

Recipe Name: Spy Thai Beef

Recipe No: Kansas Beef Council

Food Based Standardized Recipe Form

Ingredients	100 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (80% lean)	12 lb		6 lb		<p>Brown ground beef, breaking into 1/2-inch crumbles and stirring occasionally until internal temperature reaches 160°F*. Remove drippings.*</p> <p>Meanwhile, combine water, peanut butter, lime juice, soy sauce, garlic, ginger and red pepper, as desired. Set aside.</p> <p>Stir peanut butter mixture into beef mixture. Continue cooking until heated through, stirring occasionally and adding water as needed for desired consistency.</p> <p>Spy Thai Beef can be served over whole-grain spaghetti. Plate 1/2 cup (#8 scoop) spaghetti. Top with 2 ounces (#24 scoop) beef mixture per serving. Garnish with vegetables, as desired.**</p> <p>Other Serving Suggestions Spy Thai Beef can be served on baked wonton or whole grain tortilla chips. Plate 6 to 8 wonton wrappers per serving. Top with 2 ounces (#24 scoop) beef mixture. Garnish with toppings, as desired.</p> <p>Spy Thai Beef can be served in Romaine lettuce leaves. Divide 2 ounces (#24 scoop) beef mixture between 2 small lettuce leaves per serving. Garnish with toppings, as desired.</p>
Water, plus additional as needed		1 pint		1 cup	
Reduced-fat creamy peanut butter or sunflower butter		1 pint		1 cup	
Bottled lime juice		1 cup		1/2 cup	
Reduced-sodium soy sauce		1-1/2 cups		3/4 cup	
Garlic powder		1/4 cup		2 Tbsp	
Ground ginger		1/4 cup		2 Tbsp	
Crushed red pepper (optional)		2 tsp		1 tsp	
Shredded carrots, red bell pepper strips, sliced green onion, sliced cucumber, shredded cabbage		3 gallons		1-1/2 gallons	
Whole-grain spaghetti noodles, raw	4-2/3 lb		2-1/3 lb		

					Asian inspired, savory Ground Beef mixture that pairs perfectly with the crunch of fresh veggies. CCP: Heat to 165°F for at least 15 seconds. CCP: Hold hot for service at 135°F or higher. CCP: Hold at 41°F or below for cold service. Components: 2 oz eq M/MA; 1 oz eq Grains; 0.5 cup Vegetables (sub-group(s) will vary depending on the specific veggies used) **Serving size: 1/2 cup (#8 scoop) cooked spaghetti, 2 ounces (#24 scoop) beef mixture, garnish with vegetables, as desired. HACCP Plan 2: * Cook's Tip Cooking instructions are for fresh or thoroughly thawed ground beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.

Provides: Yield: 100 servings: Serving Size: 173.0 gm (*Weight or Volume*)
200 servings: Serving Size: 173.0 gm (*Weight or Volume*)

Nutrients per Serving

Calories	254	Dietary Fiber	4.3 gm	Vitamin B12	1.0 mcg
Protein	16.0 gm	Total Sugar (not added sugar)	3.2 gm	Iron	2.5 mg
Carbohydrate	25.0 gm	Cholesterol	33.0 mg	Vitamin B6	0.3 mg
Fat	10.2 gm	Sodium	281.0 mg	Selenium	26.0 mcg
Saturated Fat	2.9 gm	Zinc	3.3 mg	Phosphorus	192.0 mg

A serving of this recipe is an excellent source of protein, niacin, selenium, and zinc as well as a good source of dietary fiber, riboflavin, vitamin B6, vitamin B12, iron, potassium, and phosphorus.