



KWIK DISH MAC & CHEESEBURGER DINNER MIX

STOVE TOP OR STEAM KETTLE DIRECTIONS:

1. Brown 6 ½ lb. raw ground beef*. Drain excess fat. (Or use 5 lb. precooked beef crumbles**, rinsed and drained)
2. In a suitable pot, combine cooked ground beef, 3 quarts, 2 cups of hot water, 1 quart, 3 cups milk and Mac N' Cheeseburger Dinner Mix.
3. Bring mixture to a boil, reduce heat, cover and simmer for 15 minutes stirring occasionally.
4. Allow to stand 5 to 10 minutes prior to serving.

OVEN COOK DIRECTIONS:

1. Brown 6 ½ lb. raw ground beef*. Drain excess fat. (Or use 5 lb. precooked beef crumbles**, rinsed and drained)
2. Using one 12" x 20" x 5 ½" steam table pan, combine cooked ground beef, 3 quarts, 2 cups of hot water, 1 quart, 3 cups milk and Mac N' Cheeseburger Dinner Mix.
3. Mix all ingredients together and bake at 400° F in a preheated oven for 25 to 35 minutes.
4. Allow to stand for 5 to 10 minutes prior to serving.

Yield: 80 – 4 oz. servings by weight (#10 scoop slightly rounded or scant ½ cup) providing 1 oz. Meat/Meat Alternate and ½ Grain ounce equivalent.
 53 – 6 oz. servings by weight (#8 scoop heaping or ½ cup heaping) providing 1½ oz. Meat/Meat Alternate and ¾ Grain ounce equivalent
 40 – 8 oz. serving by weight (#6 scoop heaping or ⅔ cup heaping) providing 2 oz. Meat/Meat Alternate and 1 Grain ounce equivalent

Option: Top each serving with ½ oz. shredded cheddar cheese for additional protein.

* May be government donated.

** Precooked ground beef is calculated at a 75% ratio to raw ground beef. Precooked beef must be rinsed and drained prior to use.

Nutrition Facts

53 servings per container

Serv. size 6 oz prepared (29g mix)

Amount per serving

Calories **110**

% Daily Value*

Total Fat 2g **2%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol <5mg **1%**

Sodium 490mg **20%**

Total Carbohydrate 19g **7%**

Dietary Fiber 2g **6%**

Total Sugars 3g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg 0%

Calcium 50mg 4%

Iron .7mg 4%

Potassium 95mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients : Pasta (51% Whole Durum Flour, Semolina Durum Wheat Flour [Enriched With Ferrous Sulfate, Niacin, Thiamin Mononitrate, Riboflavin, Folic Acid] And Oat Fiber), Cheese Blend (Cheddar Cheese [Milk, Cheese Cultures, Salt, Enzymes], Whey, Butter [Cream, Salt], Buttermilk, Salt, Disodium Phosphate, Natural Flavor, Yellow #5 And Yellow #6), Corn Starch, Whey Powder, Romano Cheese ([Made From Cows Milk, Salt, Cheese Cultures, Enzymes], Whey, Disodium Phosphate, Lactic Acid), Salt, Sunflower Oil, Onion Powder, Natural Cheese Flavor, Mustard Flour, Natural Flavor, Garlic Powder, Citric Acid, Paprika, Turmeric, Yellow #6.
 Contains Milk, Wheat