



Oh My Gosh, Goulash!

By: Keelyn M, Molly M, Sophie M & Caiden M



Helpful Information



Grade: 8

Team Name: M & M x 2

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Address: 2 Reed Parkway Marcellus, NY

Product Name: Oh My Gosh, Goulash!

Slogan: "Just eat it!" (To the tune of "Just beat it!")



Goulash Description

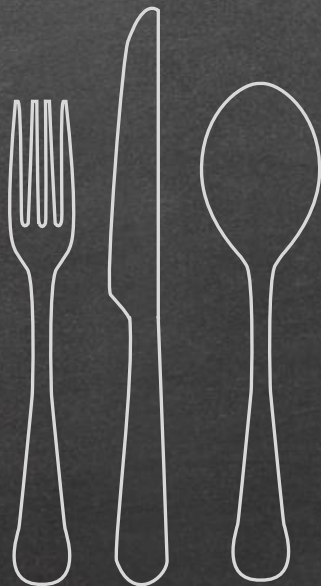
Goulash is a delicious dish that anyone would love. It is a very easy and simple dish to make that you can eat for lunch as well as dinner. Goulash was first made in the country of Hungary, and it has been made all around the world ever since. It is a very delicious meal has been loved almost everywhere it has been made.



66



“Just eat it!”



—Team M & M x 2 (sung to the beat of “Just beat it!”)

Goulash Recipe (go to slide 3 for Goulash description)

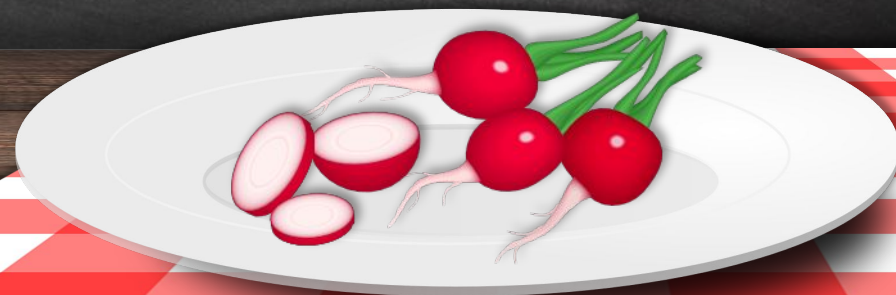
*makes 8 servings (see slide 10 for nutritional value per serving. Go to slide 14 for prep/storage)

Ingredients:

- 1 pound of elbow macaroni
- 2 pounds of ground beef
- 1 onion, finely chopped.
- 3 cloves of garlic, minced
- 1 tbsp worcestershire sauce
- 2 (15 oz) cans tomato sauce
- 2 (14.5 oz) cans diced tomatoes
- 1 ½ tbsp Italian seasoning
- 2 tsp salt
- ½ tsp black pepper
- 1 cup of cheddar cheese, shredded

Instructions:

1. Preheat oven to 350 degrees
2. Boil the pasta following the instructions on the box, when done drain water from pan.
3. In a pan heated at medium heat, add ground beef and onion, break beef apart and cook for 6-7 minutes, till browned. ***go to slide 9 to see information on how to properly cook the meat.***
4. Mix in the garlic and onion and cook till fragrant.
5. Add italian seasoning, worcestershire sauce, tomato sauce, diced tomatoes, salt, and black pepper to the meat pan.
6. Add the cooked macaroni into the meat, mix till combined.
7. Take off heat and transfer to a casserole dish. Sprinkle the shredded cheddar cheese on top.
8. Place in oven for 20-25 minutes.
9. Take out, let it cool for 5-7 minutes, then you can enjoy!



Recipe for Fruit Kebabs and Cucumbers (go to slide 14 for prep/storage)

Fruit recipe:

1. Cut your fruit into half
2. Skin your halves of fruit
3. Proceed to cut your fruit halves into cubes
4. Take a skewer stick and place a cube of watermelon, cantaloupe, then honeydew. Repeat order until you fill the skewer stick

Cucumber recipe:

