

Hungry Planet Beef Stroganoff

Recipe group	Additional name	Diet factors	Portions	Portion size
-			25	14.00 oz

	Capacity measure	EP	Trim loss	AP	Name of ingredient
1					6 lb 4.00 oz 0% 6 lb 4.00 oz Hungry Planet Beef™
	~ 1 1/2 tsp				0 lb 0.15 oz 0% 0 lb 0.15 oz Salt, kosher, Diamond Crystal
	3/4 tsp				0 lb 0.06 oz 0% 0 lb 0.06 oz Spices, black pepper, ground

Form Hungry Planet Beef into 4 oz patties. Season with salt and pepper.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
2	12 1/2 tbsp				0 lb 6.02 oz 0% 0 lb 6.02 oz Oil, canola

Heat oil in a large skillet until lightly smoking.

Add seasoned beef patties and sear on each side. About 1 minute per side.

Remove patties from skillet and chill.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
3	~ 1 cup				0 lb 6.17 oz 0% 0 lb 6.17 oz Miyoko's butter
	~ 1 1/2 cup				0 lb 6.25 oz 0% 0 lb 6.25 oz Shallots, raw
	1.379 gal				4 lb 11.00 oz 0% 4 lb 11.00 oz Mushrooms, white, raw

Add Miyoko's butter to skillet with shallots. Saute for 2 minutes. Add mushrooms to skillet and cook until soft and moisture is reduced.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
4	~ 3 cup	1 lb 9.84 oz	0%	1 lb 9.84 oz	Alcoholic beverage, wine, table, white, Fume Blanc

Add wine to skillet and cook until wine is reduced completely.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
5	9 1/3 tbsp	0 lb 2.69 oz	0%	0 lb 2.69 oz	Wheat flour, white, all-purpose, enriched

Stir in flour and cook for 2 minutes.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
6	2 3/4 qt	5 lb 5.26 oz	0%	5 lb 5.26 oz	Vegetable broth

Stir in vegetable broth until smooth and simmer for 3-5 minutes.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
7	6 1/4 tbsp	0 lb 3.12 oz	0%	0 lb 3.12 oz	Mustard, dijon
	6 1/4 tsp	0 lb 1.26 oz	0%	0 lb 1.26 oz	Vegan Worcestershire sauce
	6 1/4 tbsp	0 lb 0.12 oz	0%	0 lb 0.12 oz	Dill, fresh, whole pieces

Add dijon, vegan Worcestershire, and dill to skillet.

Slice chilled Hungry Planet beef patties into 1/2" wide strips. Add to skillet and combine all ingredients.

Simmer for 2 minutes. Remove from heat. Adjust seasoning with salt and pepper.

	Capacity measure	EP	Trim loss	AP	Name of ingredient
8	~ 1 1/8 qt	2 lb 6.03 oz	0%	2 lb 6.03 oz	Vegan sour cream

Top with sour cream.

WEIGHTS

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	21 lb 13.98 oz	0 %	21 lb 13.98 oz	0 %	21 lb 13.98 oz
Size of portion	14.00 oz		14.00 oz		14.00 oz

NUTRITION INFORMATION

supply / 100 g

Energy nutritives		% of energy	Calories	Minerals		Others
Total fat	10.42 g	65.09 %	141.52 kcal	Salt	0.59 g	
Saturated	1.30 g	8.14 %	592.15 kJ	Salt	0.59 %	Vitamins
Monounsaturated	2.64 g	16.50 %	0.59 MJ	Sodium	234.78 mg	Vitamin A
Polyunsaturated	5.18 g	32.35 %		Phosphorus	20.60 mg	Vitamin D
Trans	0.01 g	0.04 %		Potassium	249.75 mg	Thiamine
Cholesterol	0.00 mg			Iron	1.02 mg	Riboflavin
Linolenic acid	0.36 g			Calcium	38.82 mg	Niacin
Alpha-linolenic acid	157.08 mg			Zinc	0.13 mg	Vitamin B6
Total Carbohydrate	4.43 g	12.73 %		Magnesium	2.57 mg	Vitamin B12
Sugars	0.81 g	-0.14 %		Iodine	0.00 µg	Folate
Sugar	0.00 g			Selenium	2.28 µg	Vitamin C
Lactose	0.00 g			Copper	0.07 mg	Vitamin E
Fiber	2.58 g	3.49 %				Vitamin K
Organic acids	0.00 g	0.00 %				
Sugar alcohol	0.00 g	0.00 %				Water
Starch	0.00 g	0.00 %				51.99 g
Protein	6.51 g	18.69 %				
Alcohol	0.78 g	3.80 %				