Lab 1 10:30 to Noon

Black Bean Salsa

Humus

Split Pea salsa

Acini De Pea Confetti Salad

Aztec Grain Salad

Lab 2 2:30 to 4:30 pm

Thick Vegetable soup

Broccoli / Cauliflower Polonaise

Orange Glazed Carrots

Chine Style Vegetables

Orange Rice Pilaf

Lab 3 9:00 am to 11:30 am

Chicken Stir Fry

Spaghetti el Lentils

Zesty Pizza subs

South of the Border Taco's

Rock and Roll Beef Wrap

Chicken Stir-Fry

Ingredients	50 Servings Weight	50 Servings Measure	100 Servings Weight	100 Servings Measure	Directions
Cornstarch	4 ½ oz	1 cup	9 oz	2 cups	1. Dissolve cornstarch in water and soy sauce. Add ginger, granulated garlic, and pepper.
Water, cold		½ cup		1 cup	
Low-sodium soy sauce		½ cup		1 cup	
Ground ginger		½ tsp		1 tsp	
Granulated garlic		3 Tbsp		¼ cup 2 Tbsp	
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Chicken stock, non-MSG		2 qt		1 gal	2. Heat chicken stock to a boil and slowly stir in cornstarch mixture. Return to a simmer.
					3. Cook for 3-5 minutes, until thickened. Remove from heat.
*Fresh carrots, peeled, 1/4" chopped OR Frozen sliced carrots	5 lb 10 oz OR 6 lb 12 oz	1 gal 1 ½ qt OR 1 gal 2 qt	11 lb 4 oz OR 13 lb 8 oz	2 gal 3 qt OR 3 gal	4. Prepare no more than 50 portions per batch. Sauté carrots in oil for 4 minutes.
Vegetable oil		½ cup		1 cup	
*Fresh onions, diced	1 lb 6 oz	3 ⅔ cups	2 lb 12 oz	1 qt 3 ⅓ cups	5. Add onions and cook for 1 minute.
*Fresh broccoli, chopped OR Frozen mixed Oriental vegetables	4 lb 1 oz OR 4 lb 15 oz	1 gal 3 ¼ qt OR 2 qt	8 lb 2 oz OR 9 lb 14 oz	3 gal 2 ½ qt OR 1 gal	6. Add broccoli and cook for 2 more minutes. Remove to steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. Add salt. Keep warm.
Salt		2 tsp		1 Tbsp 1 tsp	
Raw skinless, boneless chicken breasts, cut in ½" cubes	8 lb 15 oz		17 lb 14 oz		7. Sauté chicken in oil for 3-5 minutes. Add chicken to vegetables in steamtable pan. Add sauce and mix to coat chicken and vegetables. CCP: Heat to 165° F or higher for at least 15 seconds.
Vegetable oil		1 cup		2 cups	
					8. CCP: Hold for hot service at 135° F or higher. Portion with 2 rounded No. 10 scoops (¾ cup 1 Tbsp).

Chicken Stir-Fry

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items Food as Purchased for	50 Servings	100 Servings
Carrots	6 lb 13 oz	13 lb 10 oz
Mature onions	1 lb 9 oz	3 lb 2 oz
Broccoli	5 lb 1 oz	10 lb 2 oz

SERVING:	YIELD:		VOLUME:	
¾ cup 1 Tbsp (2 rounded No. 10 scoops) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.	**50 Servings:**	about 23 lb 4 oz	**50 Servings:**	about 2 gallons 2 quarts
	100 Servings:	about 46 lb 8 oz	**100 Servings:**	about 5 gallons

Tested 2004

Special Tips:
1) For an authentic Oriental flavor, substitute ¼ cup of sesame oil for ¼ cup of vegetable oil to sauté chicken, for each 50 servings.

2) Fresh vegetable mixes can be varied to include combinations of broccoli, cabbage, celery, Chinese pea pods, onions, peppers, and water chestnuts.

3) Reduce salt if using regular soy sauce.

4) If using Oriental vegetables, add frozen vegetables to sautéed chicken in step 7.

