



# Beef Vegetable Soup

## USDA Recipe for Schools

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.

### NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz ladle) provides 0.5 oz equivalent meat, 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 10% fat)	3 lb	1 qt 2 cups	6 lb	3 qt	<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> <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>
Beef broth, low-sodium		1 gal		2 gal	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
No-salt-added tomatoes, canned, diced, undrained	6 lb 6 oz	2 qt 3 cups (about 1 No. 10 can)	12 lb 12 oz	1 gal 1 qt 2 cup (about 2 No. 10 cans)	
*Celery, fresh, chopped	10 oz	1¾ cups 2 Tbsp	1 lb 4 oz	3¾ cups	
*Onions, fresh, chopped	1 lb	1 cup	2 lb	2 cups	
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Black or white pepper, ground		1 tsp		2 tsp	
Onion powder		2 Tbsp		¼ cup	
Salt-free seasoning		2 Tbsp		¼ cup	
Garlic powder	3¾ oz	¼ cup 2 Tbsp	7½ oz	¾ cup	
Parsley, dried		¼ cup		½ cup	
Ancho chili powder OR Mexican seasoning mix (see Notes)	2½ oz	¼ cup 2 Tbsp	5 oz	¾ cup	
Corn, frozen	1 lb 2 oz	3 cups 2 Tbsp	2 lb 4 oz	1 qt 2¼ cups	<b>6</b> Add corn, peas, carrots, and green beans.
Peas and carrots, frozen	2 lb 6 oz	1 qt 3½ cups 2 Tbsp 2 tsp	4 lb 12 oz	3 qt 3¼ cups 1 Tbsp 1 tsp	





INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Green beans, frozen	14 oz	2 <sup>2</sup> / <sub>3</sub> cups	1 lb 12 oz	1 qt 1 <sup>1</sup> / <sub>3</sub> cups	
					<b>7</b> Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
					<b>8</b> Critical Control Point: Heat to 165 °F or higher for 15 seconds.
					<b>9</b> Pour 1 gal 1 qt (about 9 lb 13 oz) soup into a half steam table pan (12 <sup>3</sup> / <sub>4</sub> " x 10 <sup>1</sup> / <sub>2</sub> " x 6").  For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					<b>10</b> Critical Control Point: Hold for hot service at 135 °F or higher.
					<b>11</b> Portion with 8 fl oz ladle (1 cup).



**NUTRITION INFORMATION**

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>97</b>
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<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>
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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	50 Servings	100 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Celery	14 oz	1 lb 12 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 <sup>3</sup>/<sub>4</sub> cup (about 4½ oz).

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, <sup>1</sup>/<sub>4</sub> 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**

50 Servings	100 Servings
About 19 lb 10 oz	About 39 lb 4 oz
About 2 gal 1 qt 3¼ cups/2 steam table pans (12¾" x 10½" x 6")	About 4 gal 3 qt 2½ cups/4 steam table pans (12¾" x 10½" x 6")

