



# Texas Beef and Chimichurri Rice Bowl

A brown rice, roasted pepper, and onion bowl topped with Texas beef marinated in chimichurri.

**Recipe Project Name:** Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development  
*Texas Department of Agriculture*

**Preparation Time:** 60 minutes  
**Cook Time:** 40 minutes

**NSLP/SBP crediting information:**

½ cup brown rice (No. 8 scoop), ¼ cup vegetables (No. 16 scoop), and 1 oz beef with marinade (1 oz ladle) provide ¼ cup other vegetable, 1 oz eq grains, and 1 oz eq meat/meat alternate.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil, extra-virgin, divided	13 oz	1 ¾ cups	1 lb 10 oz	3 ½ cups	<p><b>1.</b> For the marinade, mix olive oil, parsley, vinegar, garlic, chili flakes, oregano, salt, and pepper in a large bowl.</p> <p>For 50 servings, use 1 ½ cups olive oil, 2 cups parsley, ¾ cup vinegar, ¼ cup minced garlic, 1 Tbsp chili flakes, 1 Tbsp dried oregano, 1 Tbsp salt, and ½ Tbsp pepper.</p> <p>For 100 servings, use 3 cups olive oil, 1 qt parsley, 1 ½ cups vinegar, ½ cup minced garlic, 2 Tbsp chili flakes, 2 Tbsp dried oregano, 2 Tbsp salt, and 1 Tbsp pepper.</p>
Parsley, fresh, finely chopped	3 oz	2 cups	6 oz	1 qt	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Red wine vinegar	6 ½ oz	¾ cup	13 oz	1 ½ cups	
Garlic, minced	2 oz	¼ cup	4 oz	½ cup	
Red chili flakes	⅓ oz	1 Tbsp		2 Tbsp	
Oregano, dried	⅓ oz	1 Tbsp		2 Tbsp	
Salt, kosher, divided		3 Tbsp 1 tsp		¼ cup 2 Tbsp 2 tsp	
Black pepper, ground, divided		2 tsp		1 Tbsp 1 tsp	
Beef steak, top round, bottom sirloin or equivalent, raw, 0" trim, cubed into ¾-1 inch pieces	4 lb 8 oz		9 lb		<ol style="list-style-type: none"> <li>2. Place the beef in a large food grade storage container and pour the marinade over the beef. Cover container and refrigerate for 30 minutes or overnight.</li> <li>3. Preheat convection oven to 375 °F.</li> <li>4. When ready, place the beef with marinade in a single layer on parchment-lined baking sheets.</li> <li>5. Pour the remaining marinade over beef.</li> <li>6. Bake in the oven at 375 °F for about 5 minutes until beef reaches internal temperature of 145 °F. <b>Critical Control Point:</b> Heat to 145 °F or higher for at least 15 seconds.</li> <li>7. Transfer beef and juices to holding hotel pans until ready to serve.</li> </ol>
*Bell peppers, red and/or orange, seeded, sliced thin	4 lb	1 gal ½ cup	8 lb	2 gal 1 cup	8. While beef is cooking, prepare vegetables.
*Onion, large, peeled, sliced thin	3 lb	3 qt 1 ¼ cups	6 lb	2 gal 2 ½ cups	9. Place peppers and onions onto parchment-lined baking sheets and drizzle evenly with olive oil.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>For 50 servings, use ¼ cup olive oil. For 100 servings, use ½ cup olive oil.</p> <p><b>10.</b> Sprinkle evenly with salt and pepper. Toss to coat evenly.</p> <p>For 50 servings, use 1 tsp salt and ½ tsp pepper. For 100 servings, use 2 tsp salt and 1 tsp pepper.</p> <p><b>11.</b> Bake in a conventional oven at 375 °F until tender and lightly browned (about 15-20 minutes).</p>
Brown rice, long-grain, regular, par-boiled	3 lb 12 oz	2 qt 1 ⅛ cup	7 lb 4 oz	1 gal 2 cups	<p><b>12.</b> While beef and peppers/onions cook, prepare the rice.</p> <p><b>13.</b> Add rice into (1) 12"x20"x4" hotel pan.</p>
Water		2 qt		1 gal	<p><b>14.</b> Add salt to water and pour over rice. For 50 servings, use ⅛ cup salt. For 100 servings, use ¼ cup salt.</p> <p><b>15.</b> Preferred cooking method: Place rice uncovered in a steamer at 5 lb pressure for 40 minutes or until done.</p> <p><b>16.</b> Remove rice from steamer and let rest for 5 minutes. Gently fluff rice with a fork.</p> <p><b>17.</b> Portion into serving bowl or serving container in the following order: ½ cup brown rice (No. 8 scoop), ¼ cup vegetables (No. 16 scoop), 1 oz beef with marinade (1 oz ladle).</p> <p><b>18.</b> Toss/stir the meat in the hotel pan during service – each scoop should have marinade.</p> <p><b>19.</b> Garnish with chopped parsley if desired.</p>



**BEEF AND CHIMICHURRI RICE BOWL  
NUTRITION INFORMATION**

For ½ cup brown rice (No. 8 scoop), ¼ cup vegetables (No. 16 scoop), 1 oz beef with marinade (1 oz ladle)

**NUTRIENTS** **AMOUNT**  
**Calories** **260**

<b>Total Fat</b>	<b>10 g</b>
Saturated Fat	2 g
Cholesterol	25 mg
<b>Sodium</b>	<b>420 mg</b>
<b>Total Carbohydrate</b>	<b>31 g</b>
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>13 g</b>
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	0 mcg
Calcium	25 mg
Iron	2 mg
Potassium	337 mg

N/A=data not available.

**SOURCE:**

FY 2021 Cohort B Team Nutrition Training Grant

**\*MARKETING GUIDE**

Food as Purchased for	50 Servings	100 Servings
Peppers, bell, red/ orange	5 lb	10 lb
Onion, large	3 lb 8 oz	7 lb

**NOTES**

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

Alternative rice cooking method:

For 50 servings, divide rice into (2) 12x20x2.5-inch hotel pans; add boiling water, cover tightly with foil. Bake in the oven at 350 °F for 40 minutes or until done.

For 100 servings, use (4) 12x20x2.5-inch hotel pans and bake at 350 °F for 40 minutes.

Serving suggestions: Provide hot sauce as an optional condiment. Rice can be substituted for a tortilla if desired.

To meet Grades 9-12 meal pattern daily minimums (2 oz equivalent grains and 2 oz equivalent M/MA): Double the rice and beef serving OR double the rice serving and add ½ cup (1oz equivalent MA) of pinto or other beans.

Cooking Process #2: Same Day Service

**YIELD/VOLUME**

50 Servings	100 Servings
26 lb 5 oz (8 ⅓ oz per serving)	53 lb 2 oz (8 ⅓ oz per serving)

