

# Beef Stew

Meat/Meat Alternate-Vegetable

Main Dishes

D-14

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw beef stew meat, practically free of fat	10 lb 4 oz		20 lb 8 oz		1. Brown beef cubes in oil. Drain. Continue immediately.
Vegetable oil		½ cup		1 cup	
*Fresh onions, quartered OR Dehydrated onions	1 lb OR 1 ¼ oz	¾ cup	2 lb OR 2 ½ oz	1 ¼ cups	2. Add onions, flour, granulated garlic, paprika, pepper, salt, and thyme. Cook 5 minutes.
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	
Granulated garlic		1 Tbsp 1 ½ tsp		3 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Dried thyme		1 tsp		2 tsp	
Water or beef stock, non-MSG		1 gal 2 qt		3 gal	3. Add water or stock. Bring to boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.
Canned sliced carrots, drained	4 lb 6 oz	2 qt 2 cups (1 No. 10 can)	8 lb 12 oz	1 gal 1 qt (2 No. 10 cans)	4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.  CCP: Heat to 165° F or higher at least 15 seconds.
Canned small whole potatoes, drained	3 lb 8 oz	1 qt 2 cups (¾ No. 10 can)	7 lb	3 qt (1 ½ No. 10 cans)	
Canned green peas, drained	3 lb 3 oz	1 qt 3 cups (¾ No. 10 can)	6 lb 6 oz	3 qt 2 cups (1 ½ No. 10 cans)	
					5. Pour into medium half-steamtable pans (10" x 12" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					6. CCP: Hold for hot service at 135° F or higher.  Portion with 8 oz ladle (1 cup).

Comments:

\*See Marketing Guide.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz

# Beef Stew

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and ½ cup of vegetable.	<b>50 Servings:</b> about 24 lb 12 oz	<b>50 Servings:</b> about 3 gallons 2 cups 3 medium half-steamtable pans
	<b>100 Servings:</b> about 49 lb 8 oz	<b>100 Servings:</b> about 6 gallons 1 quart 6 medium half-steamtable pans

Tested 2004

Nutrients Per Serving					
Calories	218	Saturated Fat	2.38 g	Iron	3.06 mg
Protein	19.80 g	Cholesterol	49 mg	Calcium	28 mg
Carbohydrate	16.48 g	Vitamin A	5766 IU	Sodium	409 mg
Total Fat	7.80g	Vitamin C	5.9 mg	Dietary Fiber	2.9 g