



# 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.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 10% fat)	1 lb 8 oz	3 cups	3 lb	1 qt 2 cups	<ol style="list-style-type: none"> <li><b>1</b> Place ground beef in a large stock pot. Heat over high heat uncovered for 5–8 minutes. Stir often until meat is well done.</li> <li><b>2</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li><b>3</b> Remove meat from heat. Drain beef in a colander.</li> <li><b>4</b> Return meat to heat.</li> </ol>
Beef broth, low-sodium		2 qt		1 gal	<ol style="list-style-type: none"> <li><b>5</b> 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.</li> </ol>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
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	¾ cup 3 Tbsp	10 oz	1¾ 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	3¾ oz	¼ cup 2 Tbsp	
Parsley, dried		⅛ cup		¼ cup	
Ancho chili powder OR Mexican seasoning mix (see Notes)		3 Tbsp	2½ oz	¼ cup 2 Tbsp	
Corn, frozen	9 oz	1½ cups 1 Tbsp	1 lb 2 oz	3 cups 2 Tbsp	<b>6</b> Add corn, peas, carrots, and green beans.
Peas and carrots, frozen	1 lb 3 oz	3¾ cups 1 Tbsp 1 tsp	2 lb 6 oz	1 qt 3½ cups 2 Tbsp 2 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Green beans, frozen	7 oz	1½ cups	14 oz	2⅔ cups	<p><b>7</b> Cover and simmer over medium heat for 15 minutes or until vegetables are tender.</p> <p><b>8</b> Critical Control Point: Heat to 165 °F or higher for 15 seconds.</p> <p><b>9</b> 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.</p> <p><b>10</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p> <p><b>11</b> Portion with 8 fl oz ladle (1 cup).</p>



## NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>97</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	20 mg
<b>Sodium</b>	<b>270 mg</b>
<b>Total Carbohydrate</b>	<b>10 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>8 g</b>
Vitamin D	0 IU
Calcium	20 mg
Iron	1 mg
Potassium	210 mg

N/A=data not available.

## SOURCE

USDA Standardized Recipes Project.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 4 oz
Celery	7 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  $\frac{3}{4}$  cup (about 4 $\frac{1}{2}$  oz).

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder,  $\frac{1}{4}$  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 $3\frac{2}{3}$ cups/1 steam table pan (12 $\frac{3}{4}$ " x 10 $\frac{1}{2}$ " x 6")	About 2 gal 1 qt $3\frac{1}{4}$ cups/2 steam table pans (12 $\frac{3}{4}$ " x 10 $\frac{1}{2}$ " x 6")

