



Texas Beef and Chimichurri Rice Bowl

Recipe Description: A brown rice and roasted pepper and onion bowl topped with Texas Beef marinated in chimichurri.

Recipe Project Name: Fiscal Year 2021 Cohort B Team Nutrition Training Grant for School Meal Recipe Development
Texas Department of Agriculture

Preparation Time: 45-60 minutes

Cook Time: 40 minutes

NSLP/SBP crediting information: One serving provides 1/4 cup other vegetable, 1 grain oz equivalent, and 1 oz equivalent meat.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Extra-virgin olive oil	11 oz	1 ½ cups	1 lb 6 oz	3 cups	<ol style="list-style-type: none"> For the marinade mix: olive oil, parsley, vinegar, garlic, chili flakes, oregano, salt, and pepper in a large bowl.
Fresh parsley, finely chopped	3 oz	2 cups	6 oz	1 qt	
Red wine vinegar	6.5 oz	¾ cup	12 oz	1 ½ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, minced	2 oz	¼ cup	4 oz	1/2 cup	
Red chili flakes	0.2 oz	1 Tbsp		2 Tbsp	
Dried oregano	0.1 oz	1 Tbsp		2 Tbsp	
Kosher salt		1 Tbsp		2 Tbsp	
Ground black pepper		½ Tbsp		1 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Beef steak, top round, bottom sirloin or equivalent, raw, 0" trim, cubed into 3/4"-1-inch pieces	4.5 lb		9 lb		<p>2. Place beef in a large food grade storage container and pour the marinade over beef. Cover container and refrigerate for 30 minutes or overnight.</p> <p>3. Preheat oven to 375°F.</p> <p>4. When ready, place beef in a single layer on parchment lined baking sheets.</p> <p>5. Pour the remaining marinade over beef.</p> <p>6. Bake in the oven at 375°F until beef reaches 145°F internal temperature.</p> <p>7. Transfer beef and juices to holding hotel pans until ready to serve.</p>
Bell peppers, red and/or orange, seeded, sliced thin	4 lb	1 gal ½ cup	8 lb	2 gal 1 cup	8. While beef is cooking, prepare vegetables.
Large onion, peeled, sliced thin	3 lb	3 qt 1 ¼ cups	6 lb	2 gal 2 ½ cups	9. Place peppers and onions onto parchment lined baking sheets and drizzle evenly with olive oil.
Extra-virgin olive oil	1.8 oz	¼ cup		½ cup	
Kosher salt	0.1 oz	1 tsp		2 tsp	10. Sprinkle evenly with salt and pepper. Toss to coat evenly.
Ground black pepper	0.1 oz	½ tsp		1 tsp	11. Bake in a conventional oven at 375°F until tender and lightly browned (about ~15-20 minutes).



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, long-grain, regular, par-boiled	3 lb 12 oz	2 qt 1 1/8 cup	7 lb 4 oz	1 gal 2 cups	<p>12. While beef and peppers cook, prepare the rice.</p> <p>13. Add rice into (1) 12"x20"x4" hotel pan.</p> <p>14. Add salt to water and pour over rice.</p> <p>15. Preferred cooking method: Place uncovered in a steamer at 5 lb pressure for 40 minutes or until done.</p> <p>16. Remove rice from steamer and let rest for 5 minutes. Gently stir rice to fluff.</p> <p>17. Portion into serving bowl or serving container in the following order: ½ cup brown rice (No.8 scoop) ¼ cup vegetables (No. 16 scoop) 1 oz beef with marinade (1 oz ladle)</p> <p>18. Toss/stir the meat in the hotel pan during service – each scoop should have marinade.</p> <p>19. Garnish with chopped parsley if desired.</p>
Water		2 qt		1 gal	
Kosher salt	0.6 oz	1/8 cup		¼ cup	



NUTRITION INFORMATION

Per serving (8.5 oz)

NUTRIENTS	AMOUNT
Calories	260
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Total Fat	10 g
Saturated Fat	2 g
Cholesterol	25 mg
Sodium	420 mg
Total Carbohydrate	31 g
Dietary Fiber	3 g
Total Sugars	3 g
Added Sugars included	0 g
Protein	13 g
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Vitamin D	0 mcg
Calcium	25 mg
Iron	2 mg
Potassium	337 mg

N/A=data not available.

SOURCE:

FY 2021 Cohort B Team Nutrition Training Grant

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Parsley, fresh	3.5 oz	7 oz
Peppers, bell, red/ orange	5 lb	10 lb
Onion, large	3.5 lb	7 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Alternative rice cooking method: Divide rice into (4) 12x20x2.5-inch hotel pans; add boiling water, cover tightly with foil. Bake in the oven at 350°F for 40 minutes or until done.

Serving suggestions: Provide hot sauce as an optional condiment. Rice can be substituted for tortilla if desired.

To meet Grades 9-12 meal pattern daily minimums (2 oz Grain and 2 oz M/MA): Double the rice and beef serving OR double the rice serving and add ½ cup (1oz equivalent MA) of pinto or other beans.

Cooking Process #2: Same Day Service

YIELD/VOLUME

50 Servings	100 Servings
26 lb 5 oz (8.5 oz per serving)	53 lbs 2 oz (8.5 oz per serving)

