

**ORIENTAL PEPPER STEAK**

**Yield** 100

**Portion** 5-1/2 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
227 cal	8 g	30 g	8 g	86 mg	463 mg	18 mg

**Ingredient**

**Weight**

**Measure**

**Issue**

BEEF, SWISS STEAK, LEAN, RAW, THAWED	30 lbs		
COOKING SPRAY, NONSTICK	2 oz	1/4 cup 1/3 tbsp	
WATER	8-1/3 lbs	1 gal	
TOMATO PASTE, CANNED	2 lbs	3-1/2 cup	
SOY SAUCE	1-1/4 lbs	2 cup	
SUGAR, GRANULATED	1-3/4 oz	1/4 cup 1/3 tbsp	
PEPPER, BLACK, GROUND	1/3 oz	1 tbsp	
GARLIC POWDER	1/2 oz	1 tbsp	
CORNSTARCH	4-1/2 oz	1 cup	
WATER, COLD	2-1/8 lbs	1 qts	
BEAN SPROUTS, CANNED, DRAINED	3-1/4 lbs	2 qts 3-3/4 cup	
PEPPERS, GREEN, FRESH, CHOPPED	8 lbs	1 gal 2-1/8 qts	9-3/4 lbs
ONIONS, FRESH, CHOPPED	2-3/4 lbs	1 qts 3-3/4 cup	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 roasting pans.
- 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. Using a convection oven, bake 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. Add drained bean sprouts. 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.