

# Beef-Vegetable Stew

Meat-Vegetable

Main Dishes

D-16

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat, 1" cubes	5 lb 2 oz		10 lb 4 oz		1. Brown beef cubes in oil. Drain. Continue immediately.  2. Add onions, flour, granulated garlic, paprika, pepper, and thyme.  3. Add water or stock. Bring to a boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.  CCP: Heat to 165° F or higher..  4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.  5. Pour into serving pans.  6. CCP: Hold for hot service at 140° F or warmer.  Portion with 8 oz ladle (1 cup).
Vegetable oil		¼ cup		½ cup	
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup	1 lb	2 ⅔ cups OR 1 ½ cups	
Enriched all-purpose flour	6 oz	1 ¼ cups 2 Tbsp	12 oz	2 ¾ cups	
Granulated garlic		2 ¼ tsp		1 Tbsp 1 ½ tsp	
Paprika		1 ½ tsp		1 Tbsp	
Ground black or white pepper		¾ tsp		1 ½ tsp	
Dried thyme		½ tsp		1 tsp	
Water or beef stock, non-MSG		3 qt		1 gal 2 qt	
Canned sliced carrots, drained	2 lb 3 oz	1 qt 1 cup (½ No. 10 can)	4 lb 6 oz	2 qt 2 cups (1 No. 10 can)	
Canned small whole potatoes, drained	1 lb 12 oz	3 cups (⅓ No. 10 can plus ½ cup)	3 lb 8 oz	1 qt 2 cups (¾ No. 10 can)	
Canned green peas, drained	1 lb 10 oz	1 qt ½ cup (⅓ No. 10 can plus ½ cup)	3 lb 3 oz	1 qt 3 cups (¾ No. 10 can)	

\* See Marketing Guide

## Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz

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SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 2 oz of cooked lean meat and ½ cup of vegetable.	<b>25 Servings:</b> 1 gallon 2 ¼ quarts <b>50 Servings:</b> 3 gallons 2 cups	<b>25 Servings:</b> 1 gallon 2 ¼ quarts <b>50 Servings:</b> 3 gallons 2 cups
Edited 2014		

Nutrients Per Serving			
<b>Calories</b>	218	<b>Saturated Fat</b>	2.38 g
<b>Protein</b>	19.80 g	<b>Cholesterol</b>	49 mg
<b>Carbohydrate</b>	16.48 g	<b>Vitamin A</b>	5767 IU
<b>Total Fat</b>	7.80 g	<b>Vitamin C</b>	5.9 mg
		<b>Iron</b>	3.06 mg
		<b>Calcium</b>	28 mg
		<b>Sodium</b>	270 mg
		<b>Dietary Fiber</b>	2.9 g