

Cookbook for Calhoun County Youth Center

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[Beef & Broccoli Over Rice](#)

Beef & Broccoli Over Rice

Servings:	40.000	Category:	Entree
Serving Size:	0.00	HACCP Process:	Same Day Service
Meal Type:	Lunch	Recipe ID:	R-56346
School:	Calhoun County Youth Center		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
BEEF STK SRLN PHLL BRKAPRT	48 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	7 1/5 Cup		610902
SAUCE SOY LITE	1 3/5 Cup	READY_TO_EAT	466425
GARLIC CHPD IN WTR	2/5 Cup		321565
OIL SALAD VEG SOY CLR NT	4/5 Cup		292702
Cornstarch	1/5 Cup		20027
Water	4/5 Quart	READY_TO_DRINK	Water
Spices, ginger, ground	4/5 Teaspoon		2021
Onions, spring or scallions (includes tops and bulb), raw	1 3/5 cup, chopped		11291
RICE PARBL STRONGBOX	10 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
EGG ROLL VEG 3Z	4/5 Each		323848

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.