



RECIPE NAME: Beef and Vegetable Stir Fry

File No:

Grade Group: K-8, 9-12	HACCP Process: <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 cup	
Serving Utensil: 8 fl oz spoodle	
Servings per Pan: 25	

Recipe Adapted From:

What's Cooking?
USDA Mixing Bowl



Ingredients	Weight	Measure	Procedure
Beef, Top Round, Boneless, Raw, cut in ½" cubes	5 lb	½ cup + 2 Tbsp	<ol style="list-style-type: none"> Combine beef, soy sauce, cornstarch (⅓ c. + 2 tsp), ginger (2 Tbsp. + 1½ 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 1/2 the beef mixture (2 qt.) to a steam table pan (12" x 20" x 2½"). Cover and keep warm. Use 2 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, and allow mixture to thicken. CCP: Heat to 135°F or higher. Pour half the vegetable mixture over the beef in each steam table pan, stir well. CCP: Heat to 135°F or higher.
Soy Sauce, Low Sodium		1 ½ cups	
Cornstarch		½ cup	
Ginger Root, Raw		¼ cup	
Garlic, Raw		2 tsp	
Pepper, Black, Ground		¼ cup	
Vinegar, Rice		1 Tbsp	
Salt		1 ¾ cups	
Sugar, Granulated		2 qt	
Beef Stock, Low Sodium	12 oz		
Onions, Green, Sliced	4 lb	½ cup	
Broccoli, Raw, Chopped	4 ½ lb		
Oil, Vegetable	3 lb	1 1/3 cup	
Edamame, Frozen, Prepared		1 qt	
Carrots, Raw, Shredded			
Onions, Raw, Sliced			
Water			
Total Yield:	Number of Pans: 2		
Weight:	Measure (volume):	Pan Size: 12" x 20" x 2½"	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas(Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/MeatAlternate	2.0 oz eq.					
Vegetable Subgroups	DG	B/P	R/O	S	O	
total: ¾ cup (⅛ cup additional vegetable)	⅛ c.		⅛ c.			
Fruits						
Grains						
Calories:	206					
Saturated Fat (g):	1.93 g					
Sodium (mg):	466.14 mg					