Mexican Vegetable and Beef Skillet Meal

Cooking time: 45 minutes HACCP Process #2 Same Day Service CACFP: 2 ounces Meat/Meat Alternate, 1 ounce equivalent Grains, ½ cup Vegetables

1 Cup Provides:

NSLP: 2 ounces Meat/Meat Alternate, 1 ounce equivalent Grains, ¼ cup Red/Orange Vegetables, ¼ cup Other Vegetables

SFSP: 2 ounces Meat/Meat Alternate, 1 ounce equivalent Grains, ½ cup Vegetables

	48 Servings		96 Servings	
Ingredients	Weight	Measure	Weight	Measure
Lean ground beef (15% fat or less) OR	7 pounds		14 pounds	
Beef crumbles, thawed	6 pounds		12 pounds	
Onion, chopped	2 pounds	1 quart + 1 pint	4 pounds	3 quarts
Brown rice, dry	3 pounds	2 quarts	6 pounds	1 gallon
Tomatoes, canned, diced, with juices	7 pound 8 ounces	3 quarts + 1 pint	15 pounds	1 gallon + 3 quarts
Zucchini, sliced	3 pounds	2 quarts + 1 pint	6 pounds	1 gallon + 1 quart
Corn, frozen	1 pound	1 pint + ⅔ cup	2 pounds	1 quart + 1⅓ cups
Water		2 quarts		1 gallon
Chili powder		¼ cup		½ cup
Oregano		½ cup		1 cup
Salt		2 Tablespoons + 2 teaspoons		¼ cup + 1 Tablespoon + 1 teaspoon
Cheese, shredded	1 pound	1 quart	2 pounds	2 quarts





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Directions

 Directions using raw ground beef 1. In a tilt skillet, cook ground beef over medium-high heat (350°F) until no longer pink. Drain fat. 2. Add onion and cook until soft, about 3-5 minutes. 	 Directions using beef crumbles 1. Set a tilt skillet or steam jacketed kettle to medium-high heat (350°F). 2. Add beef crumbles, onions, rice, tomatoes, vegetables, water, and spices. Stir and bring to a boil.
 Add rice, tomatoes, vegetables, water, and spices. Stir and bring to a boil. Reduce heat to medium low (250°F). Cover, and simmer for 40 minutes, or until rice is cooked. Add more water if needed. 	 Reduce heat to medium low (250°F). Cover, and simmer for 40 minutes, or until rice is cooked. Add more water if needed. CCP: Heat to 165°F or higher for at least 15 seconds.
 CCP: Heat to 165°F or higher for at least 15 seconds. 5. Transfer the cooked mixture to full-size 2-inch steamtable pans. For 48 servings use 4 pans, for 96 servings use 8 pans. Distribute the cheese equally over the pans. Hold hot until service. The cheese will melt in hot holding. CCP: Hold for hot service at 135°F or higher. Serve 1 cup portions 	 4. Transfer the cooked mixture to full-size 2-inch steamtable pans. For 48 servings use 4 pans, for 96 servings use 8 pans. Distribute the cheese equally over the pans. Hold hot until service. The cheese will melt in hot holding. CCP: Hold for hot service at 135°F or higher. Serve 1 cup portions

Serving	Yield	Volume	Nutrients Per	r S
1 cup	48 Servings: about 26 pounds 96 Servings: about 52 pounds	48 Servings: about 3 gallons 96 Servings: about 6 gallons	Calories Total Fat	1
		5 5	Saturated Fat	

Nutrients Per Serving (using raw ground beef)					
Calories	324	Sodium	607 mg	Vitamin A	844 IU
Total Fat	14.3 g	Carbohydrate	30 g	Vitamin C	14 mg
Saturated Fat	6 g	Dietary Fiber	3 g	Iron	3 mg
Cholesterol	55 mg	Protein	18 g	Calcium	127 mg

Nutrients Per Serving (using beef crumbles)					
Calories	292	Sodium	754 mg	Vitamin A	877 IU
Total Fat	11.3 g	Carbohydrate	31 g	Vitamin C	14 mg
Saturated Fat	5.2 g	Dietary Fiber	4 g	Iron	3 mg
Cholesterol	40 mg	Protein	16 g	Calcium	137 mg

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