

HOME STYLE MASHED POTATO BOWL



		100 Servings		
Ingredients	Weight	Measure	Directions	
Russet potatoes, fresh Or Dehydrated, instant mashed potatoes	24 pounds raw Or Dehydrated		<p>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.</p> <p>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.</p> <p>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.</p>	
Milk, lowfat 1%		2 quarts		
Butter, unsalted	8 ounces			
Garlic powder		1 tablespoon		
Salt		1 tablespoon	<p>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 steamer pan and hold hot at or above 135°F until service.</p>	
Meatballs, beef, frozen (2 ounce meat/meat alternate per 3 pieces)		300 each		
Green beans, frozen	9 pounds 8 ounces	6 quarts 1 cup	<p>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.</p> <p>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.</p>	
Cheddar cheese, reduced fat, shredded		6 1/4 cup		
Brown gravy, prepared		6 1/4 cup		

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!

