Cowboy Stew (140)

(Cowboy Stew MC 140)

Meat/Meat Alternate-Vegetable

Source: North MS Cycles

Ingredients	*47* Servings		*95* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef (no more than 24% fat).	9 lb.	. . . . .	18 lb.	. . . . .	. . . . .	1. Brown ground beef and onions. Drain. Press draining beef to remove excess fat.
Fresh Onions, Chopped. . .	. . . . .	1/3 cup. . . .	. . . . .	2/3 cup.	. . . . .	2. Add chili powder and cook for 5 minutes.
Chili Powder.	. . . . .	1 ½ tsp. . . .	. . . . .	1 Tbsp.	. . . . .	
Canned Baked Beans with Pork.	10 lb 2 oz. .	1½ No. 10 can	20 lb 4 oz. .	3 No. 10 cans	. . . . .	3. Add remaining ingredients. 4. Heat thoroughly for 20-30 minutes.
Canned Tomatoes, Diced, with Liquid.	6 lb 6 oz. . .	1 No. 10 can	12 lb 12 oz. .	2 No. 10 cans	. . . . .	*CCP: Internal temperature of product must register 160°F for 15 seconds at completion of cooking process.*
Canned Whole Kernel Corn, Drained.	2 lb 3 oz. . .	½ No. 10 can	4 lb 6 oz. . .	1 No. 10 can. .	. . . . .	
Canned Chili with Beans. . .	3 lb 3 oz. . .	½ No. 10 can	6 lb 6 oz. . .	1 No. 10 can. .	. . . . .	
Table Salt.	. . . . .	1 ½ tsp. . . .	. . . . .	1 Tbsp.	. . . . .	
White Pepper.	. . . . .	1 ½ tsp. . . .	. . . . .	1 Tbsp.	. . . . .	
						5. Transfer to steam table pans. Serve immediately or cover and place in warmer until ready for service. *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*
						6. Portion with 8 oz spoodle or ladle.

Serving: 1 portion (8 oz spoodle or 8 oz ladle) provides 2 oz meat/meat alternate And ½ cup vegetable.

Yield: 47 servings: 3 gallons
95 servings: 6 gallons

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Cowboy Stew (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	293		Iron	3.89	Mg	Protein	22.38	G	Percent ⇒	Protein	30.54%
Cholesterol	58	Mg	Calcium	86.93	Mg	Carbohydrates	28.02	G	Of ⇒	Carbohydrates	38.25%
Sodium	912	Mg	Vitamin A	181	RE	Total Fat	10.98	G	Calories ⇒	Total Fat	33.73%
Dietary Fiber	7.28	G	Vitamin C	11.20	Mg	Saturated Fat	4.01	G	From ⇒	Saturated Fat	12.32%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Cheesy Breadsticks with Vegetable Soup (124)

(Cheesy Breadsticks with Vegetable Soup MC 124)

Meat/Meat Alternate-Vegetable-Grain/Bread

Source: MS Cycles II

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Breadsticks with Cheese. . .	. . . . .	50 breadsticks	. . . . .	100 breadsticks	. . . . .	1. Bake breadsticks according to package directions.
Vegetable Beef Soup. . . .	. . . . .	50 6 oz. . . .	. . . . .	100 6 oz. . . .	. . . . .	2. Heat soup until it reaches 165°F. Portion 6 oz or ¾ cup soup with 1 breadstick. *CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process.* *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.*

Serving: 1 breadstick and 6 oz soup (6oz ladle) provides 2 oz meat/meat alternate, ½ cup vegetable, and 1 grain/bread.

Yield: 50 servings: 50 breadsticks, 2 2/3 gallons soup
100 servings: 100 breadsticks, 5 1/3 gallons soup

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	307		Iron	2.55	Mg	Protein	18.80	G	Percent ⇒	Protein	24.49%
Cholesterol	37	Mg	Calcium	270	Mg	Carbohydrates	29.56	G	Of ⇒	Carbohydrates	38.51%
Sodium	960	Mg	Vitamin A	442	RE	Total Fat	12.63	G	Calories ⇒	Total Fat	37.02%
Dietary Fiber	3.07	G	Vitamin C	14.64	Mg	Saturated Fat	3.91	G	From ⇒	Saturated Fat	11.45%

Production Notes:

Serving Notes:

Purchasing Guide:
Commodity products may be used in soup.

Miscellaneous Notes:

Campfire Beef Stew (118)

(Campfire Beef Stew MC 118)

Meat/Meat Alternate-Vegetable

Source: USDA D-14

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 24% fat)	8 lb 10 oz.		17 lb 4 oz.			1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking.
Vegetable Oil		½ cup		1 cup		2. Add oil, onions, flour, garlic powder, paprika, pepper, and thyme.
Fresh Onions, Quartered	1 ½ lb.	2 ¾ cups	3 lb.	1 qt 1¼ cups		
OR	OR	OR	OR	OR		
Dehydrated Onions	2 oz.	½ cup 1 Tbsp	4 oz.	1 cup 2 Tbsp.		
All- Purpose Flour	12 oz.	2 ¾ cups	1 lb 8 oz.	1 qt 1¾ cups		
Garlic Powder		1 Tbsp 1½ tsp		3 Tbsp.		
Paprika		1 Tbsp.		2 Tbsp.		
Black Pepper		1½ tsp.		1 Tbsp.		
Flaked Thyme		1 tsp.		2 tsp.		
Beef Base	4 ½ oz.		9 oz.			3. Add water and beef base. Bring to boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.
Water		1 gal 2 qt.		3 gal.		
Canned Sliced Carrots, Drained	2 lb 11 oz.	2 qt.	5 lb 5 oz.	1¼ No. 10 cans		4. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
Canned Small Whole Potatoes, Drained	3 lb 6 oz.	¾ No. 10 can	6 lb 12 oz.	1½ No. 10 cans		*CCP: Heat product until internal temperature reaches 155°F.*
Canned Green Peas, Drained	3 lb 4 oz.	¾ No. 10 can	6 lb 8 oz.	1½ No. 10 cans		
						5. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service. 6. Portion with 8 oz ladle (1 cup). *CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: 1 cup (8 oz ladle) provides 2 oz meat/meat alternate and ½ cup vegetable.

