

Beef Stroganoff (Oswego Dining)

Category: Entrees:Meat:Beef
Master Ref:

Portion: 6 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
439 kcal	10 gm	42 gm	25 gm	52 %	98 mg	814 mg	1 gm	48 mg

Step	Ingredients	105 Servings Amount	210 Servings Amount	420 Servings Amount
1	Flour,All Purpose	1-1/2 lb	3 lb	6 lb
	Water,Cold	5 cup	1/2 gal 2 cup	1 gal 1 qt
2	Beef,Strips,Raw	30 lb	60 lb	120 lb
	Onions,Fresh,Chopped Fine	2-1/2 lb	5 lb	10 lb
	Base,Beef, Paste	1 lb	2 lb	4 lb
3	Water,Hot	7 qt	3-1/2 gal	7 gal
	Vinegar,Cider	1-1/4 cup	2-1/2 cup	1 qt 1 cup
4	Mushrooms,Fresh,Sliced	10 lb	20 lb	40 lb
7	Sour Cream	2-1/2 qt	1 gal 1 qt	2-1/2 gal

- 1 Blend flour together with cold water. Allow this mixture to sit at least 2 hours (mixture will thicken).
- 2 Brown beef in kettle with onions and beef base.
- 3 Add hot water and vinegar to meat. Simmer 2-1/2 to 3 hours until meat is tender. Allow at least 2-1/2 hours as flavor and color is extracted from meat and is necessary to achieve the best outcome. During this period you may need to add more water just to cover meat.
- 4 Add mushrooms and cook for 3 - 5 minutes.
- 5 Add prepared whitewashing, stirring well.
- 6 Add salt and pepper to taste (not included in Nutrition Facts).
- 7 Turn steam off and fold sour cream into stew.

Color should be light brown. DO NOT DARKEN. May be served over rice or noodles.

Serving Temp: 165 degrees
Serving Pan: 4" Insert
Serving Utensil: 4 oz. Ladle

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Nutrition Facts

Serving Size 6 ounces (294g)

Servings Per Container 1

Amount Per Serving

Calories 438 **Calories from Fat** 224

% Daily Value*

Total Fat 25g **38%**

Saturated Fat 10g **51%**

Trans Fat 0g

 Polyunsaturated Fat 1g

 Monounsaturated Fat 11g

Cholesterol 98mg **33%**

Sodium 813mg **34%**

Potassium 769mg **22%**

Total Carbohydrate 9g **3%**

 Dietary Fiber 1g **3%**

 Sugars 1g

Protein 42g **85%**

Vitamin A 3% ● Vitamin C 3%

Calcium 5% ● Iron 29%

Thiamin 18% ● Riboflavin 36%

Niacin 37% ● Vitamin B6 32%

Folacin 9% ● Vitamn B12 63%

Phosphorus 41% ● Zinc 63%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4