

# **Cookbook for CCYC**

**Created by HPS Menu Planner**

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[Beef & Broccoli Over Rice](#)

# Beef & Broccoli Over Rice

<b>Servings:</b>	36.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	0.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56346
<b>School:</b>	CCYC		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SRLN PHLN BRKAPRT	36 Each	GRILL Flat Grill Preheat to 350 degrees F. Place frozen beef on . After the portion has cooked through about half its thickness, flip the portion once. As the meat slices begin to cook, separate them with a spatula and add any desired seasonings.Beef should have an evenly brown appearance when completely cooked. 	415764
BROCCOLI FLORETS	6 1/2 Cup		610902
Less Sodium Soy Sauce	1 7/16 Cup	READY_TO_EAT	466425
GARLIC CHPD IN WTR	4/11 Cup		321565
OIL SALAD VEG SOY CLR NT	5/7 Cup		292702
Cornstarch	2/11 Cup		20027
Water	5/7 Quart	READY_TO_DRINK	Water
Spices, ginger, ground	5/7 Teaspoon		2021
Onions, spring or scallions (includes tops and bulb), raw	1 7/16 cup, chopped		11291
RICE PARBL STRONGBOX	9 Cup	BOIL Bring water and rice to a boil; stir and reduce heat to medium low and simmer 15-25 minutes or until most of the water is absorbed.	722987

## Preparation Instructions

1. Cook whole grain rice noodles according to package directions. Rinse and hold hot.
2. In a large tilt skillet or steam kettle, heat oil. Add garlic and ginger and sauté for 1–2 minutes.
3. Add sirloin steak strips and cook until browned and cooked through. CCP: Cook to 165°F for 15 seconds.
4. In a separate container, mix soy sauce, water, and cornstarch into a slurry. Add to beef.

5. Add broccoli and simmer until tender-crisp (5–7 minutes). Stir occasionally.
6. Cook rice according to 2:1 ratio. Plate 1 cup cooked rice with 4 oz spoodle beef and broccoli mixture on top
7. Garnish with green onions if desired.
8. CCP: Hold hot at 135°F or above until service.

## Nutrition Facts

Servings Per Recipe: 36.000

Serving Size: 0.00

Amount Per Serving	
<b>Calories</b>	385.60
<b>Fat</b>	15.49g
<b>Saturated Fat</b>	5.14g
<b>Trans Fat</b>	0.00g**
<b>Cholesterol</b>	45.00mg
<b>Sodium</b>	308.79mg
<b>Carbohydrates</b>	39.86g
<b>Fiber</b>	1.19g
<b>Total Sugar</b>	0.45g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	19.16g
<b>Vitamin A</b> 2.00mcg**	<b>Vitamin C</b> 0.75mg**
<b>Calcium</b> 11.33mg	<b>Iron</b> 3.31mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available