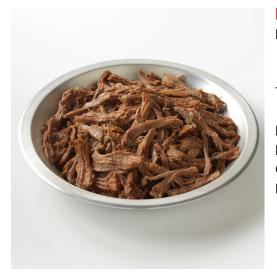
Classic Beef Braise

CategoryEntreeTotal Portions30Portion Size(s)1 each

Meal Components 2 oz eq M/MA



INGREDIENTS	WEIGHI	MEASURE
Beef chuck roast, fresh or frozen,		
shoulder clod, arm, without bone,		
practically-free-of-fat	_ 7 lbs	
Tomato sauce, low-sodium, canned		
(USDA or Commercial)		1/2 cup
Italian seasoning blend, dried		2 Tbsp
Rosemary leaves, dried		1 Tbsp
Onions, dehydrated, chopped		1/2 cup
Beef broth or stock, low-sodium		1 qt
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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	

