



RECIPE NAME: Beef and Vegetable Stir Fry

File No:

Grade Group: K-8, 9-12
Number of Portions: 100
Portion Size: 1 cup
Serving Utensil: 8 fl oz spoodle
Servings per Pan: 25

HACCP Process:
<input type="checkbox"/> #1 No Cook
<input type="checkbox"/> #2 Cook & Serve Same Day
<input type="checkbox"/> #3 Includes Cooling Step

Recipe Adapted From:

What's Cooking?
USDA Mixing Bowl



Ingredients	Weight	Measure	Procedure
Beef, Top Round, Boneless, Raw, cut in 1/2" cubes	10 lb		<ol style="list-style-type: none"> Combine beef, soy sauce, cornstarch (1/3 c. + 2 tsp), ginger (2 Tbsp. + 1 1/2 tsp.), garlic (1 Tbsp.), black pepper, rice vinegar, salt, and sugar in a large bowl. Stir well. **Recommend cooking in batches of 25. Set remaining ginger, cornstarch, and garlic aside. Beef needs to marinate for 12-24 hours. Place marinated beef in a large stock pot uncovered over high heat for 2-3 minutes, stirring constantly. Add 2 cups of beef stock and heat to a rolling boil. Add green onion. CCP: heat to 165°F or higher for at least 15 seconds, then hot hold at 135°F or higher. Transfer 2 qt. of the beef mixture to each steam table pan (12" x 20" x 2 1/2"). Cover and keep warm. Use 4 pans. Steam broccoli until bright green. Heat oil in a large stock pot, add broccoli, edamame, carrots, onions, and remaining ginger and garlic. Sauté uncovered for 2-3 minutes, stirring occasionally. Add remaining broth, heat to rolling boil, add remaining cornstarch. Add water, stir well, allow mixture to thicken. CCP: Heat to 135°F or higher. Pour 1 gal 1 qt vegetable mixture over the beef in each steam table pan, stir well. CCP: Heat to 135°F or higher.
Soy Sauce, Low Sodium		1 1/4 cups	
Cornstarch		3 cups	
Ginger Root, Raw		1 cup	
Garlic, Raw		1/2 cup	
Pepper, Black, Ground		1 Tbsp	
Vinegar, Rice		1/2 cup	
Salt		2 Tbsp	
Sugar, Granulated		3 1/2 cups	
Beef Stock, Low Sodium		1 gal	
Onions, Green, Sliced		3 cups	
Broccoli, Raw, Chopped	8 lb		
Oil, Vegetable		1 cup	
Edamame, Frozen, Prepared	9 lb		
Carrots, Raw, Shredded	6 lb		
Onions, Raw, Sliced		2 2/3 cups	
Water		2 qt	
Total Yield:		Number of Pans: 4	
Weight:	Measure (volume):	Pan Size: 12" x 20" x 2 1/2"	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12				
Meat/Meat Alternate	2.0 oz eq.				
Vegetable Subgroups	DG	B/P	R/O	S	O
total: 3/8 cup (1/8 cup additional vegetable)	1/8 c.		1/8 c.		
Fruits					
Grains					
Calories:	206				
Saturated Fat (g):	1.93 g				
Sodium (mg):	466.14 mg				

Equipment (if not specified in procedures above):

DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange
S=Starchy O=Other