Sesame Beef

Meat   Recipe Category: Main Dish   KSU Developed

| Ingredients | 50 Servings | | _____Servings | | Directions |
	Weight	Measure	Weight	Measure	
Ground beef, fresh or frozen, no more than 10% fat	8 lbs 5 oz				1. Use pan release spray to coat the bottom of a large skillet. 2. Brown the ground beef in the skillet on med-high heat.
Soy sauce, low sodium		2 cups			*Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step*
Sesame oil		½ cup			3. In a separate bowl, mix the soy sauce, sesame oil, sugar, and garlic powder. Add mixture to the browned ground beef.
Sugar		1 ½ cups			4. Cook for 8-10 minutes. *Internal temperature taken at the center of the thickest part of the food must reach 155°F for 17 seconds.*
Garlic powder (adjust as needed)		¼ cup			*Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F*

Serving: 2 oz meat/ meat alt   **Yield:**   **Volume:**

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1-2 years: ½ serving (1 oz)	**50 Servings:**	**50 Servings:**
3-5 years: ¾ serving (1 ½ oz)		
6-18 years: 1 serving (2 oz)	**100 Servings:**	**100 Servings:**

NOTES:
Nutrient information calculated using Food Processor.

Nutrients Per Serving					
Calories	191.46	**Saturated Fat**	3.28 g	**Iron**	1.87 mg
Protein	16.13 g	**Cholesterol**	49.02 mg	**Calcium**	12.79 mg
Carbohydrate	9.18 g	**Vitamin A**	3.02 RAE mcg	**Sodium**	418.73 mg
Total Fat	9.75 g	**Vitamin C**	0.01 mg	**Dietary Fiber (2016)**	0.14 g