

# 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	48 Servings		96 Servings	
	Weight	Measure	Weight	Measure
Lean ground beef (15% fat or less) <b>OR</b> Beef crumbles, thawed	7 pounds 6 pounds		14 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 + 1 ⅓ 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



*continues*

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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.
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 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

### 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.
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 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
1 cup	48 Servings: about 26 pounds 96 Servings: about 52 pounds	48 Servings: about 3 gallons 96 Servings: about 6 gallons

### 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