Yield: 50 servings: about 3 ¼ gallons
100 servings: about 6 ½ gallons

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Campfire Beef Stew (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	225		Iron	2.58	Mg	Protein	16.11	G	Percent ⇒	Protein	28.68%
Cholesterol	46	Mg	Calcium	26.07	Mg	Carbohydrates	17.29	G	Of ⇒	Carbohydrates	30.77%
Sodium	618	Mg	Vitamin A	429	RE	Total Fat	10.06	G	Calories ⇒	Total Fat	40.29%
Dietary Fiber	2.85	G	Vitamin C	6.05	Mg	Saturated Fat	3.22	G	From ⇒	Saturated Fat	12.90%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes:

Beef Stew (104)

(Beef Stew MC 104)

Meat/Meat Alternate-Vegetable

Source: USDA D-14

Ingredients	*50* Servings		*100* Servings		For ___ Servings	Directions
	Weight	Measure	Weight	Measure		
Boneless Beef, 1 "Cubes. .	11 lb 4 oz. .	. . . . .	22 lb 8 oz. .	. . . . .	. . . . .	1. Trim all visible fat from beef cubes.
Vegetable Oil.	. . . . .	¼ cup.	. . . . .	½ cup.	. . . . .	2. Brown beef cubes in oil and drain in colander.
Fresh Onions, Quartered. .	1 lb.	2 ¾ cups. . .	2 lb.	1 qt 1 ¾ cups.	. . . . .	3. Add onions, flour, garlic powder, paprika, pepper, and thyme
OR	**OR**	**OR**	**OR**	**OR**		
Dehydrated Onions.	2 oz.	½ cup 1 Tbsp.	4 oz.	1 cup 2 Tbsp. .	. . . . .	
All-Purpose Flour.	12 oz.	2 ¾ cups. . .	1 lb 8oz. . .	1 qt 1 ½ cups.	. . . . .	
Garlic Powder.	. . . . .	1 Tbsp		3 Tbsp.	. . . . .	
	. . . . .	1 ½ tsp. . .	. . . . .			
Paprika.	. . . . .	1 Tbsp. . . .	. . . . .	2 Tbsp.	. . . . .	
Black Pepper.	. . . . .	1 ½ tsp. . . .	. . . . .	1 Tbsp.	. . . . .	
Flaked Thyme.	. . . . .	1 tsp.	. . . . .	2 tsp.	. . . . .	
Beef Base.	4 ½ oz. . .	. . . . .	9 oz.	. . . . .	. . . . .	4. Add water and beef base. Bring to boil. Reduce heat and cover. Simmer for approximately 1 ½ hours, or until meat is tender.
Water.	. . . . .	1 gal 2 qt. .	. . . . .	3 gal.	. . . . .	
Canned Sliced Carrots Drained.	2 lb 11 oz. .	2 qt.	5 lb 5 oz. . .	1 ¼ No. 10 Cans.	. . . . .	5. Add carrots, potatoes, and peas. Cook until vegetables are heated through, approximately 15 minutes.
Canned Small Whole Potatoes Drained.	3 lb 6 oz. . .	¾ No. 10 Can	6 lb 12 oz. .	1 ½ No. 10 Cans.	. . . . .	*CCP: Heat product to minimum internal temperature of 155 degrees F or according to package directions.*
Canned Green Peas Drained.	3 lb 4 oz. . .	¾ No. 10 Can	6 lb 8 oz. . .	1 ½ No. 10 Cans.	. . . . .	
						6. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service. 7. Portion with 8 oz ladle (1 cup serving). *CCP: Hold and maintain product at a minimum temperature of 135 F. Check temperature every 30 minutes. Refrigerate any leftovers immediately. Leftovers should be covered, labeled, and dated.*

Serving: 1 cup (8 oz ladle) provides 2 oz meat/meat alternate and ½ cup vegetable.

Yield: **50 servings:** about 3 ¼ gallons
100 servings: about 6 ½ gallons

(Continued on Back)

Beef Stew (Continued)

Nutrients Per Serving:
***Denotes Missing Nutrient Values**

Calories	210		Iron	2.02	Mg	Protein	13.99	G	Percent ⇒	Protein	26.62%
Cholesterol	35	Mg	Calcium	22.45	Mg	Carbohydrates	16.59	G	Of ⇒	Carbohydrates	31.56%
Sodium	594	Mg	Vitamin A	353	RE	Total Fat	9.75	G	Calories ⇒	Total Fat	41.74%
Dietary Fiber	2.69	G	Vitamin C	5.61	Mg	Saturated Fat	3.42	G	From ⇒	Saturated Fat	14.66%

Production Notes:

Serving Notes:

Purchasing Guide:
Use commodity products when available

Miscellaneous Notes: