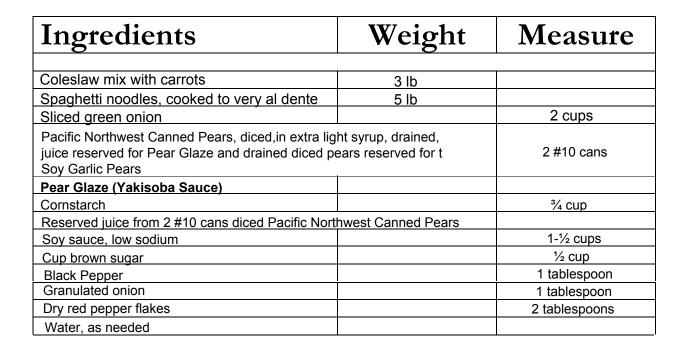
# Pear Glazed Beef Yakisoba

Yield: 40 Servings (1-½ cups or #6 scoop)
Meal Component Crediting, 2 M/ME; 2 whole grain; ¼ cup fruit
2 quarts Pear Glaze (Yakisoba Sauce) (recipe follows)
4 cups Soy Garlic Pears (recipe follows)
Beef Fajita Meat (recipe follows)





Kevin Jenkins
Garland ISD
Garland, TX
Honorable Mention 2024 CAN DO Challenge

Ingredients	Weight	Measure
Soy Garlic Pears		
Well-drained diced Pacific Northwest Canned	Pears from 2 #10 cans	3-1/2 quarts reserved
Soy Sauce		½ cup
Granulated garlic		1-1/2 tablespoons
Brown sugar		½ cup
Beef Fajita Meat		
Fajita-seasoned raw beef		2 5-pound bag
Vegetable oil		1-1/2 tablespoons
Yellow onion, thinly sliced		1 pound
Red bell pepper, thinly sliced		1 pound
Green bell pepper, thinly sliced		1 pound
Granulated garlic		3 tablespoons
Granulated onion		3 tablespoons
Black pepper		3 tablespoons

# Method

## Pear Glaze (Yakisoba Sauce)

Combine cornstarch and enough water to make a slurry; set aside. Over medium heat, add reserved juice and remaining ingredients in a small sauce pan, and bring to a boil. Immediately turn heat to low and slowly stir in reserved cornstarch slurry, until sauce thickens. Set aside.

## **Soy Garlic Pears**

Over medium heat, combine well-drained pears with remaining ingredients in a sauté pan and cook, stirring often, for 5 minutes or until pears are golden brown around the edges. Set aside.

### **Beef Fajita Meat**

Over medium-high heat, using a large skillet or wok, sauté beef fajita meat until browned and just cooked through, 3 to 4 minutes. Slowly add onion, red and green bell peppers to the skillet; sauté for about 8 minutes. Season mixture with granulated garlic, onion powder, black pepper, and half of the sliced green onion. Stir in coleslaw mix and sauté for 5 minutes.

#### Assemble

Add cooked noodles and Soy Garlic Pears to cooked fajita meat and mix until well combined. Slowly pour Pear Glaze over mixture, slightly tossing to coat all of the pasta.

#### For Service

Transfer to a 2-inch full size food pan, and garnish with sliced green onion.

#### Note

1 #10 can pears diced, packed in juice or light syrup provides about 9 ½ cups (67 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

## **Nutrition**

Meal Component Crediting, 2 M/ME; 2 whole grain; 1/4 cup fruit

Calories: 513 kcal Total Fat: 14 g

Total Dietary Fiber: 8 g

Vitamin C: 8 mg Saturated Fat: 3 mg Trans Fat: 0 g

Protein: 32 g Iron: 5 mg Sodium: 290 mg Cholesterol: 65 mg Vitamin A: 13,766 IU

Sugars: 13 g

Carbohydrates: 67 g Calcium: 120 mg

> Kevin Jenkins Garland ISD Garland, TX Honorable Mention 2024 CAN DO Challenge