

## Recipe Name: Beef and Broccoli (Meatless)

**Recipe Category:** Dinner Entrée

**Portion Size: Approx.** 1 1/3 cups (1/2 cup rice(starch), 1/2 cup broccoli (vegetable), 1/3 cup beef ( 3 oz. Protein)

**Ingredients:** Yields: 8 servings

Ingredients	Notes:
2 1/2 Pounds beef strips (meatless)	Use imitation beef strips
1 Cup low sodium beef broth (vegan)	Use vegan beef flavored broth
1/4 cup lite soy sauce	
3 Tablespoons cornstarch	
2 teaspoons sugar	
1 teaspoon garlic powder	
1 teaspoon ground ginger	
Nonstick cooking spray	
4 cups broccoli flowerets.	Washed, trimmed and cut up
2 medium carrots	Washed, peeled and sliced thin
2 T. cooking oil	
4 Cups hot cooked brown rice	See recipe for brown rice

**Directions:**

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Heat oil in a large skillet or wok.	
2	Add imitation beef and garlic. Remove from skillet.	Temperature check 145 degrees for 15 seconds. Minimum Temperature 145°F for 15 seconds
3	In a small bowl combine imitation beef broth, soy sauce, cornstarch, sugar and ginger; set aside.	
4	Lightly coat a wok or large skillet with cooking spray. Heat to medium- high heat. Add carrots and broccoli. Stir fry for 3 to 4 minutes or until vegetables are crisp-tender. Remove from wok or skillet.	
5	Add beef to wok or skillet and push to sides. .	
6	In the center add the sauce and heat until bubbly.	
7	Add vegetable to imitation beef in wok or skillet.	
8	Stir all ingredients together to coat with sauce. Heat thoroughly. Serve hot over rice	

**Time Temperature Sensitive food.** Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours).

### **Texture Modified Diets:**

**Soft & Bite Size:** (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size after cooking. Moisten with broth as needed. Serve 1/2 c. meat serving 1/2 cup rice and 1/2 vegetables separately. Moisten with broth/sauce if needed

**Chopped:** **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. Moisten with broth as needed. Serve 1/2 c. meat serving 1/2 cup rice and 1/2 vegetables separately. Moisten with broth/sauce if needed

**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch after cooking. Serve 1/2 c. meat serving 1/2 cup rice and 1/2 vegetables separately. Moisten with broth/sauce if needed.

**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree. Do not add too much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding. Serve 1/2 c. meat serving 1/2 cup rice and 1/2 vegetables separately.

Moisten with broth/sauce if needed

### **Therapeutic Modified Diets:**

**Lowfat:** No changes needed

**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed

**Bland:** omit broccoli and sub. Green beans, omit garlic and ginger

**Liberal House Renal:** Omit sauce, no broth or soy sauce. Season with no salt herbs/spices

**No Added Salt:** Omit sauce, no broth or soy sauce. Season with no salt herbs/spices

**2 Gram Sodium:** Use alternate menu item

**Gluten Free:** Use GF soy sauce and GF vegan beef broth . Prepare foods separately to prevent cross contamination.

**Allergy Alerts: When an "X" is present, this indicates the allergen is present.**

**Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
X				X		

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free