1. Skin your cucumber
2. Cut the cucumber into slices, cut off the ends and throw away



Final Product



Bulk Ordering

Beef - .27

Milk - .27

Pasta - .20

Fruit - .30

Sauce - .15

Veg - .30

+10%

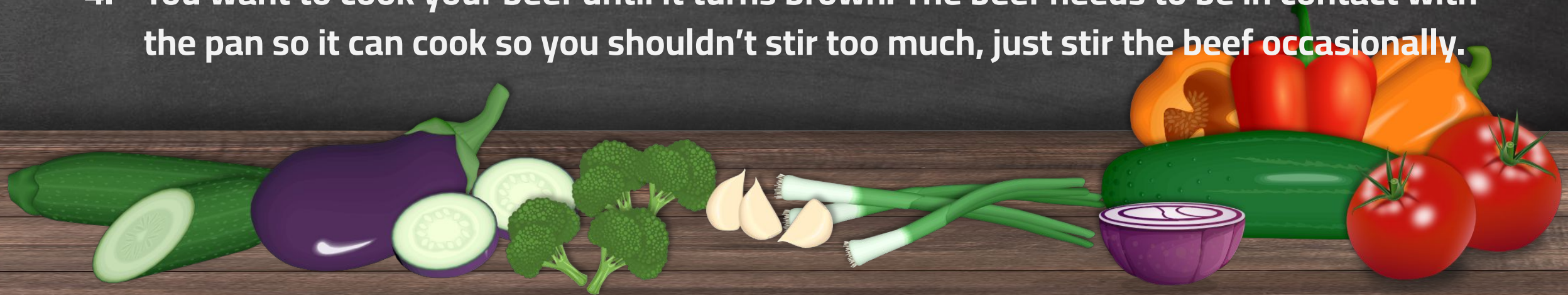
Cheese - ..30

Total 1.97



How to Properly Cook the Ground Beef...

1. You want to make sure your pan is medium/hot and properly sized to the amount of beef you have. Having a properly sized pan helps the beef to brown better and faster than having an undersized pan.
2. Using oil can help your beef brown better. It's not required, but recommended.
3. You want to chop up the ground beef into smaller pieces whilst it's cooking so the beef is cooked evenly.
4. You want to cook your beef until it turns brown. The beef needs to be in contact with the pan so it can cook so you shouldn't stir too much, just stir the beef occasionally.



Nutritional Value

Per serving:

Calories-500

Total fat-26g

Cholesterol-115 mg

Sodium-1397 mg

Carbohydrates- 28g

Proteins- 39g



Question #1

What is the importance of ZIP (Zinc, Iron, and Protein) found in beef?

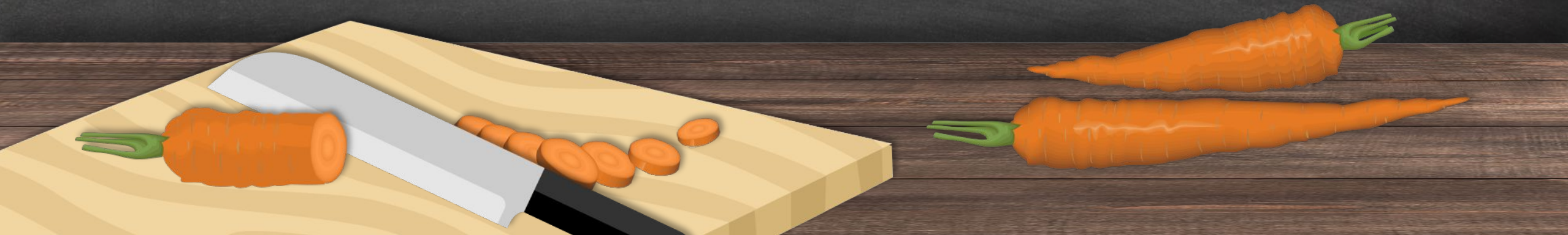
Zinc is a mineral that the body needs to grow, heal, learn, and keep itself healthy. Zinc is also important for short term memory, problem solving, and the attention span you have. Iron is also a mineral needed for the human body's health. The iron is used for your cells to carry oxygen through your bloodstream. And lastly the protein. Protein build muscles, nerve tissue, blood, enzymes, hormones, antibodies, and organs. Protein is also needed to build, repair and maintain the body.



Question #2

How could you communicate the benefits of beef to your customers?

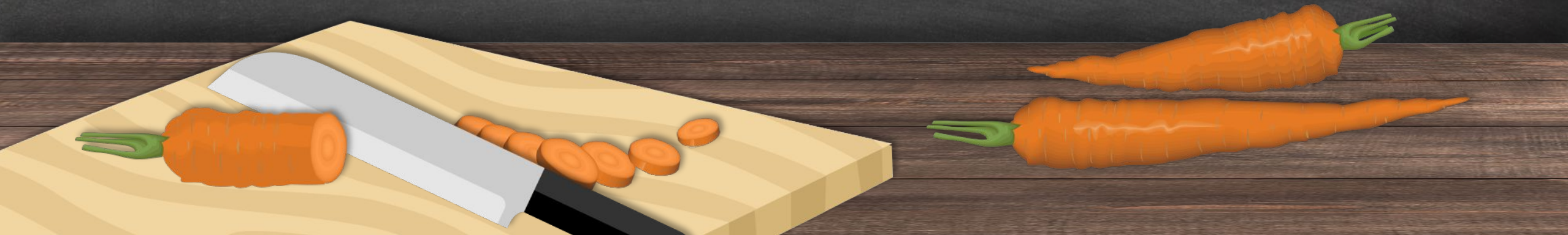
We will show our customers the nutrition value after our recipe is introduced and the ways it will benefit you now and in the future.



