

Homestyle Mashed Potato Bowl



Ingredients	Weight	Measure	Directions
Fresh Russet Or Dehydrated Potatoes	12 lbs		<ol style="list-style-type: none"> 1. 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. 2. Continue to simmer until the potatoes are tender, about 20 minutes. Internal temperature should reach at least 135°F. Drain the potatoes. <i>Or</i> 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. Combine the milk, butter, garlic powder and salt, and heat until the butter melts. 4. Place the potatoes in the bowl of a floor mixer, and mash using the paddle attachment for the mixer. 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 parchment-lined sheet pans in a single layer and reheat according to the manufacturer's instructions. 8. Transfer meatballs to 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 before service and hold at or above 135°F until service. 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	
Butter, Unsalted	4oz		
Garlic Powder		1 1/2 tsp	
Salt		1 1/2 tsp	
Beef, Frozen (Or 2oz Meat/Meat Alternative Per 3 Pieces)		150 meatballs	
Cup Green Beans, Frozen		3 quarts 1/2	
Cheddar Cheese, Reduced Fat, Shredded		3 1/8 cups	
Brown Gravy, Prepared		3 1/8 cups	

Serving Size	1 Serving Provides	Yield
1 bowl	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