

Product Name:

GOOD GOLLY GOULASH

Name and Grade of Students:

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Amelia Seelman, Keira Mowers, Savannah Wilcox,
Landon Youngkrans, Cole Piechowicz, Kady Derby
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Grade: 8th Grade

School Name: Mount Markham Middle School, West Winfield, NY

Teacher Name: Mrs. Katie Lindsey

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Product

Product Description

Our goulash is an amazing masterpiece you should try! This delicious creation is pretty simple to make. It's a tasty, mouthwatering dish you're going to want. You can add parmesan cheese for a topping! It's so luscious you can't say no to trying this goulash! And that's not even all of it, this dish includes a perfectly made fresh garden salad, with dressing, which makes a perfect combo. We also have a tasty treat you wouldn't expect. This little treat includes apples with a side of yogurt dipping sauce that includes vanilla greek yogurt, cinnamon, and honey. You're going to need to refresh yourself with a few choices of drinks that are pretty popular, including white milk, chocolate milk, and water.

Slogan

Whoever said beef can't buy happiness has never had our goulash!

Recipe

Goulash

This recipe makes 4 servings. We will have to multiply it by 39 for our school. Our cafeteria staff shared that they generally serve around 155 students a day.

- 1 lb Ground Beef
- 2 Medium Onions (chopped)
- 1 Tbsp Minced Garlic
- 1 15-Ounce Can Tomato Sauce
- 1 14 ½ - Ounce Can Diced Tomatoes
- 1 ½ Cups Water
- 2 Tbsp Soy Sauce
- 1 Tbsp Paprika
- 2 Tbsp Italian Seasoning
- 1 Tsp Salt

1 Cup Dry Elbow Macaroni

- 1) Saute onions and garlic in a large stock pot over medium heat for 8-10 minutes. Stir in beef crumbles and cook until tender, stirring occasionally.
- 2) Slowly add and stir in tomato sauce, diced tomatoes, water, soy sauce, and seasonings. Cover pan, reduce heat to low, and simmer for 20 minutes.
- 3) Add dry macaroni and stir. Cover and simmer for another 20 minutes until macaroni is tender.
- 4) Remove from heat and garnish with parmesan cheese. Serve.

Fruit Dip

This recipe makes 4 servings. We will have to multiply it by 39 for our school.

- 1 Cup Plain Greek Yogurt
- 2 Tbsp Honey
- ½ Tsp Vanilla Extract
- ¼ Tsp Ground Cinnamon (Optional)

- 1) Mix all ingredients in a mixing bowl. Serve.

Garden Salad

This recipe makes 6 servings. We will have to multiply it by 26 for our school.

- 8 Cups Romaine Lettuce (torn)
- 1 Pint Cherry Tomatoes (sliced)
- 2 Carrots (peeled and sliced)
- 2 Cucumbers (chopped)
- 2 Bell Peppers (chopped)
- 2 Stalks Celery (sliced)

- 1) Mix all ingredients in a large bowl. Serve with dressing of choice.

Storage & Handling

Goulash

1. Keep ground beef crumbles refrigerated until ready for use. Warm up ground beef on the stovetop on medium for 8-10 minutes.
2. Keep whole onions out of the fridge, put in if already cut.
3. Store the minced garlic in wide mason jars and store in the refrigerator.
4. Store tomato sauce and canned diced tomatoes in the pantry.
5. Store soy sauce in the refrigerator.
6. Store paprika in an airtight container away from sunlight.
7. Store the Italian seasoning in an airtight container away from sunlight.
8. Store salt in the pantry.
9. Store elbow macaroni in the pantry.

Fruit Dip

1. Store plain greek yogurt in the refrigerator.
2. Store honey in the pantry.
3. Store vanilla extract in the pantry.
4. (optional) store ground cinnamon in the pantry.

Salad

1. Store the head of the lettuce in the refrigerator.
2. Store tomatoes in the fridge for a max of 5 to 10 days.
3. Keep carrots in the refrigerator.
4. Store cucumbers in the fridge.
5. Store bell peppers in the fridge for a maximum of 2 weeks.

6. Store stalk celery in a fridge drawer from anywhere from 4 weeks to 8 weeks.

Nutrition

Goulash

This meal is not only delicious, but it has a great nutritional value as well. The ground beef adds almost 32g of protein to this wonderful meal. The onions add potassium, as well as many other vitamins and minerals. The tomatoes are rich in fiber and vitamins such as C, K, and B9. Overall this meal has 361 calories, 4g fat, 31g protein, 4.5 mg iron, and 7 mg zinc.

Fruit Dip

The greek yogurt in this delicious dip is high in protein. In a 2 oz serving, there is about 6g of protein.

Salad

The lettuce adds a lot of potassium into this dish. The tomatoes add a lot of vitamins and minerals, and even some protein.

We have worked with our cafeteria staff to figure out what a good school meal requires. As the chart below demonstrates, our Good Golly Goulash meal includes food from all 5 food groups. We have apples from fruit, tomatoes and salad from vegetables, ground beef from meat, pasta from grains, and yogurt from dairy. It will also be sold with a carton of milk on the side.

BUILD A Complete SCHOOL LUNCH

Every meal needs a fruit or a vegetable to make it complete!

Choose Three

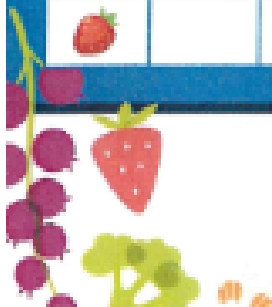
Fruit	Vegetable	Meat / Meat Alternative	Bread	Milk

Choose Four

Fruit	Vegetable	Meat / Meat Alternative	Bread	Milk

or Choose All Five!

Fruit	Vegetable	Meat / Meat Alternative	Bread	Milk



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BOCES



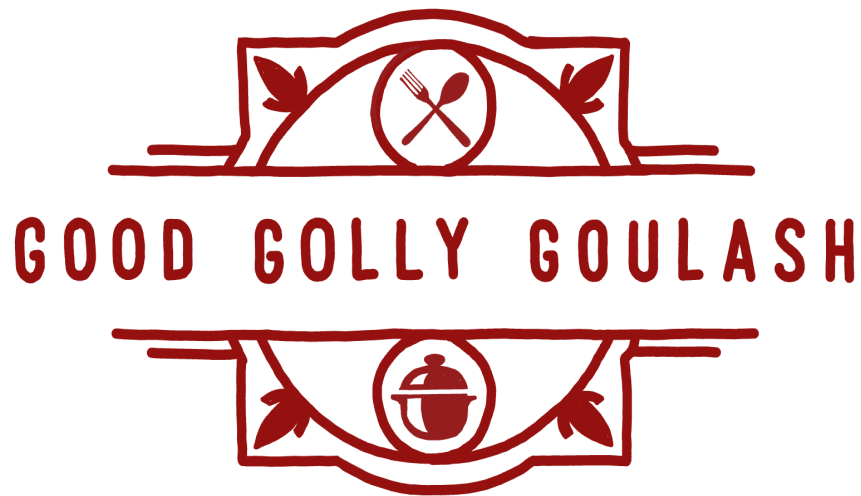
Market Analysis

Target Audience

In our school we serve over 155 students and staff members everyday. Our cafeteria staff makes all types of food to please this audience. The students in our school are in grades 5th to 8th. Some students would like to have goulash for lunch for something new to eat and enjoy.

Marketing/Brand

Logo



Website

<https://sites.google.com/mmcsd.org/top-cut-beef/home>