



LOMO SALTADO

Ingredients	100 Servings		Directions
	Weight	Measure	
Russet potatoes, raw	20 pounds 10 ounces		<p>Preheat the oven to 375°F. Scrub the potatoes, cut them in half lengthwise and cut each half widthwise into 1/4 inch slices. Combine the sliced potatoes with the vegetable oil, garlic powder, salt and pepper. Mix until the potatoes are well coated. Place potato slices in a single layer on parchment-lined sheet pans. Bake in the preheated oven for about 15 minutes, or until the potatoes are golden and tender. Internal temperature should reach at least 135°F. Transfer potatoes to full-size 2-inch steamtable pans and hold hot at or above 135°F until service.</p> <p>Place the beef in a container. Combine the cumin, black pepper and salt, and mix into the beef until evenly distributed.</p> <p>Heat a large sauté pan, tilt skillet or steam-jacketed kettle to medium-high heat. Add the vegetable oil and immediately add the seasoned beef. Cook, stirring, until the beef is browned. Add the red onions, green bell peppers, jalapeños and minced garlic. Continue to cook, stirring, until the vegetables are tender-crisp, about 5–10 minutes. Stir in the less-sodium soy sauce and apple cider vinegar. Internal temperature should reach at least 145°F. Transfer the mixture to full-size 2-inch steamtable pans and hold hot at or above 135°F until service.</p> <p>To serve, place 1/2 cup of the roasted potatoes into each portion container. Add 3/4 cup of the beef and vegetable stir-fry mixture. Top with 1/2 tablespoon fresh cilantro.</p>
Vegetable oil		1/4 cup 2 tablespoons	
Garlic powder		1 tablespoon 1 teaspoon	
Salt		2 teaspoons	
Black pepper, ground		2 teaspoons	
Beef steak, thin sliced, cut into 1/2-inch strips	18 pounds		
Cumin, ground		1 tablespoon 1 teaspoon	
Black pepper, ground		1 tablespoon 1 teaspoon	
Salt		2 teaspoons	
Vegetable oil		1/4 cup 2 tablespoons	
Red onion, raw, 1/4 inch strips	8 pounds		
Green bell pepper, raw, 1/4 inch strips	8 pounds 8 ounces		
Jalapeño pepper, raw, seeds removed, diced	10 ounces	About 10 each	
Garlic, raw, minced		1/2 cup	
Soy sauce, less sodium		1 cup	
Apple cider vinegar		1 cup	
Cilantro, fresh		2 quarts	

Serving Size	1 Serving Provides				
1 each	1/2 cup starchy vegetable, 1/2 cup other vegetable, 2 ounce equivalent meat/meat alternate				
Nutrients Per Serving					
Calories	230 g	Saturated Fat	2.6 g	Iron	2 mg
Protein	20 g	Cholesterol	53 mg	Calcium	41 mg
Carbohydrate	20 g	Vitamin A	150 IU	Sodium	247 mg
Total Fat	7.7 g	Vitamin C	52 mg	Dietary Fiber	3 g

TUBER HACK: Take leftover Lomo Saltado, mix in scrambled eggs and wrap in a tortilla and you have Steak Breakfast Burritos the next day!