

# Korean Braised Beef Noodles

Category	Entree
Total Portions	30
Portion Size(s)	1 each
Meal Components	2 oz eq M/MA, 2 oz eq grain, ¼ cup dark green vegetable, ⅛ cup red/orange vegetable



## INGREDIENTS

Chili-soy braised beef, cooked, shredded  
 Spaghetti pasta, whole grain-rich  
 (USDA or Commercial)  
 Broccoli, no salt added, frozen, thawed  
 Carrots, fresh, shredded  
 Green onions, fresh, sliced with tops

## WEIGHT

6 lb 6 oz

3 lb 12 oz

2 lb 4 oz

13 oz

## MEASURE

3 3/4 cups

1 cup

## DIRECTIONS

1. Cook and prepare beef according to recipe. **CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
2. Break noodles into thirds for easier serving and eating.  
**Steamer method:** Place noodles in perforated pan (optional for easy draining) lined with a solid steamtable pan. Add enough hot water to cover noodles. Steam uncovered for 8 minutes or until al'dente (firm to the bite). **DO NOT OVERCOOK.**  
**Kettle method:** Bring water to a boil. Cook pasta 5-7 minutes or until al'dente. **DO NOT OVERCOOK.** Drain well. Place noodles in steamtable pans.
3. Cut thawed broccoli into bite size pieces and place in 2" perforated steamtable pans. Steam for 10 minutes for until 140°F.
4. Toss beef, noodles, and broccoli. Place in 4" steamtable pans. **CCP: Hold at 140°F or higher.**
5. Right before service, stir in shredded carrots and green onions for garnish and crunch.
6. Serve 2 cups (2 - 8 fl oz spoodles or 2 - #4 scoops - about 9.6 oz weight). **CCP: Hold at 140°F or higher.**

## Nutrients Per One Serving (K-12)

Calories	563	kcal
Total Fat	23	g
Sat Fat	8	g
Trans Fat	0	g
Cholesterol	123	mg
Sodium	196	mg
Total Carbohydrate	52	g
Total Dietary Fiber	7	g
Sugars	8	g
Added Sugars	5	g
Protein	40	g
Vitamin A	2,429	IU
Vitamin C	16	mg
Calcium	62	mg
Iron	5	mg



Funded by the Beef Checkoff