Homestyle Mashed Potato Bowl



Dehydrated Potatoes 12 lbs .cowfat 1% Milk 1 quart .cowfat 1% Milk 1 quart Jutter, Unsalted 4oz Garlic Powder 1 1/2 tsp Sarlic Powder 1 1/2 tsp Garlic Powder 1 1/2 tsp Salt 1 1/2 tsp Seef, Frozen (Or 2oz Meat/Meat Alternative Per S Pieces) 150 Due provided Alternative Per S Pieces 150 S Pieces) 100 Sutter, Shredded 3 1/8 cups Sorown Gravy, Prepared 3 1/8 cups S Transfer meatballs on parchment-lined sheet pans in a single layer and reheat according to the manufacturer's instructions. Strock Gravy, Prepared 3 1/8 cups Sorown Gravy, Prepared <th>Ingredients</th> <th>Weight</th> <th>Measure</th> <th>Directions</th>	Ingredients	Weight	Measure	Directions
auter, Unsalted4ozcover with cold water, bring to a boil, and then reduce to a simmer.3utter, Unsalted4oz2Garlic Powder11/2 tspGalt11/2 tspBeef, Frozen (Or 2oz Meat/Meat Alternative Per150 meatballs3 Pieces)150 meatballsCup Green Beans, Frozen3 quarts 1/2Cheddar Cheese, Reduced Tat, Shredded3 1/8 cups3 rown Gravy, Prepared3 1/8 cups3 1/8 cups3 1/8 cupsBrown Gravy, Prepared3 1/8 cups3 1/8 cups10. To serve, use a number 8 scoop to portion 1/2 cup mashed potatoes into each option container. Top with 3 meatballs	Fresh Russet Or Dehydrated Potatoes	12 lbs		in a perforated steamer pan, a large stockpot, or a steam
Aoz 4oz 2. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135° F. Drain the potatoes. 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. 3 Pieces) 11/2 tsp 3 Pieces) 150 Tup Green Beans, Frozen 3 quarts 1/2 3 quarts 1/2 5. Stop mashing when the potatoes are broken apart but not completely smooth. If no mixer is available, mash using a potato masher. 6. Pour in the warm milk mixture and continue to mash the potatoes until smooth with a few lumps. 7. Place meatballs on a 2-inch steamtable pan and hold hot at or above 135°F. Until service. 9. Place frozen green beans into perforated steamer pans and steam just until the internal temperature reaches 135°F. Do this just befroze service and hold at or above 135°F. Until service. 9. Place frozen green beans into perforated steamer pans and steam just until the internal temperature reaches 135°F. Do this just befroze service and hold at or above 135°F. 10. 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 tbs each of cheddar and brown gravy.	Lowfat 1% Milk		1 quart	the potatoes are tender. If using a stockpot or a kettle,
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	Serving Size 1 Serving Pr	ovides		

Serving Size	1 Serving Provides	Yield
	1/2 cup starchy vegetable, 2 ounce equivalent meat, meat alternative, 1/4 cup other vegetables	50

Nutrients Per Serving		
Calories 309	Saturated Fat 5.7 g	Sodium 426 mg
Protein 20 g	Calcium 115 mg	Dietary Fiber g
Carbohydrate 31 g	Total Fat 12.7 g	Vitamin C 8 mg