

BEEF STEW

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
286 cal	22 g	25 g	11 g	66 mg	593 mg	44 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	16-3/4 lbs	2 gal	
TOMATOES,CANNED,DICED,DRAINED	6-5/8 lbs	3 qts	
SALT	4-1/4 oz	1/4 cup 3 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	5/8 oz	2 tbsp	
THYME,GROUND	1/4 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	4 lf	
CARROTS,FRESH,SLICED	8 lbs	1 gal 3-1/8 qts	9-3/4 lbs
CELERY,FRESH,SLICED	4-1/4 lbs	1 gal	5-7/8 lbs
ONIONS,FRESH,QUARTERED	3 lbs	2 qts 3-7/8 cup	3-1/3 lbs
POTATOES,FRESH,CHOPPED	10-1/3 lbs	1 gal 3-1/2 qts	12-3/4 lbs
FLOUR,WHEAT,GENERAL PURPOSE	1-1/4 lbs	1 qts 1/2 cup	
WATER,COLD	3-1/8 lbs	1 qts 2 cup	

Method

- 1 Place beef, water, tomatoes, salt, pepper, garlic, thyme and bay leaves in steam-jacketed kettle or stock pot. Bring to a boil; reduce heat; cover. Simmer 1 hour 40 minutes or until tender.
- 2 Add carrots to beef mixture. Cover; simmer 15 minutes.
- 3 Add celery, onions, and potatoes. Stir. Cover; simmer 20 minutes or until vegetables are tender.
- 4 Remove bay leaves. Combine flour and water. Add to stew while stirring. Cook 5 minutes or until thickened. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold for service at 140 F. or higher.

Notes

- 1 In Step 2, 2 No. 10 canned carrots, drained or 8 pounds frozen carrots may be used per 100 servings.