Chicken Stir-Fry

Nutrients Per Serving					
Calories	199	**Saturated Fat**	1.47 g	**Iron**	1.26 mg
Protein	19.31 g	**Cholesterol**	46 mg	**Calcium**	44 mg
Carbohydrate	11.12 g	**Vitamin A**	11928 IU	**Sodium**	197 mg
Total Fat	8.64 g	**Vitamin C**	29.3 mg	**Dietary Fiber**	2.9 g

DID YOU KNOW?

If you use equal portions of ground beef and cooked lentils with any recipe that calls for ground beef, you will lower the fat and cholesterol, plus ADD fiber, protein, iron and more!

Spaghetti el Lentil

The combination of ground beef and lentils makes this red sauce a nutritional home run! Plus, it's quicker and less expensive to prepare as you boil the lentils at the same time you are frying half the amount of ground beef.

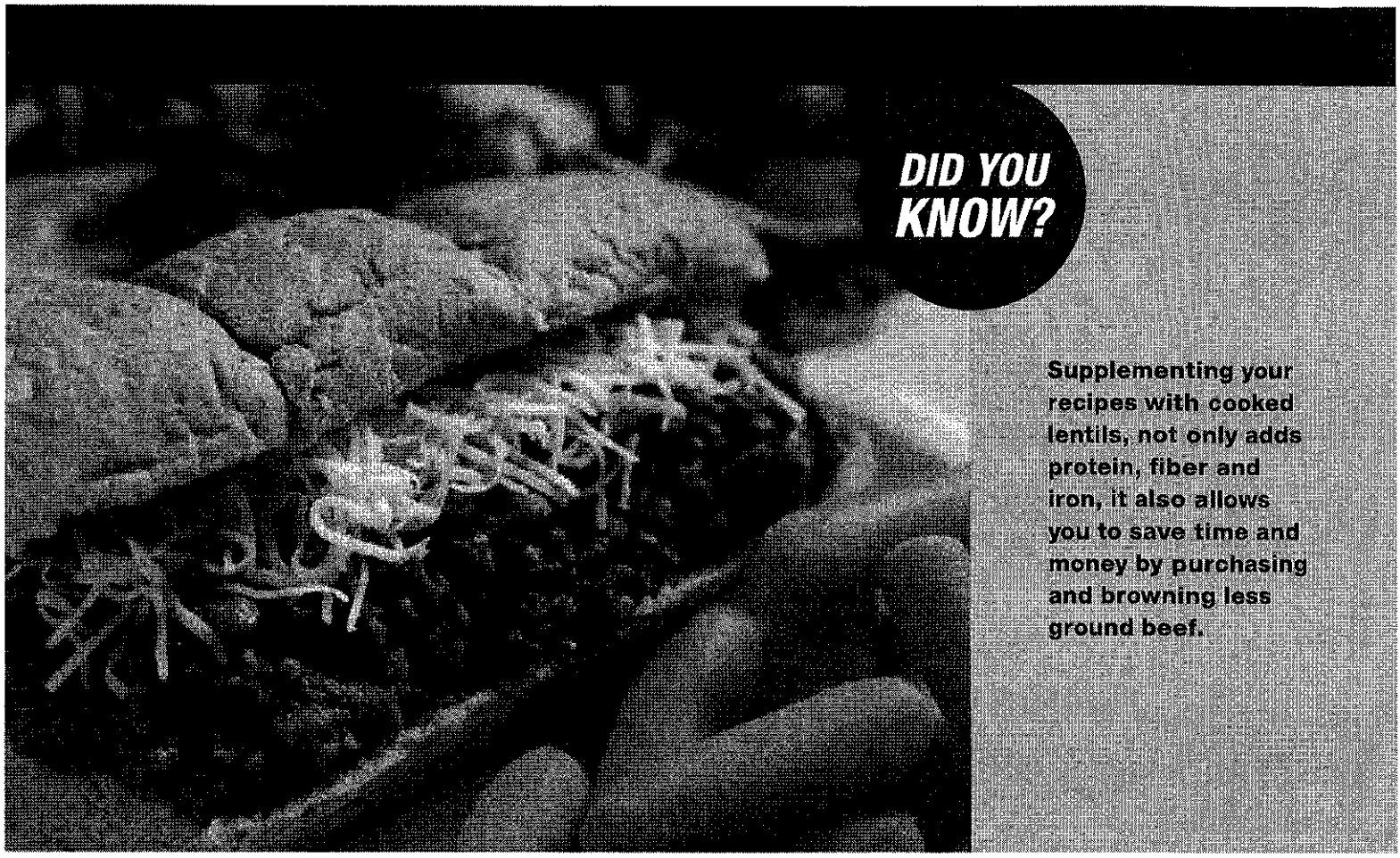
Ingredients

2 #10 cans, low sodium tomato sauce
2 T. garlic powder
2 T. onion powder
1/3 C. oregano
1/3 C. dried basil
1/3 C. dried parsley
7 1/2 C. browned ground beef (3 lbs. raw)
6 C. lentils (cook to package directions)

