

JAMAICAN BEEF PATTIES



August 5

National Jamaican Patty Day



INGREDIENTS

- 1 Tablespoon Vegetable Oil
- 1 Red Onion (diced)
- 1¼ Pound Ground Beef (20% or leaner)
- 1½ Tablespoons Soy Sauce
- 1½ Teaspoons Curry Powder
- ¼ Cup Water
- ½ Teaspoon Soup Base
- ¼ Cup Flour
- 1 – 10 Count Can Refrigerated Biscuits (enriched or whole grain rich, at least 28 grams each)

DIRECTIONS

1. Preheat oven to 425°.
2. In a large skillet over medium heat, add vegetable oil and saute the onion until softened.
3. Add ground beef, soy sauce and curry powder and cook until browned. Drain fat.
4. Add the water to the cooked beef and bring to a boil.
5. Add the soup base and flour and mix well while the mixture thickens. Set aside to cool.
6. Using a rolling pin, flatten out biscuits into a large circle.
7. Add 2 oz of beef mixture to each biscuit. Fold the circle in half and use a fork to crimp the edges
8. Bake for 20-25 minutes or until crust is golden brown.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Lunch/Supper

YIELD

10 Patties

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Patty	1 Patty	1 Patty	1 Patty