



SOUTHWESTERN SLICED BEEF BOWL

Moist Sliced Beef atop a Bowl of Spanish style rice and beans, topped with tomato, corn and cheddar.

Servings: 10 servings

Ingredients	Amount	Amount
	<u>(1 serving)</u>	<u>(10 servings)</u>
Fully Cooked Sliced Beef #68249	1/3 C (approx. 2.50 oz.)	1 ½ lbs. (approx. 25 oz.)
Brown Rice	3 Tbsp. (approx. 1 oz.)	1 ¼ C (approx. 10 oz.)
Pinto Beans	3 Tbsp. (approx. 1 oz.)	1 ¼ C (approx. 10 oz.)
Low Fat/Low Sodium Cheddar	1 tbsp. (approx. 0.50 oz.)	2/3 C (approx. 5 oz.)
Whole Kernel Corn	3 Tbsp. (approx. 1 oz.)	1 ¼ C (approx. 10 oz.)
Mild Salsa	1 Tbsp. (approx. 0.50 oz.)	2/3 C (approx. 5 oz.)
Sriracha Hot Sauce (see sub-recipe)	1 Tbsp. (approx. 0.50 oz.)	2/3 C (approx. 5 oz.)

DIRECTIONS:

1. Lay Sliced beef on a coated or parchment paper covered sheet pan. Place in a pre-heated oven at 350°F for 7 minutes. Pull from oven and put into steam table or build product immediately.
2. Add salsa to bean and rice blend and place in bowl. Top bowl with Sliced steak. Place tomato and corn around the outer bowl area and top with cheese.

TYSON® PRODUCTS USED:

#68249: Fully Cooked Sliced Beef

SRIRACHA HOT SAUCE

(sub-recipe)

Yield: 5 oz. or 2/3 C

Ingredients	Amount <u>(10 servings)</u>
Sriracha Hot Sauce	¼ C (approx. 1.5 oz.)
Mayo	¼ C (approx. 2 oz.)
Lime Juice	1 Tbsp. (approx. 0.5 oz.)
Cayenne Pepper	1 Tbsp. (approx. 0.5 oz.)
Onion Powder	1 Tbsp. (approx. 0.5 oz.)

DIRECTIONS:

1. Mix all ingredients in large bowl and set aside.

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CN Portion	2.50 oz.
M/MA (oz)	2.00
Grain (oz)	0.00
Vegetable (oz)	0.00
Calories	150
Total Fat (g)	11.00
Saturated Fat (g)	4.50
Sodium (mg)	230
Carbs (g)	4
Protein (g)	11

