

MEAT, FISH, AND POULTRY No.L 022 02
EL RANCHO STEW

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
278 cal	20 g	25 g	11 g	66 mg	396 mg	26 mg

Ingredient

	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEEF,DICED,LEAN,RAW	30 lbs		
WATER	8-1/3 lbs	1 gal	
SALT	3 oz	1/4 cup 1 tbsp	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
CARROTS,FRESH,SLICED	8 lbs	1 gal 3-1/8 qts	9-3/4 lbs
ONIONS,FRESH,QUARTERED	4 lbs	3 qts 3-3/4 cup	4-1/2 lbs
PEAS,GREEN,FROZEN	2 lbs	1 qts 2-1/4 cup	
POTATOES,FRESH,CHOPPED	10 lbs	1 gal 3-1/4 qts	12-1/3 lbs
FLOUR,WHEAT,GENERAL PURPOSE	1-1/8 lbs	1 qts	
WATER,COLD	2-1/8 lbs	1 qts	

Method

- 1 Place beef, water, salt and pepper 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 onions and potatoes. Stir. Cover; simmer 20 minutes or until vegetables are tender. Add frozen peas. Simmer 10 minutes or until peas are tender.
- 4 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 3 pounds drained, canned peas may be used per 100 portions. Add canned peas after thickening.