

Fall

Winter

Spring

Summer

Hearty Beef & Vegetable Stew

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving

Calories	394 kcal
Protein	24.24 g
Carbohydrate	29.28 g
Total Fat	19.78 g
Saturated Fat	9.27 g
Cholesterol	79.08 mg
Vitamin A	5395.09 IU
Vitamin C	21.52 mg
Iron	4.32 mg
Calcium	70.13 mg
Sodium	596.94 mg
Dietary Fiber	4.89 g

EQUIVALENTS: 1 cup provides 2 oz equiv meat/meat alternate, $\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup starchy vegetable and $\frac{5}{8}$ cup beans/legumes.

Recipe HACCP Process: #2 Same Day Service

Hearty Beef & Vegetable Stew • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Top round	10 lb		1 Trim and cube top round.	<i>Use whatever combination of potatoes and root vegetables that you have on hand. You'll need 14 lb total.</i>
Carrots	3 lb		2 Trim and peel carrots and cut into medium dice.	
Green beans, fresh or frozen	3 lb		3 Trim green beans and cut into 3/4-inch pieces.	
Onions	3 lb		4 Trim and peel onions. Cut into medium dice.	
Red Bliss or Yukon Gold potatoes	3 lb		5 Peel potatoes and sweet potatoes. Cut into medium dice.	
Sweet potatoes	2 lb			
Celeriac	1 lb		6 Trim and peel celeriac, rutabaga and turnips. Cut into medium dice.	
Rutabaga	1 lb			
Turnips	1 lb			
Unsalted butter	1 lb		7 Melt butter in a steam kettle over medium heat. Add the beef and cook, stirring occasionally, until no longer pink on the outside, 10 to 15 minutes.	
Minced garlic		2 Tblsp	8 Stir in garlic. Sprinkle with flour and stir to coat. Cook, stirring occasionally, for 5 minutes. Stir in tomatoes and stock (or broth). Add the carrots, green beans, onions, potatoes, sweet potatoes, celeriac, rutabaga and turnips. Reduce heat to a simmer and cook, stirring occasionally, until the meat is tender, about 1 hour. Stir in basil, parsley, thyme, salt and pepper.	
Enriched all-purpose flour	1 lb			
Diced tomatoes, canned (undrained)		1 #10 can		
Low-sodium beef broth or stock		2 gallons		
Dried basil leaves		1/4 cup		
Dried parsley leaves		1/4 cup		
Dried thyme leaves		1/4 cup		
Kosher salt		1/4 cup		
Ground black pepper		to taste		

