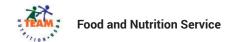


Beef Vegetable Soup USDA Recipe for CACFP

Our Beef Vegetable Soup has a base of beef broth enhanced with ground beef, a variety of vegetables, and chili powder for a subtle kick of spice.

CACFP CREDITING INFORMATION
1 cup (8 fl oz ladle) provides 0.5 oz equivalent meat and ½ cup vegetable.

INCREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
Raw ground beef (no more than 10% fat)	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	1 Place ground beef in a large stock pot. Heat over high heat uncovered for 5–8 minutes. Stir often until meat is well done.
					2 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					3 Remove meat from heat. Drain beef in a colander.
					4 Return meat to heat.
Beef broth, low-sodium		2 qt		1 gal	5 Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, parsley, and ancho chili powder. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.



INGREDIENTS	25 SERVINGS		50 SERVINGS		
	Weight	Measure	Weight	Measure	DIRECTIONS
No-salt-added tomatoes, canned, diced, undrained	3 lb 3 oz	1 qt 1½ cups (about ½ No. 10 cans)	6 lb 6 oz	2 qt 3 cups (about 1 No. 10 can)	
*Celery, fresh, chopped	5 oz	³/₄ cup 3 Tbsp	10 oz	1 ³ / ₄ cups 2 Tbsp	
*Onions, fresh, chopped	8 oz	½ cup	1 lb	1 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Black or white pepper, ground		½ tsp		1 tsp	
Onion powder		1 Tbsp		2 Tbsp	
Salt-free seasoning		1 Tbsp		2 Tbsp	
Garlic powder		3 Tbsp	3³/4 OZ	1/4 cup 2 Tbsp	
Parsley, dried		½ cup		1/4 cup	
Ancho chili powder OR		3 Tbsp	2½ oz	1/4 cup 2 Tbsp	
Mexican seasoning mix (see Notes)		3 Tbsp	2½ oz	1/4 cup 2 Tbsp	
Corn, frozen	9 oz	1½ cups 1 Tbsp	1 lb 2 oz	3 cups 2 Tbsp	6 Add corn, peas, carrots, and green beans.
Peas and carrots, frozen	1 lb 3 oz	3 ³ / ₄ cups 1 Tbsp 1 tsp	2 lb 6 oz	1 qt 3½ cups 2 Tbsp 2 tsp	

MODERNE	25 SERVINGS		50 SERVINGS			
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Green beans, frozen	7 oz	1⅓ cups	14 oz	2 ² / ₃ cups	7 Cover and simmer over medium heat for 15 minutes or until vegetables are tender.	
					8 Critical Control Point: Heat to 165 °F or higher for 15 seconds.	
					9 Pour 1 gal 1 qt (about 9 lb 13 oz) soup into a half steam table pan (12¾" x 10½" x 6").	
					For 25 servings, use 1 pan. For 50 servings, use 2 pans.	
					10 Critical Control Point: Hold for hot service at 140 °F or higher.	
					11 Portion with 8 fl oz ladle (1 cup).	

NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS Calories	AMOUNT 97
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydrate Dietary Fiber Total Sugars Added Sugars included Protein	3 g 1 g 20 mg 270 mg 10 g 2 g 4 g N/A 8 g
Vitamin D Calcium Iron Potassium N/A=data not available.	0 IU 20 mg 1 mg 210 mg

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE					
Food as Purchased for	25 Servings	50 Servings			
Mature onions Celery	10 oz 7 oz	1 lb 4 oz 14 oz			

NOTES

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

Cooking Process #2: Same-Day Service.

Mexican Seasoning Mix 3/4 cup (about 41/2 oz).

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

YIELD/VOLUME				
25 Servings	50 Servings			
About 9 lb 13 oz	About 19 lb 10 oz			
About 1 gal 3½ cups/1 steam table pan (12¾ x 10½ x 6″)	About 2 gal 1 qt 3¼ cups/2 steam table pans (12¾ x 10½" x 6")			