Questions #3

Where can your customers learn more about beef nutrition?

Our customers can learn more about beef nutrition going to the myplate website. The myplate website can give great information about the nutritional facts on beef and the benefits beef gives you.



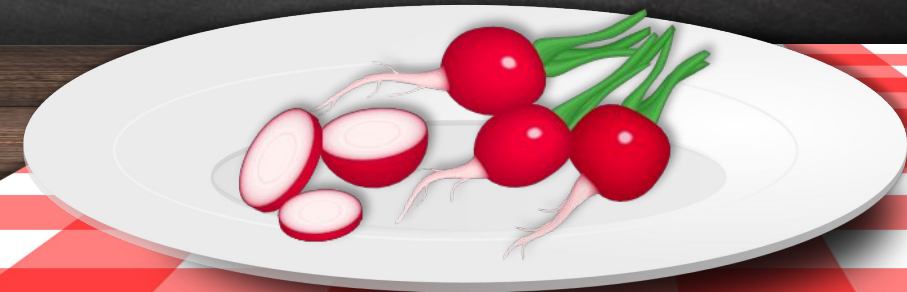
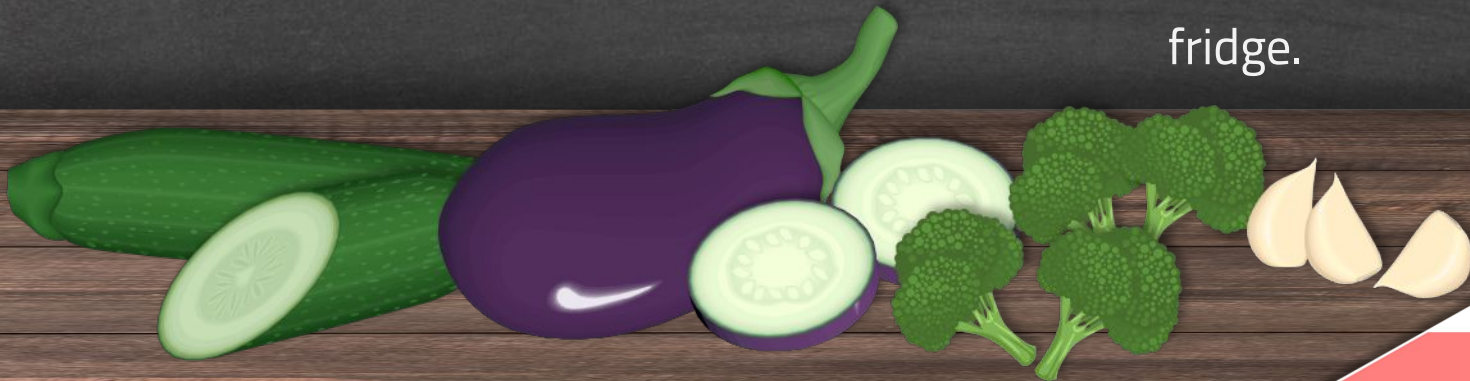
Prep/Storage for ingredients

Prep

Cut the fruit into cubes and place in fridge or assemble the kabob. Skin and cut the cucumber and place in fridge or place in a cup. Cut the onions for the Goulash and place in fridge or cook with meat like it states in the recipe.

Storage

We will assemble the dish like it states in the Goulash recipe. Then we will place plastic wrap over the casserole dish and place it in the refrigerator. When ready to eat your delicious goulash, place it in the oven at 350 degrees for 20-25 minutes. For the fruit kabobs, place one cube of each fruit in the order of watermelon, cantaloupe, and honeydew. Repeat until there's a total of twelve pieces of fruit. Place on a plate then cover with plastic wrap to refrigerate. For the cucumbers, put in a storage container for the fridge.



Target Audience

- We chose to make goulash because the main ingredient is ground beef. It is also a well known dish that is easy for a lot of people to love and enjoy.
- We hope that kids will love this recipe and will be satisfied with the tastes and looks of it.
- For our fruit kabobs, we wanted to pick something that you don't usually see in a school cafeteria so we picked popular fruits that most people enjoy.
- For our vegetables we wanted to go with something easy and simple since we already chose something unique that normally isn't in cafeterias for the fruit kabobs, so we chose cucumbers.



Advertisement



Made by: Team M & M x 2

Oh My Gosh, Goulash!!

Available in the DMS Cafeteria

"Just eat it"
-Team M&M x2

Great dish in our school lunch available now!!

Come to our school cafeteria to try this amazing dish that you are sure to love.

By: Calden McLymond, Keelyn Martin, Molly Moses and Sophie Mondello



Thank you!

I hope you enjoyed and thank you for your time! - Team M&Mx2

