

Chili-Soy Braised Beef

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA



INGREDIENTS

Beef chuck roast, fresh or frozen,
shoulder clod, arm, without bone,
practically-free-of-fat
Thai Chili Sauce
Soy Sauce, less-sodium
Sesame oil
Ginger, dried, ground
Garlic, granulated
Black pepper, ground
Onions, dehydrated, chopped
Water

WEIGHT

7 lbs

MEASURE

1/2 cup

2 Tbsp

1 Tbsp

1 Tbsp

1 Tbsp

1 1/2 tsp

1/2 cup

1 qt

DIRECTIONS

1. Preheat oven to 350°F.
2. Cut thawed roasts into about 2 lb pieces.
3. In a half 4" pan, whisk Thai chili sauce, soy sauce, sesame oil, ginger, garlic, black pepper, dehydrated onions, and water.
4. Add beef pieces in a single layer to pan.
5. Cover pan(s) with aluminum foil.
6. Cook beef for 3-3.5 hours or until the beef reaches an internal temperature of 165°F.
7. Keeping beef covered, remove from oven and let sit for 15 minutes.
8. Remove foil and shred beef. Mix beef with juices in the pan.

CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.

Nutrients Per One Serving (K-12)

Calories	347	kcal
Total Fat	21	g
Sat Fat	8	g
Trans Fat	0	g
Cholesterol	123	mg
Sodium	175	mg
Total Carbohydrate	7	g
Total Dietary Fiber	0	g
Sugars	6	g
Added Sugars	5	g
Protein	31	g
Vitamin A	1	IU
Vitamin C	1	mg
Calcium	22	mg
Iron	3	mg



Funded by the Beef Checkoff