Directions

1. Stir all ingredients in a saucepan and simmer for 30 minutes.
2. Serve over spaghetti or your choice of pasta.
3. Sprinkle with parmesan cheese.

Makes 48 servings. Each serving has 140 calories, 3 grams (g) fat, 13 g protein, 15 g carbohydrate, 4 g fiber and 45 milligrams sodium.



DID YOU KNOW?

Supplementing your recipes with cooked lentils, not only adds protein, fiber and iron, it also allows you to save time and money by purchasing and browning less ground beef.

Zesty Pizza Subs

This quick and easy recipe provides the flavor of pizza that kids love, in an easy to serve sub sandwich.

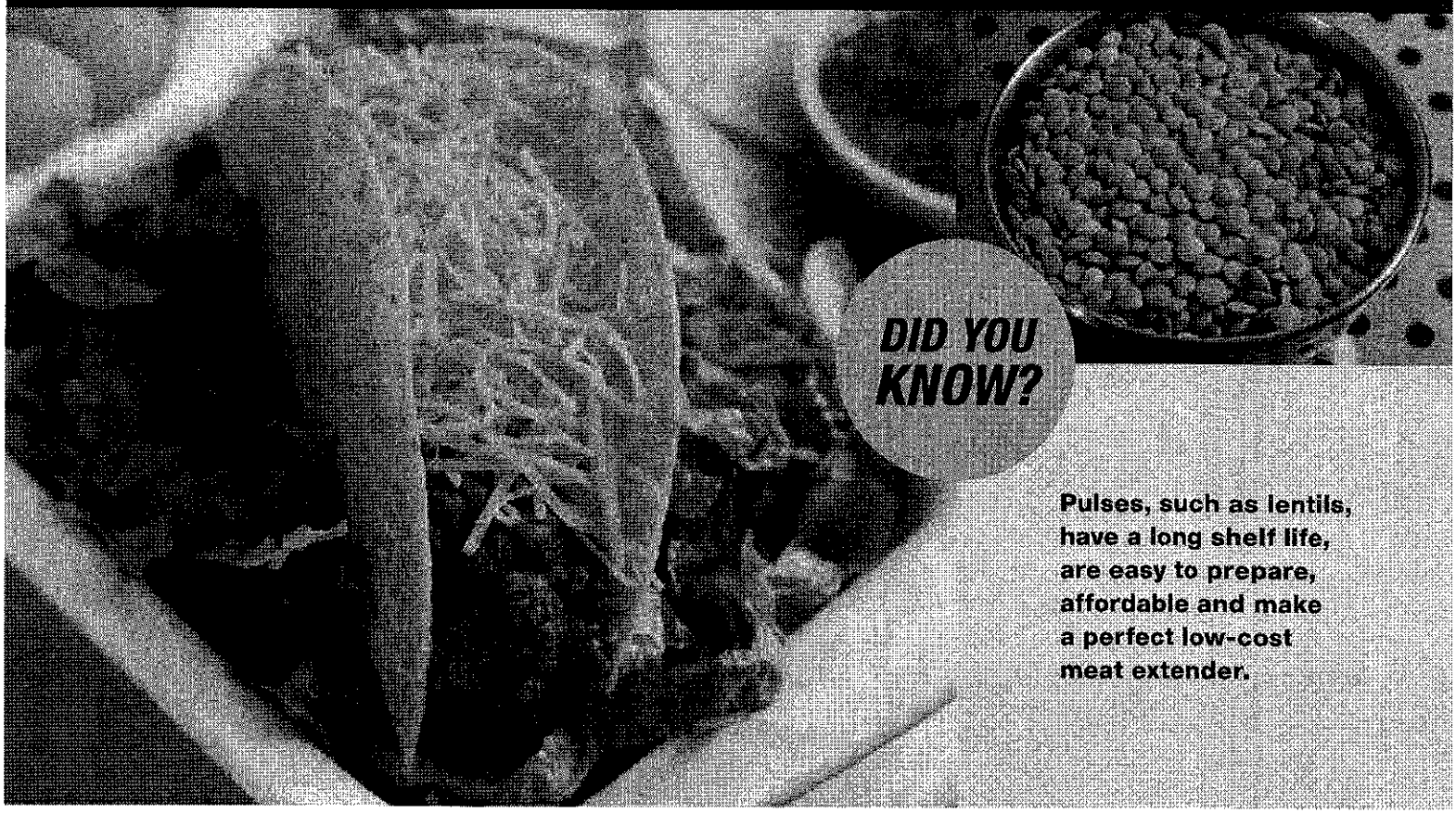
Ingredients

5 lbs. lean ground beef
1 3/4 C. lentils (cook to package directions) (approximately 5 C. cooked)
3 T. Italian seasoning
3 tsp. pepper
8 - 15 oz. cans, low sodium pizza sauce
6 1/4 C. low sodium shredded mozzarella cheese (1 1/2 T. per sub)
50 - 6" whole wheat subs

Directions

1. Brown the ground beef, set aside.
2. Boil lentils until tender, approximately 25 - 30 minutes, drain.
3. In a large cooking pot, combine ground beef, cooked lentils, Italian seasoning, pepper and pizza sauce, heat through on medium heat or warm in 350 degree oven.
4. Serve on a whole wheat sub, top with 1 1/2 T. of cheese.

Makes 50 servings. Each serving has 350 calories, 9 grams (g) fat, 23 g protein, 43 g carbohydrate, 7 g fiber, 460 milligrams sodium.



South of the Border Tacos

Lentils and ground beef are a delicious and nutritious combination. This versatile mixture works well for tacos, burritos, nachos, taco salads and more!

Ingredients

Spice mixture - combine and set aside.

6 T. chili powder
4 T. corn starch
4 T. cumin
4 T. oregano
2 T. garlic powder
2 T. onion powder
1 T. salt

3 lb. lean ground beef
2/3 C. dried onion flakes
6 C. lentils (cook to package directions)
6 C. water
4 1/2 C. low sodium shredded cheddar cheese (1 1/2 T. per taco)
48 taco shells

Directions

1. In a skillet or on a grill, brown ground beef over medium-high heat, with the dried onion flakes, salt and pepper lightly.
2. In a large pot, add the cooked lentils and browned meat. Stir in the spice mixture and water. Bring to a boil. Reduce the heat and simmer until mixture thickens to desired consistency. Approximately 5 - 10 minutes.
3. Serve in taco shells and top with cheese, lettuce, and tomato if desired.

Makes 48 servings. Per serving: 170 calories, 6 grams (g) fat, 15 g protein, 15 g carbohydrate, 3 g fiber and 240 milligrams sodium.

nutrients lean protein

Recipe:
Rock and Roll Beef Wrap

This recipe is an excellent source of fiber, protein, niacin, vitamin B_6, vitamin B_{12}, iron, selenium and zinc; and a good source of choline.

For more nutrient-rich, family-friendly recipes, visit BeefItsWhatsForDinner.com

Total Recipe Time: 35 to 45 minutes
Makes 4 servings

1 pound Ground Beef (93% lean or leaner)
1 cup water
1/3 cup uncooked quinoa
2 tablespoons dry ranch dressing mix
1/4 teaspoon black pepper
2 cups packaged broccoli or coleslaw mix
4 medium whole wheat or spinach tortillas (7-8 inch diameter)

Toppings (optional):
Apple slices, red bell pepper strips, cucumber slices, carrot slices, sliced almonds or chow mein noodles

Directions:

1. Heat large nonstick skillet over medium heat until hot. Add Ground Beef; cook 8 to 10 minutes, breaking into 1/2-inch crumbles and stirring occasionally. Remove drippings.
2. Stir in water, quinoa, ranch dressing mix and pepper; bring to a boil. Reduce heat; cover and simmer 10 to 15 minutes or until quinoa is tender. Stir in slaw; cook, uncovered, 3 to 5 minutes or until slaw is crisp-tender, stirring occasionally.
3. Divide beef mixture evenly among tortillas, folding over sides of tortillas and rolling up to enclose filling. Garnish with toppings, as desired.

Cook's Tips:

- Cooking times are for fresh or thoroughly thawed Ground Beef. Ground Beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of Ground Beef doneness.
- Romaine or iceberg lettuce leaves can be substituted for tortillas.

Nutrition Information per Serving:
418 calories; 12 g fat (3 g saturated fat; 3 g monounsaturated fat); 76 mg cholesterol; 695 mg sodium; 41 g carbohydrate; 6.8 g fiber; 31 g protein; 6.4 mg niacin; 0.5 mg vitamin B_6; 2.3 mcg vitamin B_{12}; 5.6 mg iron; 19.6 mcg selenium; 6.6 mg zinc; 84.2 mg choline.

ABOVE ALL ELSE, BEEF
IT'S WHAT'S FOR DINNER.
BeefItsWhatsForDinner.com
Funded by the Beef Checkoff

Rock & Roll Beef Wraps

Main Dish | Lunch | Recipe #

	50 Servings		100 Servings		
Ingredients	**Weight**	**Measure**	**Weight**	**Measure**	**Directions**
Ground beef (80% lean)	8-1/2 pounds		17 pounds		1. Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature is 160°F*. Remove drippings. **Cooking instructions are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*
Water		3 quarts		6 quarts	2. Stir in water, quinoa, dry ranch mix and pepper. Bring to a boil; reduce heat. Cook, covered, until quinoa is tender, stirring occasionally. (Not all liquid will be absorbed.)
Uncooked quinoa		1 quart		2 quarts	
Dry ranch dressing mix		1/2 cup		1 cup	
Black pepper		1 tablespoon		2 tablespoons	
Packaged cabbage coleslaw or broccoli slaw	4 pounds		8 pounds		3. Add slaw; increase heat to medium. Cook, uncovered, until slaw is crisp-tender, stirring occasionally. **CCP:** Heat to 165°F for 15 seconds. **CCP:** Hold hot for service at 135°F for up to 2 hours.
For Service: Large whole wheat or spinach tortillas (10 to 13 inch diameter) *Other serving suggestions (see Notes)		25 each		50 each	4. Portion 1-1/2 cups (three #8 scoops) beef mixture onto 1 large tortilla. Add toppings, as desired. Fold over sides of tortilla and roll-up to enclose filling. Cut wrap diagonally in half for two servings.
Toppings (optional): Sliced or chopped red apples, sliced or chopped red bell peppers, sliced or chopped cucumbers, sliced toasted almonds, chow mein noodles		As needed		As needed	

Rock & Roll Beef Wraps

Main Dish | Lunch | Recipe #

Notes:

- Wraps can also be prepared using small whole wheat or spinach tortillas (6 to 7 inch diameter). Portion 3/4 cups (three #16 scoops) beef mixture onto 1 small tortilla per serving. Add toppings, as desired. Roll-up.
- Wraps can also be prepared using Romaine lettuce leaves. Divide 3/4 cup (three #16 scoops) beef mixture between 2 small lettuce leaves per serving. Add toppings, as desired. Roll-up.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

1 Serving Provides:	Volume:	
Meat/Meat Alternates – 2 ounces	**50 Servings:**	2-1/2 gallons
Vegetables – 1/2 cup (dark green)		
Grains – 3-1/2 ounces (2 ounces cooked quinoa, 1-1/2 ounces tortilla)	**100 Servings:**	5 gallons

Nutrients Per Serving* (3/4 cup beef mixture, 1/2 of 10-inch tortilla, 1/8 cup apple slices)		
Calories 319	**Saturated Fat 4 g**	**Iron 3 mg**
Protein 21 g	**Cholesterol 51 g**	**Calcium 88 mg**
Carbohydrate 29 g	**Vitamin A 10 IU**	**Sodium 688 mg**
Total Fat 12 g	**Vitamin C 29 mg**	**Dietary Fiber 5 g**

*Nutritional analysis calculated using Nutrikids® Menu Planning version 14.0.

BEEF

Funded by the Beef Checkoff.