

Ginger Beef with Sweet Peppers



Recipe Rating	
Total Time	55 Minutes
Cooking Time	30 Minutes
Total Labour	25 Minutes
Knife Skills	Basic




Equipment
Knife
Cutting board
Measuring spoons& cup
Mixing bowl
½ size- 2” deep production pans
Bulk retherm cart (or regular oven)

Nutrition Facts		
Serving Size (155g)		
Amount Per Serving		
Calories 87		
	% Daily Values*	
Total Fat 2g	3%	
Saturated Fat 0.3g	2%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 156mg	7%	
Total Carbohydrate 15g	5%	
Dietary Fiber 3g	12%	
Sugars 5g		
Protein 2g	4%	
Vitamin A 98%	•	Vitamin C 15%
Calcium 43%	•	Iron 1%

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	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Small dice beef, cooked	1.5 kg	3.3 lbs.	3 kg	6.6 lbs.
Fresh Gingerroot, finely chopped	30 mL	2 tbsp.	60 mL	4 tbsp.
Garlic powder	15 mL	1/2 tbsp.	30 mL	1 tbsp.
Beef broth	250 mL	1 cup	500mL	2 cups
Soy sauce	125 mL	½ cup	250 mL	1 cup
Cornstarch	90 mL	6 tbsp.	180 mL	12 tbsp.
Black Pepper, ground	7.5 mL	½ tsp	15 mL	1 tsp
Sweet Red Pepper, cut in thin strips	200 g	7 oz.	400 g	14 oz.
Sweet Orange or Yellow Pepper, cut in thin strips	200 g	7 oz.	400 g	14 oz.
Sweet Green Peppers, cut in thin strips	200 g	7 oz.	400 g	14 oz.
Onions, sliced in thin strips	250 g	8.8 oz.	500 g	17.6 oz.
Brown button mushrooms, sliced	500 mL	2 cups	1 L	4 cups

Method

	<p>1. If beef is not yet cooked, in a skillet, heat vegetable oil and cook beef strips.</p>
	<p>1. In a huge bowl, mix ginger, garlic powder, beef broth, soy sauce, cornstarch and pepper. (sauce)</p> <p>Add in the peppers, onions, mushrooms and cooked beef, mix altogether. Transfer in ½ size- 2" production pans. Cover with plastic wrap and aluminum foil. Cook in the Multigen for 30 minutes. Serve Hot.</p>
	<p>2. Bulk: remove from Multigen and serve with a side dish.</p> <p>Cold Plating: allow to cool and plate alone or with a side dish. Place on the hot side of the tray to retherm prior to service.</p>

Garnish: n/a

Food Accompany: **Mashed Potato, Basmati Rice, Spaghetti Squash, or any appropriate starch**