

# Beef Stew - USDA Recipe D140

Meal Components: Vegetable - Red / Orange, Vegetable - Starchy, Vegetable - Other, Meat / Meat Alternate

D14

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Whole-wheat flour	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	<ol style="list-style-type: none"> <li>Combine flour with spices in a large bowl. Stir well.</li> <li>Coat beef cubes with half of flour mixture. Stir well.</li> <li>Set aside remaining flour mixture for step 5.</li> <li>Heat oil in a roasting pan/squarehead pan (20 7/8" x 17 3/8" x 7") over medium high heat. Cook beef until golden brown, about 5 minutes, stirring often. Recommended to cook in batches of 25. Remove beef. Set aside for step 6.</li> <li>In the same pan, add onions and remaining flour mixture. Reduce heat to low. Cook for 2</li> </ol>
Garlic powder		1 Tbsp 1 1/2 tsp		3 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Ground black pepper		1 1/2 tsp		1 Tbsp	
Dried thyme		1 tsp		2 tsp	
Beef stew meat, raw, lean, cubed 1/2"	10 lb 4 oz		20 lb 8 oz		
Canola oil		1/2 cup		1 cup	
*Fresh onions, diced 1/4"	1 lb	3 cups	2 lb	1 qt 2 cups	

Low-sodium beef broth		1 gal 2 qt		3 gal	<p><b>6.</b> Add beef broth to the stock pot. Scrape bottom of pot and stir well. Bring to a boil. Add beef cubes. Stir well. Reduce heat to low. Cover and simmer for about 2 hours or until beef is tender.</p> <p><b>7.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Frozen carrots, sliced	4 lb 6 oz	2 qt 2 1/2 cups	8 lb 12 oz	1 gal 1 qt 1 cup	<p><b>8.</b> Add carrots, celery, and potatoes to stock pot. Cook for about 15 minutes or until vegetables are tender.</p>
*Fresh celery, diced 1/2"	1 lb 10 oz	1 qt 1 cup	3 lb 4 oz	2 qt 2 cups	
*Fresh red potatoes, unpeeled, diced 1"	3 lb 8 oz	2 qt 1/2 cup	7 lb	1 gal 1 cup	
Frozen green peas	3 lb 4 oz	2 qt	6 lb 8 oz	1 gal	<p><b>9.</b> Fold in green peas and cook for 3 minutes. DO NOT OVERCOOK.</p> <p><b>10.</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p> <p><b>11.</b> Pour beef stew into steam table pan (12" x 20" x 4").</p> <p><b>12.</b> Critical Control Point: Hold for hot service at 135 °F or higher.</p> <p><b>13.</b> Portion with 8 fl oz spoodle (1 cup).</p>



## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Cooking Process #2: Same Day Service

### **Serving**

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/4 cup starchy vegetable, 1/8 cup other vegetable, and 1/8 cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 2 oz meat/meat alternate and 5/8 cup vegetable.

## Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Red potatoes	3 lb 10 oz	7 lb 4 oz
Celery	2 lb	4 lb

Serving	Yield	Volume
See Notes	<p><b>50 Servings:</b> about 26 lb</p> <p><b>100 Servings:</b> about 52 lb</p>	<p><b>50 Servings:</b> about 3 gallons 1 quart / 2 steam table pans (12" x 20" x 4")</p> <p><b>100 Servings:</b> about 6 gallons 2 quarts / 4 steam table pans (12" x 20" x 4")</p>

Nutrients Per Serving					
Calories	239	Saturated Fat	2 g	Iron	4 mg
Protein	23 g	Cholesterol	57 mg	Calcium	45 mg
Carbohydrate	21 g	Vitamin A	9085 IU	Sodium	318 mg
Total Fat	7 g	Vitamin C	8 mg	Dietary Fiber	5 g