Sesame Beef

Meat Recipe Category: Main Dish KSU Developed

	50 Servings		Servings			
Ingredients	Weight	Measure	Weight	Measure	Directions	
Ground beef, fresh or frozen, no more than 10% fat	8 lbs 5 oz				 Use pan release spray to coat the bottom of a large skillet. 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	
Sesame oil		½ cup			 next recipe step 3. In a separate bowl, mix the soy sauce, sesame oil, sugar, and garlic powder. Add mixture to the browned ground beef. 	
Sugar		1½ 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	
Garlic powder (adjust as needed)		⅓ cup			seconds. 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: 3/4 serving (1 1/2 oz)

6-18 years: 1 serving (2 oz)

100 Servings:

100 Servings:

NOTES:

Nutrient information calculated using Food Processor.

Nutrients Per Servi	ng				
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