

CHUCK WAGON STEW (BEANS WITH BEEF)

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
416 cal	54 g	28 g	12 g	70 mg	1138 mg	141 mg

Ingredient

BEEF,GROUND,BULK,RAW,90% LEAN
 ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CATSUP
 BEANS,BAKED,W/PORK,CANNED

Weight

15 lbs
 6 lbs
 3 lbs
 1-7/8 lbs
 53-1/2 lbs

Measure

1 gal 1/4 qts
 2 qts 1-1/8 cup
 3-1/2 cup
 6 gal

Issue

6-2/3 lbs
 3-2/3 lbs

Method

- 1 Cook beef with onions and peppers until it loses its pink color, stirring to break apart, in steam-jacketed kettle or stock pot. Drain or skim off excess fat.
- 2 Add catsup and beans to beef, onion and pepper mixture. Stir well.
- 3 Simmer for 20 minutes. CCP: Internal temperature must reach 155 F. or higher for 15 seconds. Hold for service at 140 F. or higher.