



Beef Stir-Fry

USDA Recipe for Schools

Beef Stir-Fry consists of lean, boneless beef top roast, cooked with soy sauce, ginger, fresh vegetables, and assorted spices.

NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup dark green vegetable, 1/8 cup red/orange vegetable, and 1/4 c up additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw boneless beef top round (inside, cap off), cut in 1/2" cubes	5 lb	2 qt 3 cups	10 lb	1 gal 1 qt 2 cups	1 Combine beef, soy sauce, 1/3 cup 2 tsp cornstarch, 2 Tbsp 1 1/2 tsp ginger, 1 Tbsp garlic, black pepper, red pepper flakes, rice vinegar, strawberry jam, salt, and sugar in a large bowl. Stir well. Cover tightly and refrigerate. Recommend to cook in batches. 2 Critical Control Point: Cool to 41 °F or lower within 4 hours.
Low-sodium soy sauce		1/2 cup 2 Tbsp		1 1/4 cups	
Cornstarch	7 oz	1 1/2 cups	14 oz	3 cup	
Fresh ginger, chopped	5 1/3 oz	1/2 cup 2 Tbsp 2 tsp	10 2/3 oz	1 1/4 cups 1 Tbsp 1 tsp	
Fresh garlic, minced	3 oz	1/4 cup	6 oz	1/2 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Red pepper flakes		2 tsp		1 Tbsp 1 tsp	
Rice vinegar		¼ cup		½ cup	
Strawberry jam	12 oz	1 cup	1 lb 8 oz	2 cups	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Sugar	14 oz	1 ¾ cups	1 lb 12 oz	3 ½ cups	
					3 Set remaining ginger and garlic aside for step 11. Set remaining cornstarch aside for step 12. Allow beef mixture to marinate for 12–24 hours.
					4 Place marinated beef in a large stock pot uncovered over high heat for 2–3 minutes, stirring constantly.
Low-sodium beef broth		2 qt		1 gal	5 Add 2 cups beef broth. Heat to a rolling boil allowing mixture to thicken. Set remaining beef broth aside for step 12.
*Fresh green onions, sliced	12 oz	1 ½ cups 1 Tbsp 1 ¼ tsp	1 lb 8 oz	3 cups 2 Tbsp 2 ½ tsp	6 Add green onions.
					7 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					8 Critical Control Point: Hold for hot service at 140 °F or higher.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>9 Transfer 2 qt (about 4 lb 8 oz) beef mixture to each steam table pan (12" x 20" x 2½"). Set aside for step 15. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
*Fresh broccoli, chopped	4 lb	1 gal 2 qt ¼ cup 2 Tbsp	8 lb	3 gal ¾ cup	<p>10 Boil broccoli in a large stock pot for 60 seconds or until bright green. Drain in a colander. Set aside for step 11.</p>
Canola oil		½ cup		1 cup	<p>11 Heat oil in a large stock pot.</p>
Frozen edamame, thawed	4 lb 8 oz	3 qt 3 ¾ cups	9 lb	1 gal 3 qt 3 ½ cups	<p>12 Add boiled broccoli, edamame, carrots, onions, and remaining ginger and garlic. Saute uncovered for 2–3 minutes, stirring occasionally.</p>
*Fresh carrots, shredded	2 lb 14 oz	3 qt 2 cups	5 lb 12 oz	1 gal 3 qt	
*Fresh yellow onions, sliced	10 oz	1 ⅓ cups	1 lb 4 oz	2 ⅔ cups	
					<p>13 Add remaining beef broth. Heat to a rolling boil. Add remaining cornstarch.</p>
Water		1 qt		2 qt	<p>14 Add water. Stir well. Allow mixture to thicken.</p>
					<p>15 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.</p>
					<p>16 Pour 1 gal 1 qt (8 lb 1 oz) vegetable mixture over beef mixture into each steam table pan (12" x 20" x 2½"). Stir well. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>17 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p>18 Portion with 8 fl oz spoodle (1 cup).</p>



NUTRITION INFORMATION

For 1 cup (8 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	204
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	18 mg
Sodium	384 mg
Total Carbohydrate	27 g
Dietary Fiber	4 g
Total Sugars	15 g
Added Sugars included	N/A
Protein	12 g
Vitamin D	1 IU
Calcium	51 mg
Iron	2 mg
Potassium	434 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature yellow onions	6 oz	12 oz
Green onions	8 oz	1 lb
Broccoli	2 lb 8 oz	5 lb
Carrots	1 lb 7 oz	2 lb 14 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #3: Complex Food Preparation.

YIELD/VOLUME

50 Servings	100 Servings
About 25 lb 6 oz	About 50 lb 12 oz
About 3 gal 2 ¾ cups/2 steam table pans (12" x 20" x 2 ½")	About 6 gal 1 qt 1 ½ cups/4 steam table pans (12" x 20" x 2 ½")

