

Beef Bahn Mi Wrap

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA, 2 oz eq grain, 1/8 cup red/orange vegetable, 1/4 cup other vegetable



INGREDIENTS

Chili-soy braised beef, cooked, shredded
Carrots, fresh, shredded
Rice wine vinegar, seasoned
Cucumber, fresh, whole unpared
10" Whole grain-rich tortilla
(at least 2 oz eq grain each)
Cilantro, fresh, chopped

WEIGHT

6 lb 6 oz

MEASURE

3 3/4 cup

2 Tbsp

2 lb 7 oz

30 each

2 cups

DIRECTIONS

1. Cook and prepare beef according to recipe. **CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
2. Drain carrots if water is pooling in the packaging. Place carrots and vinegar in a plastic food grade container. Using gloved hands, massage carrots with vinegar. Place in refrigerator for 15 minutes.
3. Remove from refrigerator and stir. **CCP: Hold at 41°F or lower.**
4. Thinly slice cucumbers. Makes 1 qt 3 1/2 cups. **CCP: Hold at 41°F or lower.**
5. Place 1/2 cup (#8 scoop or 4 fl oz spoodle - 3.4 oz weight) chili-soy braised beef in the center of each tortilla.
6. Top with 1/4 cup (2 fl oz spoodle) sliced cucumber, 1/8 cup (1 fl oz spoodle) seasoned carrots and 1 Tbsp cilantro.
7. Roll into a wrap.
8. Serve 1 wrap. May wrap in food grade sandwich paper and cut in half for appealing presentation.

Nutrients Per One Serving (K-12)

Calories	504	kcal
Total Fat	25	g
Sat Fat	9	g
Trans Fat	0	g
Cholesterol	123	mg
Sodium	581	mg
Total Carbohydrate	33	g
Total Dietary Fiber	5	g
Sugars	7	g
Added Sugars	5	g
Protein	36	g
Vitamin A	2,325	IU
Vitamin C	3	mg
Calcium	80	mg
Iron	3	mg



Funded by the Beef Checkoff