

# HOME STYLE MASHED POTATO BOWL



		100 Servings		
Ingredients	Weight	Measure	Directions	
Russet potatoes, fresh Or Dehydrated, instant mashed potatoes	24 pounds raw Or Dehydrated		Scrub and peel the potatoes, cut into quarters, and place in a perforated steamer pan, a large stockpot, or a steam jacketed kettle. If using a steamer, steam until the potatoes are tender. If using a stockpot or a kettle, cover with cold water, bring to a boil, and then reduce to a simmer. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135°F. Drain the potatoes.	
Milk, lowfat 1%		2 quarts		
Butter, unsalted	8 ounces			
Garlic powder		1 tablespoon		
Salt		1 tablespoon	Or if using dehydrated instant mashed potatoes, follow the manufacturer's instructions for preparing the desired number of 1/2 cup servings. Hold hot at or above 135 °F until service.	
Meatballs, beef, frozen (2 ounce meat/ meat alternate per 3 pieces)		300 each		
Green beans, frozen	9 pounds 8 ounces	6 quarts 1 cup	Combine the milk, butter, garlic powder and salt, and heat until the butter melts. Place the potatoes in the bowl of a floor mixer, and mash using the paddle attachment for the mixer. Stop mashing when the potatoes are broken apart but not completely smooth. If no mixer is available, mash using a potato masher. Pour in the warm milk mixture and continue to mash the potatoes until smooth with a few lumps.	
Cheddar cheese, reduced fat, shredded		6 1/4 cup		
Brown gravy, prepared		6 1/4 cup		
				Place meatballs on parchment-lined sheet pans in a single layer and reheat according to the manufacturer's instructions. Transfer meatballs to a 2-inch steamtube pan and hold hot at or above 135°F until service.
				Place frozen green beans into perforated steamer pans and steam just until the internal temperature reaches 135°F. Do this just before service and hold at or above 135°F until service.
				To serve, use a number 8 scoop to portion 1/2 cup mashed potatoes into each portion container. Top with 3 meatballs, 1/4 cup green beans, and 1 tablespoon each of cheddar cheese and brown gravy.

Serving Size		1 Serving Provides			
1 bowl		1/2 cup starchy vegetable, 2 ounce equivalent meat, meat alternate, 1/4 cup other vegetable			
Nutrients Per Serving					
Calories	309	Saturated Fat	5.7 g	Iron	-
Protein	20 g	Cholesterol	-	Calcium	115 mg
Carbohydrate	31 g	Vitamin A	373 IU	Sodium	426 mg
Total Fat	12.7 g	Vitamin C	8 mg	Dietary Fiber	3 g

**TUBER HACK:** Make 50/50 Mashed Potatoes – Half dehydrated mashed potatoes/half freshly mashed. Big on taste and easy on your budget!