

Beef-Vegetable Stew

Meat, Vegetable

Main Dish

D-16 modified

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat, ¼-inch cubed	10 lb 5 oz				<p>1. Brown beef cubes in oil. Drain. Continue immediately.</p> <p>2. Add onions, flour, granulated garlic, paprika, pepper, and thyme.</p> <p>3. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for 1 hours.</p> <p>4. Add carrots and potatoes. Return to a boil and simmer for 35 minutes.</p> <p>5. Add peas. Cook until peas are heated thoroughly and meat, potatoes, and carrots are tender. Approximately 20 minutes.</p> <p>6. CCP: Heat to 165° F or higher.</p> <p>7. For service to children under 2 years, puree or finely chop meat and vegetables (including peas).</p> <p>8. CCP: Hold for hot service at 135° F or higher.</p>
Vegetable oil		½ cup			
*Fresh onions, chopped OR Dehydrated onions	1 lb	2 ⅔ cups OR 1 ½ cups			
Enriched all-purpose flour	12 oz	2 ¾ cups			
Granulated garlic (opt)		1 Tbsp 1 ½ tsp			
Paprika		1 Tbsp			
Ground black or white pepper		1 ½ tsp			
Dried thyme		1 tsp			
Water or low sodium beef stock, non-MSG		1 gal 2 qt			
Fresh carrots, 1/4-inch slice		2 qt 2 ½ cups			
Fresh potatoes, diced		1 qt 2 ½ cups			
Green peas, frozen	3 lb	1 qt 3 cups			

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Notes:

Modified with fresh potatoes, fresh carrots, and frozen peas.
Nutrient information calculated using Food Processor with one-half water and one-half low sodium beef stock.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Potatoes, fresh	2 lb 15 oz	5 lb 14 oz
Carrots, fresh, unpeeled	5 lb 1 oz	10 lb 2 oz

Serving: 1 cup (8 oz ladle) provides 2 oz of cooked lean meat and ½ cup of vegetable.

Yield:

1-2 years: ½ cup

50 Servings: 3 gallons 2 cups

3-5 years: ¾ cup

6-18 Years: 1 cup

100 Servings: 6 gallons 1 qt

Nutrients Per Serving

Calories	200	Saturated Fat	1.84 g	Iron	2.61 mg
Protein	21.32 g	Cholesterol	54.43 mg	Calcium	30.01 mg
Carbohydrate	14.69 g	Vitamin A	237.42 RAE mcg	Sodium	114.57 mg
Total Fat	6.48 g	Vitamin C	7.35 mg	Dietary Fiber	2.47 g (2016 = 2.28 g)