

STEAK SMOTHERED WITH ONIONS

Yield 100

Portion 3-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
329 cal	8 g	37 g	16 g	108 mg	297 mg	25 mg

Ingredient

BEEF,SWISS STEAK,LEAN,RAW,THAWED
 OIL,SALAD
 ONIONS,FRESH,SLICED
 SALT
 PEPPER,BLACK,GROUND
 BEEF BROTH

Weight

37-1/2 lbs
 1-1/2 lbs
 20 lbs
 1 oz
 1/8 oz

Measure

3 cup
 4 gal 3-3/4 qts
 1 tbsp
 1/3 tsp
 2 qts

Issue

22-1/4 lbs

Method

- 1 Brown steaks on 350 F. well greased griddle; 1 minute on each side.
- 2 Place steaks in roasting pans.
- 3 Evenly distribute onions over steaks in each pan, approximately 7 quarts per pan.
- 4 Prepare stock according to directions. Add salt and pepper; stir.
- 5 Pour 1 quart stock over steaks in each pan. Cover pan.
- 6 Using a convection oven, bake 1-1/2 hours at 325 F. or until tender on closed vent, high fan. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.