

BEEF STIR FRY

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
230 cal	16 g	20 g	9 g	51 mg	1101 mg	44 mg

Ingredient

VEGETABLE,STIR FRY,FROZEN
 OIL,SALAD
 BEEF,FAJITA STRIPS
 SAUCE,TERIYAKI

Weight

20 lbs
 12 oz
 18 lbs
 2-1/4 lbs

Measure

3 gal 1/2 qts
 1-1/2 cup
 1 qts

Issue

Method

- 1 Preheat griddle to 400 F.
- 2 Thaw vegetables.
- 3 Pour 1/2 cup oil on grill and quickly cook vegetables 3 minutes, stirring frequently with spatula.
- 4 Move vegetables to the coolest side of the grill. Add 1/2 cup oil to clean side of griddle and cook beef strips for 4 minutes. CCP: Internal temperature of beef must reach 145 F. or higher. Combine beef strips with vegetables.
- 5 Divide stir-fry equally between steam table pans. Pour 1 cup teriyaki sauce over vegetables in each pan.
- 6 CCP: Hold for service at 140 F. or higher.

Notes

- 1 For best results cook progressively in batches.