

Cookbook for SUPPER PROGRAM-JHS

Created by HPS Menu Planner

Table of Contents

[Pepper Steak over Rice-supper program](#)

[Green Beans](#)

Pepper Steak over Rice-supper program



Servings:	100.00	Category:	Entree
Serving Size:	1.00 Serving	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-12083

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF SLCD CKD 10-3# ADV	250 Ounce	<p>BAKE From Frozen: Convection-Preheat oven to 350 degrees F. Place 3 lb. bags of sliced beef (keep product in bag), into hotel pan and fill up 3 4 with hot water. Heat for 1 hour. From Thawed: Preheat oven to 350 degrees F. Place 3 lb bags of sliced beef (keep product in bag), into hotel pan and fill up with hot water. Heat for 40 minutes. 19-2.5oz servings per bag 192 servings per case(480 oz) 2.5oz per serving</p>	598762
SPICE PAPRIKA SMOKED 19Z TRDE	1 Cup		860430
BUTTER SUB 24-4Z BTRBUDS	2 Cup	1-4oz pouch yields 18 tablespoon	209810
GARLIC MINCED IN WTR 6-32Z ITALR	33/50 Cup		874910
Mult-Color Pepper	256 Ounce	<p>READY_TO_EAT 128oz = 8#</p>	3858
RICE PARBL LONG GRAIN 6-10 PRDCR	12 1/2 Cup	<p>1/4C dry= 1 cup prepared 1.) In a pan combine water with rice. Bring to a boil. 2) Reduce heat to low, cover tightly, and simmer 20-25 minutes or until all water is absorbed. 3.)Remove from heat. Fluff with a fork before serving. See recipe book for cooking instructions.</p>	699181
ONION SLCD 3/16 2-5 RSS	16 3/5 Cup		591122

Description	Measurement	Prep Instructions	DistPart #
Brown Gravy	22 1/6 Cup	RECONSTITUTE Pour hot water into mixing bowl, pour mix into water while vigorously stirring with a wire whisk or a mixer on low speed. Continue stirring until mix is completely dissolved and gravy is smooth. stir before using.	9389
TOMATO DCD I/JCE MW 6-10 GFS	2 3/5 #10 CAN	Drain liquid from can prior to mixing into meat.	246131

Preparation Instructions

1. sprinkle thawed meat with paprika, in a large skillet add butter buds to medium high heat, add sliced beef and minced garlic and water. Simmer, covered for 30 minutes. Add sliced multi-colored pepper strips and sliced onions. Cover and continue to simmer for 5 minutes.
2. stir brown gravy into meat mixture. cook and stir until all meat is coated with gravy. Gently stir in drained diced tomatoes heat until internal temperature reaches 165 degrees F for 15 seconds or longer.
3. Place 1 cup of cooked rice on plate top with 6oz of pepper steak mixture per serving.

SLE Components

Amount Per Serving

Meat	2.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.00
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Serving

Amount Per Serving	
Calories	379.87
Fat	9.19g
SaturatedFat	3.50g
Trans Fat	0.00g
Cholesterol	35.00mg
Sodium	518.73mg
Carbohydrates	60.51g
Fiber	9.01g
Sugar	19.70g
Protein	22.62g
Vitamin A 1298.33IU	Vitamin C 7.13mg
Calcium 124.18mg	Iron 4.87mg

Green Beans

NO IMAGE

Servings:	100.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-8585

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Green Beans cnd	3 4/7 #10 CAN	Rinse can free from debris. Place 2 #10 can in slotted 4" steam table pan cover with lid and place in steamer for 15-20 minutes or until the internal temperature reaches 135 degrees for 15 seconds or longer.	100307

Preparation Instructions

1/2 cup serving size per portion.

SLE Components

Amount Per Serving

Meat	0.00
Grain	0.00
Fruit	0.00
GreenVeg	0.00
RedVeg	0.00
OtherVeg	0.46
Legumes	0.00
Starch	0.00

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 0.50 Cup

Amount Per Serving			
Calories	14.78		
Fat	0.00g		
SaturatedFat	0.00g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	129.33mg		
Carbohydrates	2.77g		
Fiber	1.85g		
Sugar	0.92g		
Protein	0.92g		
Vitamin A	0.00IU	Vitamin C	0.00mg
Calcium	0.00mg	Iron	0.00mg