

Beef-Vegetable Stew

Meat-Vegetable

Main Dishes

D-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Boneless beef, 1" cubes	5 lb 13 oz		11 lb 10 oz		1. Trim all visible fat from beef cubes.
Vegetable oil		1/4 cup		1/2 cup	2. Brown beef cubes in oil. Drain.
*Onions, quartered OR	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups	3. Add onions, flour, garlic powder, paprika, pepper, and thyme.
Dehydrated onions		1/4 cup 1 1/2 tsp		1/2 cup 1 Tbsp	
All-purpose flour	6 oz	1 1/4 cups 2 Tbsp	12 oz	2 3/4 cups	
Garlic powder		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		1 1/2 tsp		1 Tbsp	
Black pepper		3/4 tsp		1 1/2 tsp	
Flaked thyme		1/2 tsp		1 tsp	
Water or beef stock		3 qt		1 1/2 gal	4. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 1/2 hours, or until meat is tender. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Canned sliced carrots, drained	1 lb 5 1/2 oz	1 qt	2 lb 11 oz	2 qt	5. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
Canned small whole potatoes, drained	1 lb 11 oz	1 qt 1/2 cup	3 lb 6 oz	2 qt 1 cup	6. Pour into serving pans. CCP Hold for hot service at 140 degrees F or higher.
Canned green peas, drained	1 lb 10 oz	1 qt 1/2 cup	3 lb 4 oz	2 qt 1 cup	7. Portion with 8-oz ladle (1 cup).
*See Marketing Guide					

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Mature onions	9 oz	1 lb 2 1/2 oz

SERVING:	YIELD:	VOLUME:
1 cup (8-oz ladle) provides 2 oz of cooked lean meat and 1/2 cup of vegetable	25 Servings: 1 gal 2 qt 2 cups (approximately) 50 Servings: 3 gal 1 qt (approximately)	25 Servings: 50 Servings:

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Nutrients Per Serving

Calories	238	Saturated Fat	2.3 g	Iron	3.9 mg
Protein	25 g	Cholesterol	64 mg	Calcium	25 mg
Carbohydrate	16 g	Vitamin A	364 RE/3629 IU	Sodium	277 mg
Total Fat	7.9 g	Vitamin C	5 mg	Dietary Fiber	3 g