



825090 - Hearty Beef Soup

Source: K12 Culinary

Number of Portions: 60

Size of Portion: cup

Alternate Recipe Name: Hearty Beef Stew

Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Starchy

Vegetable, Other

Attributes:

HACCP Process: #3 Complex Food Preparation

Ingredients	Measures	Instructions
		CCP: Hold at 41° F or lower.

023570 BEEF,GROUND,85% LN MEAT / 15% FAT,CRUMBL....	10 LBS (raw)	<p>Thaw beef in refrigerator prior to use.</p> <p>Cook the beef one day in advance using either the oven or steamer method. The beef will be chilled overnight and used in recipe preparation the following day. (see below and refer to video lessons for more details)</p> <p>Oven Method: Lightly spray a 2-inch full-size perforated pan with food release spray. Nest the perforated pan inside a 4-inch full-size solid pan. Remove packaging and place 10 lb thawed, raw ground beef into the perforated pan. Place the nested pan of ground beef into the oven and bake at 350° F for approximately 30-40 minutes or until internal temperature reaches 155° F or above. (As the beef cooks, the fat will drain into the pan below.)</p> <p>Steamer Method: Place a 4 inch full size perforated pan inside a 6 inch solid pan. Spray the perforated pan with food release. Place 10 lb of thawed beef (do not remove packaging) in perforated pan. Using a paring knife, pierce the plastic sleeve with 8 to 10 slits down the top of the sleeve to allow fat to escape. Place the beef in the steamer and steam to an internal temperature of 155° F or above.</p> <p>Allow cooked beef to rest for 15-20 minutes, then remove the plastic packaging. Discard beef fat and dispose of properly.</p> <p>After the beef is cooked, cool under refrigeration and store covered overnight before preparing stew the following day. CCP: Heat to 155° F or higher for at least 15 Seconds</p> <p>CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours.</p> <p>CCP: Hold at 41° F or lower.</p>
051372 POTATOES, FRESH, RUSSET (BAKING TYPE), B..... 011125 CARROTS,CKD,BLD,DRND,WO/SALT..... 011283 ONIONS,CKD,BLD,DRND,WO/SALT..... 011144 CELERY,CKD,BLD,DRND,WO/SALT.....	6 lbs + 4 ozs 4 LBS (AP, raw) 2 lbs + 8 OZS (AP) 1 lb + 4 OZS (fresh)	<p>Weigh the required amount of fresh vegetables. Rinse potatoes, carrots, onions, and celery under running water. Scrub potatoes carrots, and celery with a clean vegetable brush. Drained washed vegetables in a colander or perforated pan. Dice unpeeled raw potatoes into 1 inch cubes. Cut carrots into 1 inch pieces using the oblique cutting technique. Cut peeled onions in half, then dice the onion into large 1 inch dices. Cut the celery across the stalks into ½ inch slices.</p> <p>(Note: Refer to the <i>Knife Skills</i> video for more information about cutting vegetables.)</p>
826510 Base, Beef, Low NA, Custom Culinary 0336.....	2 GALS (prepared)	<p>Prepare the beef base according to manufacturer's instructions.</p> <p>Cut the chilled, cooked beef into 1 inch cubes. Refer to the video for <i>Preparing Ground Beef</i> for additional details if needed.</p>

050382 OIL, VEGETABLE, SOYBEAN, LOW SATURATED F.... 051500 Tomato Paste, No Salt Added, Canned..... 002030 PEPPER,BLACK.....	1/4 cup 1/2 cup 2 TSP (ground)	Heat a steam jacketed kettle or tilt braising pan to medium heat. Add the vegetable oil to the heated kettle or pan. Add the potatoes, carrots, onions and celery and stir. Cover and sweat the vegetables over medium heat for about 5 minutes, stirring occasionally. Add the tomato paste to the vegetables and continue to cook, uncovered, for another 2 minutes, stirring constantly. Stir in the prepared beef broth, black pepper, and cubed ground beef. Bring the soup to a low boil then decrease the heat to a simmer. Continue to simmer for about 20-25 minutes, or until the carrots and potatoes are tender. CCP: Heat to 165° F or higher.
		Transfer the soup to two 4-inch full-size pans. Cover and hold until service. Serve 1 cup of soup using an 8 oz spoodle. CCP: Hold for hot service at 135° F or higher.
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*Nutrients are based upon 1 Portion Size (cup)

Calories	201 kcal	Cholesterol	44 mg	Sugars	*2.4* g	Calcium	30.43 mg	41.07%	Calories from Total Fat
Total Fat	9.16 g	Sodium	142 mg	Protein	15.29 g	Iron	2.06 mg	13.70%	Calories from Saturated Fat
Saturated Fat	3.05 g	Carbohydrates	14.24 g	Vitamin A	3990.6 IU	Water ¹	*67.68* g	1.24%	Calories from Trans Fat
Trans Fat ²	0.28 g	Dietary Fiber	1.71 g	Vitamin C	5.1 mg	Ash ¹	*0.89* g	28.37%	Calories from Carbohydrates
								30.47%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.