

# Recipe Prep Sheet

Belchertown Public Schools



## 990088 - Beef Stew (Austin Ridge Beef Local Beef)

Recipe HACCP Process: #2 Same Day Service

Source: Barrett

Number of Portions: 200

Portion Size: 8oz

Ingredient #	Ingredient Name	Measurements	Instructions
903574	Beef Stew Meat	30 LB	Sear beef stew meat in a hot pan with a little oil, until golden brown. Divide the seared beef into 3 or 4 separate hotel pans.  Preheat oven to 325 degrees. Combine ingredients in a larger bowl or 5 gallon bucket and pour the liquid mixture equally over the seared beef in the hotels pans. Stir with a spoon until everything is mixed together. Cover the hotel pans tightly with aluminum foil and bake in the oven, for 4-6 hours depending on the tenderness of the beef.
004582	OIL,CANOLA	1/2 CUP	
900878	BLACK PEPPER, CRACKED	3 tbsp	
903490	TOMATO PASTE, NO SALT ADDED	1 LB	
903247	LS beef base	6 oz	
002069	VINEGAR,BALSAMIC	1 CUP	
002004	SPICES,BAY LEAF	9 LEAF(s)	
075010	WATER,COLD	1 gal + 2 CUP	
799939	GARLIC,RAW	3 tbsp	
011282	ONIONS,RAW	5 LB, chopped	
011143	CELERY,RAW	5 LB, chopped	
011124	CARROTS,RAW	10 LB	
903350	POTATO DICED	10 lb	
002049	THYME,FRSH	1/2 cup	
020006	BARLEY,PEARLED,COOKED	2 LB	If using Barely, cook separately and ahead of time, then add it at the time of service, other wise it will swell and make the soup too gelatinous.

\*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

<sup>1</sup> - denotes required nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the Mosaic® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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\*Nutrients are based upon 1 Portion Size (8oz)

Calories <sup>1</sup>	172.299 kcal	Total Fat	5.471 g	Total Dietary Fiber	*1.574* g	Vitamin C	*3.669* mg	28.578% Calories from Total Fat
Saturated Fat <sup>1</sup>	2.014 g	Trans Fat <sup>2</sup>	*0.257* g	Protein	22.962 g	Iron	*0.387* mg	10.522% Calories from Sat Fat
Sodium <sup>1</sup>	94.526 mg	Cholesterol	*60.600* mg	Vitamin A	*3880.029* IU	Water	*66.766* g	*1.343%* Calories from Trans Fat
Total Sugars	*2.191* g	Carbohydrate	*8.060* g	Calcium	*17.875* mg	Ash	*N/A* g	*18.710%* Calories from Carbohydrates
Added Sugars	*N/A* g							
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			53.307% Calories from Protein
Type of Fat	-							

Components					
Meat/Meat ALT	2 oz eq	Grain	1 oz eq	Fruit	cup
		Vegetable	.25 cup	Milk	cup

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