

STEAK STRIPS SMOTHERED WITH ONIONS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
291 cal	8 g	30 g	15 g	86 mg	286 mg	24 mg

Ingredient

BEEF,SWISS STEAK,LEAN,RAW,THAWED

OIL,SALAD

ONIONS,FRESH,SLICED

SALT

PEPPER,BLACK,GROUND

BEEF BROTH

Weight

30 lbs

1-2/3 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 Slice each steak into thin strips, 1/2-inch wide. 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 recipe directions. Add salt and pepper; stir.
- 5 Pour 1 quart over steaks in each pan. Cover pan.
- 6 Using a convection oven, bake at 325 F. for 1-1/2 hours 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.