

# Classic Beef Braise

|                 |              |
|-----------------|--------------|
| Category        | Entree       |
| Total Portions  | 30           |
| Portion Size(s) | 1 each       |
| Meal Components | 2 oz eq M/MA |



## INGREDIENTS

Beef chuck roast, fresh or frozen,  
shoulder clod, arm, without bone,  
practically-free-of-fat  
Tomato sauce, low-sodium, canned  
(USDA or Commercial)  
Italian seasoning blend, dried  
Rosemary leaves, dried  
Onions, dehydrated, chopped  
Beef broth or stock, low-sodium

## WEIGHT

7 lbs

## MEASURE

1/2 cup

2 Tbsp

1 Tbsp

1/2 cup

1 qt

## DIRECTIONS

1. Preheat oven to 350°F.
2. Cut thawed roasts into about 2 lb pieces.
3. In a small bowl, mix the tomato sauce, Italian seasoning blend, and rosemary.
4. Add dehydrated onions and beef broth to a half 4" steamtable pan. Stir together.
5. Add beef pieces in a single layer to pan of broth. Using a rubber spatula, spread seasoned tomato sauce over the top of each piece.
6. Cover pan(s) with aluminum foil.
7. Cook beef for 3-3.5 hours or until the beef reaches an internal temperature of 165°F and is fork tender.
8. Keeping beef covered, remove from oven and let sit for 15 minutes.
9. Remove foil and shred beef. Mix beef with juices in the pan.  
**CCP: Heat to 165°F or higher for 15 seconds. Hold at 140°F or higher.**
8. Serve 1/2 cup beef (#8 scoop or 4 fl oz spoodle - about 3.4 oz each serving).  
**CCP: Hold at 140°F or higher.**

## Nutrients Per One Serving (K-12)

|                     |     |      |
|---------------------|-----|------|
| Calories            | 327 | kcal |
| Total Fat           | 20  | g    |
| Sat Fat             | 8   | g    |
| Trans Fat           | 0   | g    |
| Cholesterol         | 123 | mg   |
| Sodium              | 121 | mg   |
| Total Carbohydrate  | 3   | g    |
| Total Dietary Fiber | 0   | g    |
| Sugars              | 1   | g    |
| Added Sugars        | 0   | g    |
| Protein             | 31  | g    |
| Vitamin A           | 11  | IU   |
| Vitamin C           | 2   | mg   |
| Calcium             | 26  | mg   |
| Iron                | 3   | mg   |



Funded by the Beef Checkoff