

**BEEF STEW (CANNED BEEF CHUNKS)**

Yield 100

Portion 1-1/4 Cups

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
387 cal	19 g	38 g	17 g	104 mg	152 mg	39 mg

**Ingredient**

<b><u>Ingredient</u></b>	<b><u>Weight</u></b>	<b><u>Measure</u></b>	<b><u>Issue</u></b>
BEEF,CANNED,CHUNKS,W/NATURAL JUICE,DRAINED	29 lbs	6 gal 2-1/2 qts	
PEPPER,BLACK,GROUND	1/2 oz	2 tbsp	
GARLIC POWDER	1/2 oz	1 tbsp	
WATER	16-3/4 lbs	2 gal	
TOMATOES,CANNED,CRUSHED,INCL LIQUIDS	6-5/8 lbs	3 qts	
THYME,GROUND	1/8 oz	1 tbsp	
BAY LEAF,WHOLE,DRIED	1/8 oz	4 lf	
CARROTS,FRESH,SLICED	3-3/8 lbs	2 qts 4 cup	4-1/8 lbs
CELERY,FRESH,CHOPPED	4-1/4 lbs	1 gal	5-7/8 lbs
ONIONS,FRESH,QUARTERED	2-1/2 lbs	2 qts 1-7/8 cup	2-3/4 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, pepper and garlic in steam-jacketed kettle or stock pot.
- 2 Add water, tomatoes, thyme and bay leaves. Bring to a boil; reduce heat.
- 3 Add carrots to beef mixture. Cover; simmer 15 minutes.
- 4 Add celery, onions and potatoes to beef mixture. Stir to mix. Cover; simmer 20 minutes or until vegetables are tender.
- 5 Thicken gravy, if desired. Combine flour and water. Add to stew while stirring; cook 5 minutes or until thickened. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.