BEEF STROGANOFF OVER RICE

MEAL COMPONENT CONTRIBUTION:
2¼ oz. eq. of meat/meat alternate, 1 oz. eq. whole grain
NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ¾ cup
RECIPE HACCP PROCESS: #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	20 second spray
Rice, Long Grain,Brown, Parboiled, #2139	6 pounds + 8 ounces
Water, Municipal, Mississippi	1 gallon + 2 quarts
Salt, Table, #2723	1 tablespoon + 1 teaspoon
Beef, Gound, 80/20, #1001	19 pounds + 8 ounces
Flour, All Purpose, Enriched, #2011	2 cups
Onions, Frozen, Diced, #1610	1 quart + 3 cups
Garlic Powder, #2709	1 tablespoon
Parsley, Dried, Chopped, #2717	2/3 cup
Pepper, Black, Ground, #2718	2 teaspoons
Milk, Reduced Fat, 2% Milkfat, Bulk	1 1/4 gallons + 3 cups
Base, Beef, Low Sodium, #2500	1/3 cup
Soup, Cream of Mushroom, Low Sodium, #2513	2 50 ounce cans

DIRECTIONS

1. If the beef and onions are frozen, thaw them in the refrigerator. Drain the onions thoroughly on the day of assembly.

   CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.

2. To prepare the rice:
   - Spray steamtable pans with pan release spray.
   - Place 3 pounds + 10 ounces of brown rice in each 12" x 20" x 4" steamtable pan and add 2½ quarts of hot water to each pan.
   - Add 2 teaspoons of salt to each pan and mix.
   - Steam for approximately 45 minutes or until the rice is tender and fluffy. Check at 30 minutes of cooking time for the amount of water absorption. If needed, add more water.
   - Cover, and place in warmer until ready to serve.

   Rice amounts are based on USDA Food Buying Guide. Overcooking or hot holding rice for long periods of time will increase the volume and the yield.

   CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

3. Brown the ground meat and then drain it. Press the draining beef to remove excess fat. After draining the ground beef, continue cooking it.
4. Sprinkle the flour over the beef and stir the mixture.
5. Add the onions, garlic powder, parsley flakes, and pepper. Stir the mixture to combine.
   Cook over low heat for approximately 5 minutes, or until the onions are soft.

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6. In a separate bowl, combine the milk and beef base. Whisk this mixture until it is well blended.
7. Add the milk mixture and undiluted soup to beef mixture and blend well. Cook until it has thickened.

   CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
8. Pour the beef stroganoff into serving pans. Serve immediately or cover and place in warmer until ready for service.

   CCP: Hold and maintain the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
9. Portion meat mixture with 6-ounce ladle (¾ cup) over ½ cup of cooked rice for each serving. Each portion provides 2¼ oz. eq. of meat/meat alternate and 1 oz. eq. whole grain.

   CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use USDA Foods products when available.
Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.
If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.
"Culinary Techniques for Healthy School Meals: Preparing Meats" provides seasoning and serving ideas for meats.

Cooked noodles can be substituted for rice. The nutrient analysis must be re-calculated if noodles are used.

NUTRIENTS PER SERVING

Calories	340	Dietary Fiber	1.18 g	Sodium	316.00 mg	Sat. Fat	6.18 g
Carbohydrates	31.33 g	Protein	16.41 g	Total Fat	15.95 g	Trans Fat	0.00 g