

# Beef Lo Mein



<b>Servings:</b>	100.00	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-51058

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
NOODLE LO MEIN	15 Pound	<b>BLANCH</b> Noodles are pre-cooked and ready to use. Defrost noodles under running water or blanch in hot water for 1-2 minutes. Remove and drain excess water. - Stir-fried: Saute desired meats and vegetables. Add noodles, 2-4 cups of broth or water, desired seasonings and allow to simmer for about 2 minutes. Remov	529110
Seasoned Sliced Philly Beef Steak, Cooked, Frozen	20 Pound		516133
BROCCOLI FLORET REG CUT	12 Pound		732478
CARROT MATCHSTICK SHRED	2 Quart		198161
OIL BLND CNOLA/XVRGN 90/10	1 Quart		732900
GARLIC PLD FRESH	2 Fluid Ounce		428353
SAUCE TERIYAKI GLAZE	1 Gallon		311502

## Preparation Instructions

### Instructions

General preparation on the day before service

Thaw noodles in the refridgerator at 40? or lower.

Thaw Philly beef in the refrigerator at 40° or lower.

#### Ingredient combination and heating

Place noodles in a colander, run hot water through noodles for 45 seconds while tossing gently. Drain excess water, then transfer to a 2" full size pan. Hold in the warmer.

Using a steamer heat up teriyaki sauce in container for 10 to 15 minutes. Hold in warmer.

Using a large mixing bowl, mix Philly meat, broccoli (cut bite-size), carrots, olive oil and garlic together. Toss until all ingredients are thoroughly mixed.

Line bun pans with parchment paper. Transfer ingredients from mixing bowl to the bun pans. Fill bun pans with veggie and meat mixture forming single layer batches.

Bake in preheated oven at 350°F for 8-10 minutes or until internal temperature reaches 165°F.

#### Measurement and assembly on day of service

Using 4" pans, mix noodles, veggie/meat mixture with teriyaki sauce, until all ingredients are evenly coated with the sauce.

Using a #6 serving scoop, portion out (2- #6 scoops per serving) of the lo mein into an Asian pail/take out container. Serving of 2 scoops is 1? cups.

Hold until and during service at a minimum internal temperature of 135°F

#### Recipe Notes

Crediting: 1 serving (226 g) provides 2 oz eq. M/MA and 2 oz eq. whole grains.

NOTES: One serving is 2 #6 scoops (1? cups). This recipe makes 25 servings.

### Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	0.000
<b>OtherVeg</b>	0.000
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

### Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 1.00 Cup

Amount Per Serving			
<b>Calories</b>	559.04		
<b>Fat</b>	25.02g		
<b>SaturatedFat</b>	6.36g		
<b>Trans Fat</b>	0.58g		
<b>Cholesterol</b>	0.00mg		
<b>Sodium</b>	1483.27mg		
<b>Carbohydrates</b>	60.36g		
<b>Fiber</b>	3.02g		
<b>Sugar</b>	16.77g		
<b>Protein</b>	26.36g		
<b>Vitamin A</b>	1712.02IU	<b>Vitamin C</b>	0.62mg
<b>Calcium</b>	65.49mg	<b>Iron</b>	3.04mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

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

### Nutrition - Per 100g

No 100g Conversion Available