



MAINES

PAPER & FOOD SERVICE, INC.

Beef and Sweet Potato Pan Roast

Ingredients **Yield: 1 Serving**

- 1/4 Tlb. Dried Italian Seasoning
- 1/4 Tlb. Garlic, roasted, and minced
- 1/4 tsp. Salt
- 1/8 tsp. Crushed red pepper flakes
- 1 oz. Olive oil
- 1/4 # Sweet potatoes, cut into 1 inch wedges
- 1/4 # Idaho potatoes, cut into 1 inch wedges
- 1 ea. 8 oz. Angus Beef shoulder petite tender
- 1/4 c. Cherry tomatoes
- 1 tsp. Parsley, chopped

Preparation Instructions:

1. Preheat oven to 425 degrees.
2. In a bowl combine the Italian seasoning, garlic, salt and crushed red pepper. Stir in olive oil and divide seasoning mixture between two large self-sealing plastic bags. Place potatoes in one bag and coat with mixture. Spread potatoes in a single layer on greased shallow roasting pan. Roast uncovered for 15 minutes.
3. Place beef shoulder petite tender in remaining bag. Shake to coat. In a large saute pan brown tender over medium-heat, turning to brown evenly.
4. Stir sweet potatoes in roasting pan and push to edges of pan. Place beef shoulder petite tender in center of pan. Roast, uncovered for 5 minutes, then add tomatoes and continue to roast for 10-15 minutes.
5. Let stand for 10 minutes before carving. Garnish with chopped parsley

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Dried Italian Seasoning	Culinary Secrets	345359	1/4 Tlb.	\$0.05
Garlic	Markon	O97210	1/4 Tlb.	\$0.04
Salt	Katy's Kitchen	340620	1/4 tsp.	\$0.02
Crushed red pepper flakes	Culinary Secrets	345645	1/8 tsp.	\$0.02
Olive oil	Trifoglio	370861	1 oz.	\$0.20
Sweet potatoes	Fresh	O97695	1/4 #	\$0.15
Idaho potatoes	Fresh	O97601	1/4 #	\$0.10
Angus Beef shoulder petite tender	Black Canyon	O63090	1 ea.	\$2.01
Cherry tomatoes	Markon	O97781	1/4 c.	\$0.20
Parsley	Fresh	O97531	1 tsp.	\$0.05

Recipe Cost	\$2.84
Portion Cost	\$2.84

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$9.95	\$2.84	\$7.11	28.54%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$10.95	\$2.84	\$8.11	25.94%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$11.95	\$2.84	\$9.11	23.77%

