

BEEF STROGANOFF

Yield 100

Portion 6 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
250 cal	8 g	31 g	9 g	93 mg	844 mg	48 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,SWISS STEAK,LEAN,RAW,THAWED	30 lbs		
COOKING SPRAY,NONSTICK	2 oz	1/4 cup 1/3 tbsp	
MUSHROOMS,CANNED,STEMS & PIECES,INCL LIQUIDS	3-1/8 lbs	2 qts 1 cup	
ONIONS,FRESH,CHOPPED	3-1/2 lbs	2 qts 2 cup	3-7/8 lbs
BEEF BROTH		1 gal 1 qts	
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
SALT	3-3/4 oz	1/4 cup 2-1/3 tbsp	
PAPRIKA,GROUND	1-1/4 oz	1/4 cup 1-1/3 tbsp	
PEPPER,BLACK,GROUND	1/4 oz	1 tbsp	
GARLIC POWDER	1/3 oz	1 tbsp	
MILK,NONFAT,DRY	2-3/8 oz	1 cup	
WATER,WARM	5 lbs	2 qts 1-1/2 cup	
SOUR CREAM,LOW FAT	4 lbs	2 qts	

Method

- 1 Slice beef into strips about 1/2 inch wide. Lightly spray griddle with cooking spray. Grill beef strips 3 to 4 minutes or until lightly browned while tossing intermittently.
- 2 Drain mushrooms. Reserve 1 quart mushroom liquid. Set mushrooms aside for use in Step 7.
- 3 Cook onions in a lightly sprayed steam-jacketed kettle or stock pot 8 to 10 minutes, stirring constantly.
- 4 Add beef broth to cooked onions; stir to blend. Bring to a boil; reduce heat to a simmer.
- 5 Blend flour and mushroom liquid, stirring to make a slurry. Add slurry to broth and onions, stirring constantly. Bring to a boil. Cover; reduce heat ; simmer 10 minutes or until thickened, stirring frequently.
- 6 Reconstitute milk with warm water. Add salt, paprika, pepper and garlic powder; stir milk mixture into thickened broth. Bring to a boil. Cover; reduce heat; simmer 2 minutes.
- 7 Stir beef strips and mushrooms gently into thickened sauce. Heat to a simmer. CCP: Temperature must reach 145 F. or higher for 15 seconds. Remove from heat.
- 8 Carefully blend sour cream with 1 quart of sauce mixture. Combine with remaining sauce mixture. Mix well.
- 9 Pour beef stroganoff into each ungreased pan. CCP: Hold for service at 140 F. or higher. Serve with Boiled Noodles or Steamed Rice.