

Beef Vegetable Soup

Meat-Vegetable

Soups

H-11A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 1 oz		2 lb 2 oz		1. Brown ground beef. Drain. Continue immediately. 2. In a heavy pot, combine stock, cooked ground beef, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
Beef stock, non-MSG		1 qt 3 ¼ cups		3 qt 2 ½ cups	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
*Fresh celery, chopped	4 oz	¾ cup 1 ½ tsp	8 oz	1 ½ cups 1 Tbsp	
*Fresh onions, chopped OR	4 oz	¾ cup OR	8 oz	1 ½ cups OR	
Dehydrated onions		¼ cup 2 Tbsp		¾ cup	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned whole-kernel corn, liquid pack, drained OR	4 ½ oz OR	⅝ cup 1 Tbsp (½ No. 300 can) OR	9 oz OR	1 ⅝ cups (1 No. 300 can) OR	
Frozen whole-kernel corn	4 oz	½ cup 3 Tbsp	8 oz	1 ⅝ cups	
Canned diced carrots, drained OR	4 ½ oz OR	⅔ cup (½ No. 300 can) OR	9 oz OR	1 ⅓ cups (1 No. 300 can) OR	
Frozen sliced carrots	4 oz	¼ cup 2 Tbsp	8 oz	¾ cup	
Canned cut green beans, drained OR	3 ¾ oz OR	⅝ cup 1 Tbsp (½ No. 300 can) OR	7 ½ oz OR	1 ⅝ cups (1 No. 300 can) OR	
Frozen cut green beans	3 ¾ oz	¼ cup 3 Tbsp	7 ½ oz	¾ cup 2 Tbsp	
Canned green peas, drained OR	4 ½ oz OR	¾ cup (⅔ No. 300 can) OR	9 oz OR	1 ½ cups (1 ⅓ No. 300 cans) OR	
Frozen green peas	5 oz	¾ cup	10 oz	OR 1 ½ cups	

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4. Cover and simmer for 15 minutes, or until vegetables are tender.

CCP: Heat to 165° F or higher.

5. CCP: Hold at 140° F or warmer.

Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ½ oz of cooked lean meat and ¼ cup of vegetable.	25 Servings: 5 lb 15 oz 50 Servings: 11 lb 14 oz	25 Servings: 3 quarts ½ cup 50 Servings: about 1 gallon 2 ¼ quarts
Tested 2004		

Nutrients Per Serving

Calories	62	Saturated Fat	1.16 g	Iron	0.81 mg
Protein	4.91 g	Cholesterol	13 mg	Calcium	15 mg
Carbohydrate	4.63 g	Vitamin A	954 IU	Sodium	107 mg
Total Fat	2.80 g	Vitamin C	5.7 mg	Dietary Fiber	0.9 g