# BEEF STROGANOFF OVER RICE (W/BC)

**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, Hot, Municipal | 1 gallon + 2 quarts |
| Salt, Table, #2723 | 1 tablespoon + 1 teaspoon |
| Pan Release Spray, Vegetable Oil, #2514 | 10 second spray |
| Onions, Frozen, Diced, #1610 | 1 quart + 3 cups |
| Garlic Powder, #2709 | 1 tablespoon |
| Pepper, Black, Ground, #2718 | 2 teaspoons |
| Parsley, Dried, Chopped, #2717 | 2/3 cup |
| Beef Crumbles, #100134 | 17 pounds |
| Flour, All Purpose, Enriched, #2011 | 2 cups |
| 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 onions and beef crumbles 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 food 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 to distribute the salt.
   - Steam the rice 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 the rice, 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. Spray braising pans with food release spray.
4. Add the onions, garlic powder, parsley and pepper to the pan. Stir the vegetables to combine. Cook over low heat for approximately 5 minutes, or until the onions are soft.
5. Add the thawed beef crumbles to the mixture and stir until well combined.

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**DIRECTIONS**

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

   CCP: Heat to 135 degrees F or higher for 15 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 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 cooked rice for each servings. Each portion provides 2¼ oz. eq. of meat/meat alternate and 1 oz. eq. whole grain.

   CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

**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.

**MISCELLANEOUS NOTES**

Yield: 48 servings is about 2 ¼ gallons.

**NUTRIENTS PER SERVING**

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Calories | 332 | Dietary Fiber | 3.55 g | Sodium | 531.00 mg | Sat. Fat | 5.95 g |
| Carbohydrates | 36.06 g | Protein | 1.37 g | Total Fat | 12.32 g | Trans Fat | 0.00 g |