

# Beef Stir-Fry

Meat/Meat Alternate-Vegetable

Main Dishes

D-39A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch	4 ½ oz	1 cup	9 oz	2 cups	1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		½ tsp		1 tsp	
Granulated garlic		3 Tbsp		¼ cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Beef stock, non-MSG		2 qt		1 gal	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.
*Fresh carrots, peeled, 1/4" chopped	5 lb 10 oz	1 gal 1 ½ qt	11 lb 4 oz	2 gal 3 qt	4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.
OR Frozen sliced carrots	OR 6 lb 12 oz	OR 1 gal 2 qt	OR 13 lb 8 oz	OR 3 gal	
Vegetable oil		½ cup		1 cup	
*Fresh onions, diced	1 lb 6 oz	3 ¾ cups	2 lb 12 oz	1 qt 3 ⅓ cups	5. Add onions and cook for 1 minute
*Fresh broccoli, chopped	4 lb 1 oz	1 gal 3 ¼ qt	8 lb 2 oz	3 gal 2 ½ qt	6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
OR Frozen mixed Oriental vegetables	OR 4 lb 15 oz	OR 2 qt	OR 9 lb 14 oz	OR 1 gal	
Salt		2 tsp		1 Tbsp 1 tsp	
Raw boneless beef top round (inside, cap off), cut in ½" cubes	10 lb		20 lb		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.
Vegetable oil		1 cup		2 cups	
					8. CCP: Hold for hot service at 135° F or higher.  Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

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Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for

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

**SERVING:**

**YIELD:**

**VOLUME:**

¾ cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.

**50 Servings:** about 23 lb 4 oz

**50 Servings:** about 2 gallons 2 quarts

**100 Servings:** about 46 lb 8 oz

**100 Servings:** about 5 gallons

Tested 2004

Special Tips:

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.

2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

3) Reduce salt if using regular soy sauce.

4) If using Oriental vegetables, add frozen vegetables to sautéed beef in step 7.

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Nutrients Per Serving					
Calories	236	Saturated Fat	2.34 g	Iron	2.73 mg
Protein	23.80 g	Cholesterol	55 mg	Calcium	39 mg
Carbohydrate	11.12 g	Vitamin A	11916 IU	Sodium	280 mg
Total Fat	10.68 g	Vitamin C	29.2 mg	Dietary Fiber	2.9 g