

Vegetable and Beef Skillet Meal

 Cooking time: 45 minutes

HACCP Process #2 Same Day Service

1 Cup Provides:

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

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

Ingredients	12 Servings		24 Servings	
	Weight	Measure	Weight	Measure
Lean ground beef (15% fat or less) OR Beef crumbles, thawed	1 pound 12 ounces 1 pound 8 ounces		3 pounds 8 ounces 3 pounds	
Onion, chopped	8 ounces	1½ cups	1 pound	3 cups
Brown rice, dry	12 ounces	2 cups	1 pound 8 ounces	1 quart
Tomatoes, canned, diced, with juices	1 pound 14 ounces	3 ½ cups	3 pounds 12 ounces	1 quart + 3 cups
Zucchini, sliced	12 ounces	2 ½ cups	1 pound 8 ounces	1 quart + 1 cup
Corn, frozen	4 ounces	¾ cup	8 ounces	1⅓ cups
Water		2 cups		1 quart
Chili powder		1 Tablespoon		2 Tablespoons
Oregano		2 Tablespoons		¼ cup
Salt		2 teaspoons		1 Tablespoon + 1 teaspoon
Cheese, shredded	4 ounces	1 cup	8 ounces	1 pint



continues

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Directions

Directions using **raw ground beef**

1. In a large skillet or 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.
3. Add rice, tomatoes, vegetables, water, and spices. Stir and bring to a boil.
4. 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.
5. Transfer the cooked mixture to full-size 2-inch steamtable pans. For 12 servings use 1 pan, for 24 servings use 2 pans. Distribute the cheese equally over the pan/s. 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

Directions using **beef crumbles**

1. Set a large skillet or tilt skillet to medium-high heat (350°F).
2. Add beef crumbles, onions, rice, tomatoes, vegetables, water, and spices. Stir and bring to a boil.
3. 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.
4. Transfer the cooked mixture to full-size 2-inch steamtable pans. For 12 servings use 1 pan, for 24 servings use 2 pans. Distribute the cheese equally over the pan/s. 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
1 cup	12 Servings: about 6 pounds 8 ounces 24 Servings: about 13 pounds	12 Servings: about 3 quarts 24 Servings: about 1 gallon 2 quarts

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