

BRAISED BEEF AND NOODLES

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
294 cal	21 g	26 g	11 g	81 mg	716 mg	27 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	14-5/8 lbs	1 gal 3 qts	
ONIONS,FRESH,SLICED	4 lbs	1 gal	4-1/2 lbs
CATSUP	2-1/8 lbs	1 qts	
PEPPER,BLACK,GROUND	2/3 oz	3 tbsp	
THYME,GROUND	1/2 oz	3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/4 oz	6 each	
SALT	3-3/8 oz	1/4 cup 1-2/3 tbsp	
NOODLES,EGG	3-1/2 lbs	2 gal 2-1/2 qts	
WATER,BOILING	58-1/2 lbs	7 gal	
SALT	1-1/2 oz	2-1/3 tbsp	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/2 lbs	1 qts 1-1/2 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	

Method

- 1 Place beef, water, onions, catsup, pepper, thyme, garlic powder, bay leaves and salt in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; cover; simmer about 2 hours or until tender. Skim off excess fat. Remove bay leaves.
- 2 Add noodles to boiling salted water; return to a boil; cook 8 to 10 minutes or until tender; drain thoroughly.
- 3 Combine flour and water to make smooth mixture; stir into beef mixture. Blend well. Return to boil. Reduce heat; cook 10 minutes or until thickened. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 4 Add cooked noodles to beef mixture. Stir well. CCP: Hold for service at 140 F. or higher.