BEEF TIPS OVER NOODLES (ENRICHED)

MEAL COMPONENT CONTRIBUTION:
2 oz. eq. meat/meat alternate, 1 oz. eq. enriched grain, 1/8 cup other vegetable
NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** 1 serving
RECIPE HACCP PROCESS: #2 - Same day service

MEAT/MEAT ALTERNATE : ENRICHED GRAIN : VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Beef, Cubed for Stewing, #1000	12 pounds
Base, Beef, Low Sodium, #2500	1 cup + 1 tablespoon
Water, Municipal, Mississippi	1 quart + 2 cups
Onions, Frozen, Diced, #1610	1 quart + 1 cup
Peppers, Green, Diced, Frozen, #1613	1 quart + 1/2 cup
Pepper, Black, Ground, #2718	1 tablespoon
Sauce, Worcestershire, Bulk, #2258	3/4 cup
Water, Municipal, Mississippi	1 cup
Flour, All Purpose, Enriched, #2011	1 cup
Pasta, Egg Noodle, Enriched, #2131	2 pounds + 8 ounces
Water, Municipal, Mississippi	2 gallons

DIRECTIONS

1. If the beef, green peppers, and onions are frozen, thaw them in the refrigerator. Drain the peppers and onions thoroughly on the day of assembly.
   CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
2. Brown the beef cubes in a braising pan, steam -jacketed kettle, or stock pot that has been sprayed with pan release spray. Stir the beef frequently.
3. Continue to brown the beef cubes for about 30 minutes, or until all pieces are browned.
4. Mix the beef base with 1 quart and 2 cups of water. Add the beef base to the meat mixture.
5. Add the onions, peppers, black pepper, and worcestershire sauce. Stir the mixture well and simmer for about 45 minutes to 1 hour, or until meat is tender.
6. Combine the flour and 1 cup of water to make a smooth paste. Slowly stir this into the beef mixture to make a gravy. Cook until the mixture is thickened.
   This recipe yields 1½ gallons. Place in steamtable pans for service.Cover and place in warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil until ready for service.
   CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process.
7. Bring 2 gallons of water to a rolling boil.

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DIRECTIONS

8. Slowly add PASTA to boiling water. Cook pasta for 9-11 minutes, or until al dente (cooked just long enough to be firm and not too soft).
   Pasta amounts are based on USDA Food Buying Guide. Overcooking or hot holding pasta for long periods of time will increase the volume and the yield.
   Pasta may also be cooked in a steamer or combi oven. Different steamers and combi ovens vary in time and settings, so check with the manufacturer for correct instructions.
9. Drain the pasta, then place it in half-size steamtable pans (12" x 10 "x 4"). Cover it and place in warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil until ready for service.
   Hot holding pasta for long periods of time will increase the volume and the yield.
10. Portion noodles with a 4 ounce spoodle or #8 scoop and use a 4 ounce spoodle or a #8 scoop. Use a 4 ounce spoodle or #8 scoop to serve ½ cup beef tips mixture over ½ cup of noodles per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. enriched grain, and 1/8 cup other vegetable.

    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.

SERVING NOTES

Cooked rice may be used in place of noodles. The nutrient analysis must be re-calculated if rice used.

NUTRIENTS PER SERVING

Calories	272	Dietary Fiber	1.30 g	Sodium	603.00 mg	Sat. Fat	4.73 g
Carbohydrates	21.44 g	Protein	25.29 g	Total Fat	10.12 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF BEEF TIPS OVER NOODLES (ENRICHED)

1.

Cubed beef ready to be browned

2.

Brown beef in steam-jacketed or braising pan that has been sprayed with pan release spray

3.

Onions, peppers, black pepper, and worcestershire sauce added to the meat

4.

Flour and water mixture slowly being stirred into beef mixture to make a gravy

5.

1 serving of Beef Tips over Noodles