

Beef Stir-Fry

Meat-Vegetable

Main Dishes

D-18A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Cornstarch		¼ cup 3 Tbsp		¼ cup 2 Tbsp	1. Dissolve cornstarch in cold 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		¼ tsp		½ tsp	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Beef stock, non-MSG		1 qt		2 qt	
*Fresh carrots, peeled, ¼" slices	2 lb 13 oz	2 qt 1 cup	5 lb 10 oz	1 gal 2 cups	4. Sauté sliced carrots in oil for 4 minutes.
OR Frozen sliced carrots	OR 3 lb 6 oz	OR 3 qt	OR 6 lb 12 oz	OR 1 gal 2 qt	
Vegetable oil		¼ cup		½ cup	5. Add onions, cook for 1 minute.
*Fresh onions, chopped	10 oz	2 cups	1 lb 4 oz	1 qt	
*Fresh broccoli, chopped	2 lb 13 oz	1 gal 1 ⅞ qt	5 lb 10 oz	2 gal 2 ¼ qt	
OR Frozen mixed Oriental vegetables	OR 3 lb 7 oz	OR 2 qt 3 ⅞ cups	OR 6 lb 14 oz	OR 1 gal 1 ⅔ qt	
Raw skinless, boneless beef top round, ½" cubes	5 lb 2 oz		10 lb 4 oz		7. Sauté beef in oil for 2-3 minutes. Add beef to vegetables in pans. Add sauce and mix to coat beef and vegetables. CCP: Heat to 165° F or higher.
Vegetable oil		½ cup		1 cup	

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Carrots	3 lb 7 oz	6 lb 14 oz
Mature onions	12 oz	1 lb 8 oz
Broccoli	3 lb 8 oz	7 lb

SERVING:	YIELD:	VOLUME:
$\frac{3}{4}$ cup 1 tablespoon (2 rounded No. 10 scoops) provides the equivalent of 2 oz of cooked lean meat and $\frac{5}{8}$ cup of vegetable.	25 Servings: 11 lb 10 oz	25 Servings: 1 gallon 1 quart
	50 Servings: 23 lb 4 oz	50 Servings: 2 gallons 2 quarts
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Special Tip:

For an authentic Oriental flavor, when sauteing beef in step 7, substitute 2 Tbsp of sesame oil for 2 Tbsp of vegetable oil for each 25 servings.

Nutrients Per Serving			
Calories	244	Saturated Fat	2.10 g
Protein	24.89 g	Cholesterol	56 mg
Carbohydrate	11.68 g	Vitamin A	12095 IU
Total Fat	10.88 g	Vitamin C	39.8 mg
		Iron	2.96 mg
		Calcium	46 mg
		Sodium	288 mg
		Dietary Fiber	3.3 g