

PEPPER STEAK

Yield 100

Portion 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
225 cal	7 g	30 g	8 g	86 mg	443 mg	16 mg

**Ingredient**

BEEF, SWISS STEAK, LEAN, RAW, THAWED  
 COOKING SPRAY, NONSTICK  
 WATER  
 TOMATO PASTE, CANNED  
 SOY SAUCE  
 SUGAR, GRANULATED  
 PEPPER, BLACK, GROUND  
 GARLIC POWDER  
 CORNSTARCH  
 WATER, COLD  
 PEPPERS, GREEN, FRESH, CHOPPED  
 ONIONS, FRESH, CHOPPED

**Weight**

30 lbs  
 2 oz  
 8-1/3 lbs  
 2 lbs  
 1-1/4 lbs  
 1-3/4 oz  
 1/3 oz  
 1/2 oz  
 4-1/2 oz  
 2-1/8 lbs  
 8 lbs  
 2-3/4 lbs

**Measure**

1/4 cup 1/3 tbsp  
 1 gal  
 3-1/2 cup  
 2 cup  
 1/4 cup 1/3 tbsp  
 1 tbsp  
 1 tbsp  
 1 cup  
 1 qts  
 1 gal 2-1/8 qts  
 1 qts 3-3/4 cup

**Issue**

9-3/4 lbs  
 3 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Cut steaks into 1/2-inch strips; brown strips 5 minutes on 350 F. griddle turning frequently.
- 2 Place strips in each roasting pan.
- 3 Combine water, tomato paste, soy sauce, sugar, pepper, and garlic powder. Blend well. Bring to a boil.
- 4 Dissolve cornstarch in water; stir until smooth; add to sauce mixture. Cook until thickened, about 3 minutes, stirring constantly.
- 5 Pour sauce evenly over beef strips in each pan. Cover. Bake in a convection oven at 325 F. for 1-1/2 hours on high fan, closed vent.
- 6 Add 4 lbs (4-3/4 quart) peppers and 1 lb 5 oz (1 quart) onions to each pan. Stir to distribute vegetables. Cover; bake 20 minutes or until beef is tender. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.