

Cowboy Burger - CACFP

General Information

Recipe #	Category	Source
2032417	Lunch Entree 	Local

Ingredients

Name	Quantity	Quantity + 2
Beef, ground, 90% lean meat / 10% fat, raw	2 lbs., 2 oz.	
Cheese, mozzarella, nonfat	1 ½ c. shredded	
Bread, crumbs, dry, grated, seasoned	¾ c.	
Onions, raw	½ c. chopped	
Peppers, sweet, green, raw	½ c. chopped	
Spices, oregano, dried	1 ½ tsp. leaves	
Spices, pepper, black	¼ tsp. ground	
Beans, pinto, canned, drained solids	¾ c. drained	
Tomatoes, red, ripe, canned, packed in tomato juice	¾ c.	
Bun, Hamburger, White Wheat, 4in, 60/2oz, 7.5#, 2WG, Alpha Baking, 51535	12 ½ bun	

Preparation Instructions

HACCP Process: #3 - Complex Food Preparation

- Combine all ingredients into a large mixing bowl and stir until all ingredients are fully incorporated.
- Using a 5oz scoop, portion burgers onto sheet tray, or 18x13 inch pan, lined with parchment paper. Bake at 350 degrees F for 20 minutes or until the internal temperature reaches 165 degrees F.
- To serve, place one patty on a warm bun and cut sandwich in half.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.



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Serving Size	Yield
1½ Each	25.00

Nutrition Facts

Serving Size 1½ Each (97 gm)

Amount Per Serving	
Calories	176.479

		% Daily Value*
Total Fat	5.138 gm	7.904%
Saturated Fat	1.581 gm	7.903%
Trans Fat	0.208* gm	
Cholesterol	26.317 mg	8.772%
Sodium	304.676 mg	12.695%
Total Carbohydrate	18.693 gm	6.231%
Dietary Fiber	1.911 gm	7.643%
Total Sugars	2.734 gm	

Includes 1.500 * gm of Added Sugars

Protein	13.926 gm	27.851%
Vitamin A	12.546* mcg RAE	1.394%
Vitamin C	3.645* mg	6.074%
Vitamin D	0.039 mcg	0.193%
Calcium	104.689 mg	10.469%
Iron	1.946 mg	10.811%
Potassium	227.861 mg	4.848%

Saturated Fat % of Calories	8.061 %
Added Sugar % of Calories	3.400 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

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

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
01-06-2026	12-11-2025

Grains1 oz

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Alpha Baking Co. 🇺🇸

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