



Recipe Production

Recipe Number: FS073

Recipe Name: BEEF AND BROCCOLI PK

Hot: Yes

Recipe Source: Project Bread

HACCP Process Category:

Same Day

Serving Description: 1/2 c beef mix with 1/4 c rice

Projected Yield		Actual Yield		Leftovers	Disposition
Quantity	Serving Size	Quantity	Serving Size		
72	3/4 CUP				

Labor				
Employee Name	Start Time	Stop Time	Total Time	Rate

Stock Number	Description	Amount 1	Measure 1	Amount 2	Measure 2	Location
3032	BEEF CHUCK RST 3 EA/53 LB/CS	10	Pound	8	Ounce	(Unassigned)
1000	CORN STARCH 24/1 LB	6	Ounce			(Unassigned)
2570	GARLIC WHOLE PEELED 5 LB	6	Ounce			(Unassigned)
2568	GINGER ROOT 1 LB	5	Ounce	14 1/8	Gram	(Unassigned)
1311	OIL OLIVE CANOLA BLEND 10 L	2 1/3	Cup			(Unassigned)
1036	SAUCE SOY GFLS 5.2 GAL	6	Fl Oz			(Unassigned)
1028	VINEGAR APPLE CIDER 4/1 GAL	8	Tbsp			(Unassigned)
1044	SPICE CINNAMON GRD	2	tsp			(Unassigned)
2521	BROCCOLI CROWNS 20 LB	10	Pound	6	Ounce	(Unassigned)
TAP	WATER	2	Quart			(Unassigned)
3533	RICE BROWN 25 LB	2	Pound			(Unassigned)
FS001	ASIAN BEEF SAUCE	15	CUP			(Unassigned)

Cooking Instructions			
Cooking Temperature:	0	Cooking Times:	Hours: 0 Minutes: 0

Pre-Preparation Instructions

Recipe Source: Project Bread "Let's Cook Healthy School Meals" Cookbook
 Cooked beef roast yields 63%
 Trimmed broccoli yields 81%

Preparation Instructions

Trim meat and then partially freeze for approximately 1 hour. The meat will be easier to slice if partially frozen.
 Slice meat into 1/2" slices. Mince garlic and ginger.
 Toss meat with the garlic, ginger, soy sauce, vinegar and cinnamon in large bowl and let sit for 30 minutes. Then add the
 cornstarch to the meat, tossing well. Combine rice and water and steam for
 60 minutes until water is absorbed and rice is tender. Cut broccoli into bite size pieces using as much of the
 stem as possible.

In a tilt skillet, heat the oil over medium heat. Add the meat and cook, letting a crust form on meat, and then stirring with a big
 spatula. Remove meat from skillet and return to a clean bowl
 Cook the broccoli, adding it to the unclean tilt skillet and slowly adding water to let the broccoli steam. Broccoli will become tender
 in 10 - 15 minutes, stirring from time to time.

Add the meat back in. Taste for seasoning. Meanwhile, whisk the sauce ingredients (*
 see Asian Beef Sauce recipe) together in a bowl.

Serving Instructions



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Serve with 1/4 cup cooked brown rice

Nutrient	Unit	Recipe Nutrient Value	Nutrient Value per 100 Grams	Nutrient Value per Serving	% of Calories	Missing Value
Food Energy	kcal	18,049.3906	135.6735	250.6860		
Saturated Fat	g	132.0510	0.9926	1.8340	6.58	
Sodium	mg	49,639.1732	373.1273	689.4330		
Total Trans	g	0.0000	0.0000	0.0000		*
Total Fat	g	705.1945	5.3008	9.7944	35.16	
Cholesterol	mg	1,890.3545	14.2094	26.2549		
Carbohydrate	g	1,903.7379	14.3100	26.4408	42.19	
Total Dietary Fiber	g	145.3413	1.0925	2.0186		
Protein	g	971.7311	7.3043	13.4963	21.53	
Vitamin A (RE)	RE	5,765.6517	43.3392	80.0785		
Vitamin A (IU)	IU	25,632.7993	192.6764	356.0111		
Vitamin C	mg	3,389.5580	25.4786	47.0772		
Calcium	mg	3,258.9837	24.4971	45.2637		
Iron	mg	143.6916	1.0801	1.9957		
Moisture	g	8,581.6937	64.5068	119.1902		
Ash	g	97.1292	0.7301	1.3490		

Stock Number	Description	Units per		Cases	Broken Units	Broken Unit Description	Actual Used
		Case	Location				
3032	BEEF CHUCK RST 3 EA/53 LB/CS	1.00	(Unassigned)	10	0.50	LB	/
1000	CORN STARCH 24/1 LB	1.00	(Unassigned)	0	0.38	BOX (1 LB)	/
2570	GARLIC WHOLE PEELED 5 LB	1.00	(Unassigned)	0	0.38	LB	/
2568	GINGER ROOT 1 LB	1.00	(Unassigned)	0	0.34	CS (1 LB)	/
1311	OIL OLIVE CANOLA BLEND 10 L	1.00	(Unassigned)	0	0.05	CONTAINER (/
1036	SAUCE SOY GFLS 5.2 GAL	1.00	(Unassigned)			CONT (665 FL	/
1028	VINEGAR APPLE CIDER 4/1 GAL	1.00	(Unassigned)	0	0.03	GAL	/
1044	SPICE CINNAMON GRD	1.00	(Unassigned)	0	0.18	OZ	/
2521	BROCCOLI CROWNS 20 LB	1.00	(Unassigned)	10	0.38	LB	/
TAP	WATER	1.00	(Unassigned)	0	0.00	UNLIMITED	/
3533	RICE BROWN 25 LB	1.00	(Unassigned)	2	0.00	LB	/
FS001	ASIAN BEEF SAUCE	1.00	(Unassigned)	14	0.99	1 CUP	/

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