan or cheddar cheese.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ Mixed greens
- ★ Broccoli - cooked
- ★ Tomato
- ★ Spinach
- ★ Kale
- ★ Green onion
- ★ Sweet peppers
- ★ Mushrooms
- ★ Olives
- ★ Fresh basil
- ★ Shredded cheese
- ★ Fruit
- ★ Squash
- ★ Carrots - raw or cooked
- ★ Cauliflower
- ★ Corn

Equipment

- 16-20 qt pot
- Food processor (optional)

Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 × 28 oz (540 mL) can of tomatoes = about 10-12 whole tomatoes, puréed
- 2 oz (60 g) dry weight macaroni = ½ cup (125 mL) dry and makes 1 cup (250 mL) cooked

Veg It Up!

Add cooked cauliflower, mashed sweet potato, or mashed squash to the recipe at Step 4 for extra colour, fiber and flavour.

Swap In

Swap in an equal amount of ground venison, diced chicken or ham in place of ground beef. You may need to add a little more oil when cooking.