

CHEESY BITES W/VEGETABLE BEEF SOUP-MERCH

MEAL COMPONENT CONTRIBUTION:

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 3/8 cup of red/orange vegetable, 3/8 cup starchy vegetable, and 1/8 cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 serving

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : WHOLE GRAINS : VEGETABLES
(RED/ORANGE) : VEGETABLES (OTHER) : VEGETABLES
(STARCHY)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Gound, 80/20, #1001	8 pounds + 8 ounces
Onions, Frozen, Diced, #1610	1 1/2 cups
Peppers, Green, Diced, Frozen, #1613	1 cup
Bites, Dipping, #1101	200 bites
Pepper, Black, Ground, #2718	2 tablespoons
Tomatoes, Crushed, #10 Can, #2827	1 quart + 2 1/2 cups
Tomatoes, Diced, #10 Can, #2828	1 quart + 2 1/2 cups
Salsa, Bulk, #2823	1 quart + 2 1/2 cups
Vegetables, Mixed, Low Sodium, #10 Can, #2829	1 #10 can
Potatoes, Diced, White, #10 Can, #2818	1 #10 can
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	1 #10 can
Water, Municipal, Mississippi	2 quarts + 1 1/2 cups
Salt, Table, #2723	2 tablespoons

DIRECTIONS

- Defrost the ground beef, onions and peppers in the refrigerator overnight. Drain the onions and peppers thoroughly on day of assembly.
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Bake the dipping bites according to the package and/or case directions.
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
- Cover the dipping bites and hold them in the warmer for service.
CCP: Cover and hold for service at 135 degrees F or higher.
- Brown the ground beef in a braising pan, steam jacketed kettle, or large stockpot. Drain the beef using a colander. Press the draining beef to remove the excess fat.
- Drain the thawed green peppers and onions, then add them to the beef. Combine the ingredients and continue cooking the mixture until the onions and peppers are soft, about 5 minutes.
- Do not drain the canned vegetables.
Combine the beef mixture, tomatoes, salsa, canned vegetables, corn, potatoes, water, salt and pepper. Cover the soup and simmer it for 30 minutes.
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.

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DIRECTIONS

7. Transfer the soup to steamtable pans. For 50 servings, use 4 steamtable pans; for 100 servings, use 8 steamtable pans.

Serve the Vegetable Beef Soup and Cheesy Breadsticks immediately, or cover them and place in the warmer until ready for service

CCP: Cover and hold for service at 135 degrees F or higher.

8. Portion 1 cup with 8-ounce spoodle or 8-ounce ladle in soup bowls and 2 dipping bites per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 3/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 3/8 cup other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F or higher. Check the temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

PRODUCTION NOTES

Defrost the ground beef, onions and peppers in the refrigerator overnight. Drain the onions and peppers thoroughly on day of assembly.

PURCHASING GUIDE

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

MISCELLANEOUS NOTES

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

NUTRIENTS PER SERVING

Calories	271	Dietary Fiber	2.13 g	Sodium	671.00 mg	Sat. Fat	5.16 g
Carbohydrates	26.83 g	Protein	13.35 g	Total Fat	11.95 g	Trans Fat	0.00 g