



# Beef and Mushroom Skillet with Brown Rice

A comfort meal with a hearty portion of lean ground beef and fiber-filled brown rice.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
*Pennsylvania Department of Education*

**Preparation Time:** 2 hours

**Cook Time:** 40 minutes

**NSLP/SBP crediting information:**

$\frac{2}{3}$  cup beef mixture and 1 cup rice provide 2 oz equivalent meats/meat alternates, 2 oz equivalent grains,  $\frac{1}{8}$  cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Mushrooms, sliced	3 lb 2 $\frac{3}{4}$ oz	3 qt 2 $\frac{1}{2}$ cups	6 lb 5 $\frac{1}{2}$ oz	1 gal 3 qt 1 cup	<ol style="list-style-type: none"> <li>1. Preheat oven to 400 °F.</li> <li>2. Line a sheet tray with foil, spray with non-stick spray. Spread mushrooms in a single layer and season with pepper. Spray mushroom tops with non-stick spray.</li> <li>3. Roast in oven for 15-20 minutes until mushrooms are golden brown. Set aside.</li> <li>4. Brown the ground beef in a hot skillet seasoned with olive oil for 8-10 minutes. Remove from pan and set aside.</li> </ol>
Black pepper, ground		3 $\frac{1}{4}$ Tbsp		$\frac{1}{4}$ cup 2 $\frac{1}{2}$ Tbsp	
Beef, fine ground, crumbles, 15% fat, frozen, thawed	8 lb 6 oz	1 gal 1 cup	16 lb 12 oz	2 gal 2 cups	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>Critical Control Point:</b> Heat to 165 °F or higher for at least 15 seconds.
Olive oil		¾ cup 1 ½ tsp		1 ½ cups 1 Tbsp	
Garlic, raw	2 ¼ oz	12 ½ cloves	5 ½ oz	25 cloves	<b>5.</b> Mince garlic.
*Onions, chopped	1 lb 1 3/5 oz	3 ⅞ cups	2 lb 3 1/5 oz	1 qt 2 ¼ cups	<b>6.</b> Combine garlic with chopped onions. Add garlic and onions to skillet and sauté until translucent and browned. Continue stirring so the garlic does not stick and burn. Approximately 5-7 minutes.
Cornstarch		½ cup		1 cup	<b>7.</b> Combine cornstarch and water. For 50 servings, use 1 cup of water. For 100 servings, use 2 cups of water. Stir until cornstarch is dissolved. Set aside.
Water		1 gal 1 cup		2 gal 2 cups	
Beef base, low sodium	3 oz	⅓ cup	6 oz	⅔ cup	<b>8.</b> Reconstitute beef base for beef mixture: In a medium saucepan, reconstitute base according to package instructions. For 50 servings, use 1/6 cup base and ½ gal of water. For 100 servings, use ⅓ cup base and 1 gal of water.
Basil, fresh, chopped		¾ cup ½ Tbsp		1 ½ cups 1 Tbsp	<b>9.</b> Return beef to skillet. Combine basil (fresh and dried), garlic powder, beef broth, vinegar, and Worcestershire sauce and add to skillet. Bring skillet to a boil. Mix the cornstarch slurry and stir it into the skillet until mixture is thickened. Reduce heat and simmer.
Basil, dried, ground		1 ½ tsp		1 Tbsp	
Garlic powder	2 oz	⅛ cup 1 Tbsp ½ tsp	3 ⅔ oz	¼ cup 2 Tbsp 1 tsp	





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vinegar, balsamic		$\frac{3}{4}$ cup 1 $\frac{1}{2}$ tsp		1 $\frac{1}{2}$ cups 1 Tbsp	
Worcestershire sauce		$\frac{3}{4}$ cup 1 $\frac{1}{2}$ tsp		1 $\frac{1}{2}$ cups 1 Tbsp	
*Scallions, chopped	4 oz	$\frac{1}{2}$ cup	8 oz	1 cup	
Rice, brown, long grain, parboiled	6 lb 4 oz	1 gal $\frac{2}{3}$ cup	12 lb 8 oz	2 gal 1 $\frac{1}{3}$ cups	<p><b>10.</b> Reconstitute beef base for rice: In a medium saucepan, reconstitute base according to package instructions. For 50 servings, use <math>\frac{1}{6}</math> cup base and <math>\frac{1}{2}</math> gal of water. For 100 servings, use <math>\frac{1}{3}</math> cup base and 1 gal of water.</p> <p>Add scallions. Cook rice in broth according to package instructions.</p> <p><b>11.</b> Place rice in hotel pans according to quantity requirements. 2" full hotel pan holds 32 servings. 4" full hotel pan holds 56 servings.</p> <p><b>12.</b> Serve <math>\frac{2}{3}</math> cup of beef skillet mixture (No. 6 scoop) over 1 cup of rice.</p> <p><b>Critical Control Point:</b> Hold for hot service at 140 °F or higher.</p>



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## NUTRITION INFORMATION

For ⅔ cup beef mixture (No. 6 scoop), 1 cup of rice

NUTRIENTS	AMOUNT
Calories	480

<b>Total Fat</b>	<b>18 g</b>
Saturated Fat	5 g
Cholesterol	68 mg
<b>Sodium</b>	<b>266 mg</b>
<b>Total Carbohydrate</b>	<b>51 g</b>
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	0 g
<b>Protein</b>	<b>29 g</b>
Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 IU
Calcium	33 mg
Iron	4 mg
Potassium	173 mg

N/A=data not available.

## \*MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mushrooms	3 lb 4 oz	6 lb 8 oz
Onions	1 lb 7 oz	2 lb 14 oz
Scallions	5 oz	10 oz

## NOTES

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

If using raw beef, follow HACCP Procedures.

If beef/mushroom mixture is not thick enough, repeat cornstarch slurry directions and add to skillet until it reaches the desired consistency.

Cooking Process #2: Same Day Service.

## YIELD/VOLUME

50 Servings	100 Servings
About 2 gal 2 cup beef and mushrooms, 3 gal 2 cup rice	About 4 gal 1 qt beef and mushrooms, 6 gal 1 qt rice
About 29 lb 11 oz	About 59 lb 6 oz

## SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant