



# 339 Korean Beef and Rice Bowl

Category: Lunch Entree

Serves: 40 (Serving )

HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
Gluten	None	None

PICKLIST
8 LB,raw weis of Beef, Ground, Raw, Painted Hills, 1 container of Garlic Powder, 1 container of Ginger, Ground, 1 gallon of Oil, Sesame, Blended, 1 18 oz cont of Pepper, Black, 15 13 oz containers of Peppers, Crushed Red, 40 0.5 gallons of Soy Sauce Light (Bottle), 1 2# bag of Sugar, Brown (2# bag)

#	INGREDIENTS	INSTRUCTIONS
1	1 x TBSP of Garlic Powder 7 x Pound of Beef, Ground, Raw, Painted Hills	Combine beef with garlic powder and cook until browned.
2	2 1/2 x Cup of Sugar, Brown (2# bag) 2 1/2 x Cup of Soy Sauce Light (Bottle) 6 1/2 x TBSP of Oil, Sesame, Blended 2 1/2 x Teaspoon of Ginger, Ground 2 1/2 x tsp of Peppers, Crushed Red 2 1/2 x Teaspoon of Pepper, Black	Whisk ingredients together to make the sauce, then pour it over the beef and heat for a few additional minutes
3	1 x batch of Brown Rice Recipe	Make brown rice recipe.

NUTRIENT	SERVING
Calories	373.2345 kcals
Saturated Fat	4.5027 g
Sodium	645.06 mg
Total Carbohydrate	39.0593 g

<sup>1</sup> Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Serving	2.000 oz Meats/Meat Alternates, 1.000 oz Grains, 1.000 oz Whole Grain-Rich (Grains)



# 72 Brown Rice Recipe

Category: Lunch Entree

Serves: 1 (batch)

HACCP Process: Process #2 (Same Day Service)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1		Spray pans and add rice Add water Pressure cook until most of the water is absorbed (about 50 minutes) Oven: Combine rice and water in a 4" hotel pan. Stir, cover, and bake in a 300° for 1.5 hours
2	2 quarts 1 cup 7 tablespoons of Water 1 1/4 x Quart, dry of Rice, Brown, Whole Grain, Parboiled(USDA)	

NOTES
FBG (Group H) (1 oz) = 0.5 cooked... 2 quarts = 24 cups cooked- 48 1/2 cups cooked = <b>1 GRAIN</b>

NUTRIENT	BATCH
Calories	3208.7151 kcals
Saturated Fat	0 g
Sodium	66.9399 mg
Total Carbohydrate	679.4922 g

<sup>1</sup> Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
batch	