

ISD #347

000752 - BEEF STIR FRY : USDA D-39A F2S	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 3/4 CUP Alternate Recipe Name: Beef Stir Fry Featuring Local Garlic and Carrots				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions												
020027 CORNSTARCH..... 014429 WATER,MUNICIPAL..... 016424 SOY SAU MADE FROM SOY&WHEAT (SHOYU),LO N... 002021 GINGER,GROUND..... 990306 GARLIC, MINCED..... 002030 PEPPER,BLACK.....	4 1/2 ozs 1/2 cup 1/2 cup 1/2 tsp 2 1/4 ozs 2 tsp	1. Dissolve cornstarch in water and soy sauce. Add ginger, minced garlic, and pepper.												
990163 SOUP, STOCK, BEEF, LO SODIUM.....	2 qts	2. Heat beef stock to a boil and slowly stir in cornstarch mixture. Return to a simmer. 3. Cook for 3-5 minutes, until thickened. Remove from heat.												
011124 CARROTS,RAW..... 004318 OIL,VEG,TYPE B-COMMOD..... 011282 ONIONS,RAW..... 011090 BROCCOLI,RAW..... 002047 SALT,TABLE.....	5 lbs + 10 ozs 1/2 cup 1 lb + 6 OZS (chopped) 4 lbs + 1 OZ (chopped) 2 tsp	4. Prepare no more than 50 portions per batch. Sauté carrots(peeled, 1/4" chopped) in oil for 4 minutes. 5. Add onions and cook for 1 minute 6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 2 pans. Add salt. Keep warm.												
013192 BEEF,RND,TIP RND,LN&FAT,1/4"FAT,ALL GRDS..... 004318 OIL,VEG,TYPE B-COMMOD.....	10 lbs 1 cup	7. Sauté beef cubes in oil for 2-3 minutes. Add beef to vegetables in steamtable pan. Add sauce and mix to coat beef and vegetables CCP: Heat to 165° F or higher for at least 15 seconds. 8. CCP: Hold for hot service at 135-140° F or higher. Portion with 2 rounded No. 10 scoops (3/4 cup 1 Tbsp).												
		Food as Purchased												
		<table style="width: 100%; border: none;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Carrots</td> <td style="text-align: center;">6 lb 13 oz</td> <td style="text-align: center;">13 lb 10 oz</td> </tr> <tr> <td>Mature onions</td> <td style="text-align: center;">1 lb 9 oz</td> <td style="text-align: center;">3 lb 2 oz</td> </tr> <tr> <td>Broccoli</td> <td style="text-align: center;">5 lb 1 oz</td> <td style="text-align: center;">10 lb 2 oz</td> </tr> </table>		50 Servings	100 Servings	Carrots	6 lb 13 oz	13 lb 10 oz	Mature onions	1 lb 9 oz	3 lb 2 oz	Broccoli	5 lb 1 oz	10 lb 2 oz
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Recipe Sizing Report

		Special Tips
		<p>1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté beef, for each 50 servings.</p> <p>2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.</p> <p>3) Reduce salt if using regular soy sauce.</p> <p>4) If using Oriental vegetables, add frozen vegetables to sautéed beef in step 7.</p>
		Serving
		¾ cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.

Calories..... 325	Iron..... 3.14 mg	Protein..... 26.95 g	Protein..... 33.20%
Cholesterol.. 74 mg	Calcium.... 46.54 mg	Carbohydrates 12.85 g	Carbohydrates. 15.83%
Sodium..... 296 mg	Vitamin A..8808.6 IU	Total Fat.... 18.86 g	Total Fat..... 52.26%
Dietary Fiber 2.67 g	Vitamin A..8808.6 RE	Saturated Fat 5.52 g	Saturated Fat. 15.29%
	Vitamin C.. 36.8 mg	Trans Fat.... 0.00* g	Trans Fat..... 0.00%

* - Denotes Missing Nutrient Values