

Classic Beef Braise

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
Tomato sauce, low-sodium, canned
(USDA or Commercial)
Italian seasoning blend, dried
Rosemary leaves, dried
Onions, dehydrated, chopped
Beef broth or stock, low-sodium

WEIGHT

7 lbs

MEASURE

1/2 cup

2 Tbsp

1 Tbsp

1/2 cup

1 qt

DIRECTIONS

1. Preheat oven to 350°F.
2. Cut thawed roasts into about 2 lb pieces.
3. In a small bowl, mix the tomato sauce, Italian seasoning blend, and rosemary.
4. Add dehydrated onions and beef broth to a half 4" steamtable pan. Stir together.
5. Add beef pieces in a single layer to pan of broth. Using a rubber spatula, spread seasoned tomato sauce over the top of each piece.
6. Cover pan(s) with aluminum foil.
7. Cook beef for 3-3.5 hours or until the beef reaches an internal temperature of 165°F and is fork tender.
8. Keeping beef covered, remove from oven and let sit for 15 minutes.
9. 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.
8. Serve 1/2 cup beef (#8 scoop or 4 fl oz spoodle - about 3.4 oz each serving).
CCP: Hold at 140°F or higher.

Nutrients Per One Serving (K-12)

Calories	327	kcal
Total Fat	20	g
Sat Fat	8	g
Trans Fat	0	g
Cholesterol	123	mg
Sodium	121	mg
Total Carbohydrate	3	g
Total Dietary Fiber	0	g
Sugars	1	g
Added Sugars	0	g
Protein	31	g
Vitamin A	11	IU
Vitamin C	2	mg
Calcium	26	mg
Iron	3	mg



Funded by the Beef Checkoff