

BEEF RICE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
71 cal	11 g	4 g	2 g	4 mg	1702 mg	21 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,DICED,LEAN,RAW	1-1/2 lbs		
BEEF BROTH		7 gal	
CARROTS,FROZEN,SLICED	1 lbs	3-1/2 cup	
CELERY,FRESH,CHOPPED	12-1/8 oz	2-7/8 cup	1 lbs
ONIONS,FRESH,CHOPPED	1 lbs	2-7/8 cup	1-1/8 lbs
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	3 each	
RICE,LONG GRAIN	2 lbs	1 qts 7/8 cup	

Method

- 1 Cook beef in a steam jacketed kettle for 5 minutes. Dice beef into 1/2 inch pieces.
- 2 Prepare broth according to package directions.
- 3 Add beef, carrots, celery, onions, pepper and bay leaves to broth in a steam jacketed kettle or stock pot. Cover; bring to a boil.
- 4 Add rice. Cover; Simmer 20 to 25 minutes stirring occasionally until rice is tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.