

## STEAK RANCHERO

Yield 100

Portion 4-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
296 cal	12 g	37 g	10 g	108 mg	432 mg	18 mg

**Ingredient**

BEEF, SWISS STEAK, LEAN, RAW, THAWED  
 COOKING SPRAY, NONSTICK  
 PEPPERS, GREEN, FRESH, CHOPPED  
 ONIONS, FRESH, CHOPPED  
 SALT  
 CHILI POWDER, DARK, GROUND  
 PAPRIKA, GROUND  
 GARLIC POWDER  
 CUMIN, GROUND  
 SOUP, CONDENSED, TOMATO  
 WATER  
 FLOUR, WHEAT, GENERAL PURPOSE  
 WATER, COLD

**Weight**

37-1/2 lbs  
 3/4 oz  
 4 lbs  
 3-1/8 lbs  
 1-7/8 oz  
 2-1/8 oz  
 1 oz  
 5/8 oz  
 1/8 oz  
 6-1/4 lbs  
 10-1/2 lbs  
 8 oz  
 1 lbs

**Measure**

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

**Issue**

4-3/4 lbs  
 3-1/2 lbs

**Method**

- 1 Lightly spray griddle with non-stick cooking spray. Grill steaks 5 minutes on one side and 4 minutes on the other side.
- 2 Evenly shingle 25 steaks into each ungreased steam table pan.
- 3 Cook onions and peppers in a lightly sprayed steam jacketed kettle or stock pot 8 to 10 minutes stirring constantly.
- 4 Add water, tomato soup, salt, chili powder, paprika, cumin and garlic powder to cooked onions and peppers; stir to blend. Bring to a boil; reduce heat to a simmer.
- 5 Blend flour and cold water stirring to make a slurry. Add slurry to tomato soup mixture stirring constantly to make Ranchero Sauce. Bring to a boil. Cover; reduce heat; simmer 2 minutes or until thickened, stirring frequently.
- 6 Pour Ranchero Sauce evenly over steaks in each pan.
- 7 Cover. Using a convection oven, bake 2 hours at 325 F. or until tender, on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

**Notes**

- 1 In Step 1, 31-1/8 lb (100-5 oz.) cube steaks may be substituted. In Step 7, reduce baking time to 1-1/2 hours.