

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)



**Pacific Northwest
Canned Pears**

Always ripe. Always ready.

Ingredients	Weight	Measure
Coleslaw mix with carrots	3 lb	
Spaghetti noodles, cooked to very al dente	5 lb	
Sliced green onion		2 cups
Pacific Northwest Canned Pears, diced, in extra light syrup, drained, juice reserved for Pear Glaze and drained diced pears reserved for t Soy Garlic Pears		2 #10 cans
Pear Glaze (Yakisoba Sauce)		
Cornstarch		¾ cup
Reserved juice from 2 #10 cans diced Pacific Northwest Canned Pears		
Soy sauce, low sodium		1-½ cups
Cup brown sugar		½ cup
Black Pepper		1 tablespoon
Granulated onion		1 tablespoon
Dry red pepper flakes		2 tablespoons
Water, as needed		

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Ingredients	Weight	Measure
Soy Garlic Pears		
Well-drained diced Pacific Northwest Canned Pears from 2 #10 cans		3-½ quarts reserved
Soy Sauce		½ cup
Granulated garlic		1-½ tablespoons
Brown sugar		½ cup
Beef Fajita Meat		
Fajita-seasoned raw beef		2 5-pound bag
Vegetable oil		1-½ 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.

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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; ¼ 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

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