

Broccoli Macaroni and Cheese

Cook Temperature: 350° F
Cook Time: 25 - 30 minutes

Portion Size: 1 cup
Meal Pattern: 1 oz meat alternate; 1 grain/bread; 1/2 c vegetable

Ingredient	6 Servings	25 Servings	50 Servings	100 Servings	Directions
Pasta, elbow, whole wheat	5 oz	1 lb 5 oz	2 lbs 10 oz	5 lbs 4 oz	<ol style="list-style-type: none"> 1. Cook pasta until slightly undercooked. Drain and rinse with cold water. 2. Heat milk to a simmer (185°F). Set aside. 3. Melt butter in a saucepan or steam-jacketed kettle. Combine the flour, salt, dry mustard, pepper and paprika in a bowl. Add to the melted butter. Cook for 2 minutes over medium heat, stirring continuously. Do not brown. 4. Slowly add milk to the flour mixture, whisking continuously. Cook until smooth and thickened. 5. Add Worcestershire sauce, Parmesan cheese, and cheddar cheese to the white sauce. Stir over low heat until cheese melts. 6. Combine the well-drained pasta, broccoli and sauce. Mix well. 7. Spray pans with food release and place 10 pounds 14 ounces into each steamtable pan (12" x 20" x 2 ½ "). For 50 servings, use 2 pans. Cover with foil and bake at 350°F for 25-30 minutes. Internal temperature should reach 135°F or above. 8. Remove from oven and top each pan with 9 oz additional reduced fat cheddar cheese. Place in oven for 5 additional minutes, until cheese is melted. 9. Hold and serve at or above 135°F. 10. Portion with 8 oz spoodle.
Butter, unsalted	2 Tbsp	6 oz	12 oz	1 lb 8 oz	
Flour, all-purpose	2 Tbsp	6 oz	12 oz	1 lb 8 oz	
Salt	¼ tsp	1 tsp	2 tsp	4 tsp	
Dry mustard	½ tsp	1 ½ tsp	1 Tbsp	2 Tbsp	
Black pepper, ground	Dash	½ tsp	1 tsp	2 tsp	
Paprika	Dash	1 ½ tsp	1 Tbsp	2 Tbsp	
Milk, low-fat	2 ½ cups	2 qt 1 pt	1 gal 1 qt	2 ½ gal	
Worcestershire sauce	¼ tsp	1 tsp	2 tsp	4 tsp	
Parmesan cheese	¼ cup	2 oz	4 oz	8 oz	
Cheddar cheese, reduced fat, shredded	4 oz	1 lb	2 lbs	4 lbs	
Broccoli, fresh, cut into small florets, blanched or steamed for 1 to 2 min	3 cups	1 lb 12 oz	3 lbs 8 oz	7 lbs	
Topping: Cheddar cheese, reduced fat, shredded	2 to 3 oz	9 oz	1 lb 2 oz	2 lbs 4 oz	