




Beef and Mushroom Ragu - 50, 1/2 cup portions

General Information

Recipe #	Category	Source
1817269	Lunch Entree 	Local
Copied From		
Beef and Mushroom Ragu -		
Original 28 portion recipe 		

Ingredients

Name	Quantity	+	Quantity 2
Canola/ Olive Oil Blend 75/25, USF 990416	1 c.		
Onions, yellow, raw, Charlie's Produce	1 lbs.		
Carrots, raw, Charlie's Produce	1 lbs.		
Celery, raw, Charlie's Produce	1 lbs.		
Garlic, minced, shelf stable, USF # 1449453	1 oz.		
Beef, ground, 80% lean meat / 20% fat, raw - WA Grown	3 lbs. raw to cook		
Mushrooms, oyster, raw	1 lbs.		
Tomatoes, Crushed, No Salt Added, US Foods # 1706514	3 lbs.		
Tomato Paste, canned, USF # 7718696	1 lbs., 4 oz.		
Vinegar, balsamic	2 tbsp.		
Vinegar, Red Wine, USF # 9328337	2 tbsp.		
Salt, Kosher, Fine Ground, 12/3#, USF # 4999470	2 tbsp.		
Spices, pepper, black	2 tsp. ground		
Spices, red pepper, crushed, 6/12oz, Monarch, 203885	¼ tsp.		
 Herb Water - Recipe for Culinary Use	1 qt., 1 pt.		
Water, tap	1 qt., 1 pt.		
Rosemary, sprig, farm fresh	9 sprigs		
Parsley, fresh, Italian and Curly, Charlie's Produce	9 sprigs		
Thyme, sprig, farm-fresh	9 sprigs		
Spices, bay leaf	9 leaf		

Preparation Instructions

Mince the onions, carrots, celery, mushrooms, and garlic to a fine consistency. A food processor may be used to speed prep and achieve a uniform texture.

In a 4-quart saucepot, heat the olive oil over medium heat. Add the minced onion, celery, and carrot. Stir to coat the vegetables and cook over medium heat for approximately 15 minutes, or until the onions are translucent and the vegetables are beginning to caramelize.

Add the garlic, ground beef, and mushrooms to the pot. Stir well to combine, breaking the beef into fine crumbles as it cooks into the mixture.

While the beef cooks, prepare the herb water: Bring water to a simmer in a small saucepan. Add the fresh herbs - rosemary, thyme, parsley, and bay leaves. Remove from heat, cover, and allow to steep for 10

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Serving Size	Yield
1/2 cup	50.00

Nutrition Facts

Serving Size 1/2 cup (132 gm)

Amount Per Serving	
Calories	126.657
% Daily Value*	
Total Fat 8.633 gm	13.282%
Saturated Fat 2.201 gm	11.007%
Trans Fat 0.238 gm	
Cholesterol 14.299* mg	4.766%
Sodium 272.327 mg	11.347%
Total Carbohydrate 5.529 gm	1.843%
Dietary Fiber 2.489* gm	9.956%
Total Sugars 3.634* gm	
Includes 0.000 * gm of Added Sugars	
Protein 4.847 gm	9.694%
Vitamin A, RAE N/A* mcg	
Vitamin C 2.690* mg	4.483%
Vitamin D 0.084* mcg	0.418%
Calcium 17.144* mg	1.714%
Iron 0.686 mg	3.81%
Potassium 267.904 mg	5.7%
Saturated Fat % of Calories	15.643%

* 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	0.5 oz
Red/Orange	0.375 cups
Other Vegetables	0.125 cups

Allergens

No Allergens
Not Available

Added Sugar Limitations ⓘ

Not applicable.

minutes. Strain and discard the herbs. Use immediately, or cool and store in a labeled container under refrigeration or freeze for later use.

Add the chopped tomatoes and the prepared herb water to the beef mixture. Bring to a gentle simmer, reduce the heat, cover, and cook for approximately 15 minutes, or until the beef is fully cooked and the flavors have melded.

Season the sauce with red wine vinegar, kosher salt, freshly ground black pepper, and a pinch of chili flake. Stir to combine and adjust seasoning to taste.

Hold hot for service at 135°F or higher. Serve ½ cup of the sauce over whole grain pasta.

Dates

Last Updated	Created
06-30-2025	06-19-2025

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