

Meals from the Heart

Sesame-Soy Ground Beef

Servings | 40

Ingredients

15 lbs.	ground beef
1 1/2 cups	minced garlic
4 oz.	ginger paste
6 cups	tamari
6 cups	orange juice
4 cups	brown sugar
3/4 cup	toasted sesame oil
3/4 cup	cornstarch

Directions

- Split ground beef between two large pots and cook over medium-high heat, stirring often to break beef into small pieces as it cooks.
- Once beef has fully browned, drain grease into a heat-proof container (it works well to use large colanders and plastic Cambro containers—ask staff if you'd like help!).
- Carefully return beef to the two pots and stir in garlic.
- In a large bowl, combine tamari, orange juice, brown sugar, sesame oil, ginger, and cornstarch. Stir well until sugar and cornstarch are dissolved. Remove 5 cups of sauce and set aside for soy curls (make sure to stir right before removing this so that the cornstarch is evenly distributed).
- Pour sauce over beef and put the burners on high. Stirring frequently, bring the beef mixtures to a boil, then reduce to medium heat. Cook, still stirring, for about 5 minutes, or until sauce has thickened.
- Pour beef mixture into a deep full-size hotel pan, and set in steam table for service.



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Sesame-Soy Curls

Servings | 20

Ingredients

3 packages	soy curls
3/4 cup	minced garlic
1/4 cup	vegetable oil (or other neutral cooking oil)
5 cups	reserved sauce from beef recipe

Directions

- Fill a large saucepan (the largest size of pot with a long handle) 3/4 full with water, and bring to a boil.
- Once water has come to a boil, add the three packages of soy curls. Cover the pot, remove from heat, and let sit for 10 minutes.
- Using a large colander, drain the soy curls, pressing slightly to squeeze out extra liquid. Add soy curls to a large crock pot set to warm; set aside.
- Heat 1/4 cup oil in a large sauté pan. Once oil is hot, add garlic and cook, stirring frequently with a rubber spatula, until golden-brown; about 1 minute. Add in the reserved 5 cups of sauce, and cook until sauce has thickened.
- Pour sauce over the soy curls in the crock; stir and serve.



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Roasted Broccoli & Rice

Servings | 40

Ingredients

8 lbs.	frozen broccoli florets
3/4 cup	vegetable oil (or other neutral cooking oil)
1/4 cup	salt
3 tbsp.	pepper

Directions

- Set one oven to high broil, making sure the top rack is on the second-highest level. Preheat the other oven to 400° (this will be for the rice).
- Distribute frozen broccoli across four baking sheets. Toss broccoli on pans with oil, salt, and pepper.
- Place two sheets in the oven and set a timer for 8 minutes. Check the broccoli on the top rack; when florets are beginning to char, rotate the baking sheets from top to bottom. Once both sheets have developed some char, pull them from the oven and set in a full-size hotel pan in a steam table. Repeat the process with the other two baking sheets.

For the rice:

16 cups	long-grain white rice
24 cups	water

- Bring measured water to a boil.
- Spray oil into a deep full-size metal hotel pan, Add measured dry rice.
- When water has come to a full boil, pour it into the pan with the rice. Cover tightly with foil and bake for 50 minutes.
- Fluff rice and set pan in warm steam table.



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Meals from the Heart

Shopping List

Servings | 40

Please use this grocery list to plan for your meal!

We will supply the following ingredients: oil, flour, butter, salt, pepper, sugar, baking soda/powder, eggs, vinegar (apple cider and balsamic) and all of the spices found in your recipe.

15 lbs.	ground beef
2 quarts	orange juice
1 - 2 lb. package	brown sugar
4 oz.	ginger paste
1 large jar	minced garlic
6 oz.	toasted sesame oil
48 oz.	low-sodium tamari (GF soy sauce)
8 lbs.	frozen broccoli florets
2 - 5 lb. bags	long grain white rice



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