

# VEGETABLE BEEF SOUP-USDA FOODS

**MEAL COMPONENT CONTRIBUTION:**

1 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, 1/8 cup other vegetable

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

**RECIPE HACCP PROCESS:** #2 - Same day service



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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beef, Gound, 80/20, #1001	8 pounds + 8 ounces
Peppers, Green, Diced, Frozen, #1613	1 cup
Onions, Frozen, Diced, #1610	1 1/2 cups
Tomatoes, Crushed, #10 Can, #2827	1 quart + 2 1/2 cups
Tomatoes, Diced, #10 Can, #2828	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
Salsa, #10 Can, USDA Foods #100330	1 quart + 2 cups
Water, Municipal, Mississippi	2 quarts + 1 1/2 cups
Salt, Table, #2723	2 tablespoons
Pepper, Black, Ground, #2718	2 tablespoons

**DIRECTIONS**

1. Thaw the green pepper and onion in the refrigerator overnight.
2. Brown the ground beef in braising pan, steam jacketed kettle, or large stockpot. Drain beef using a colander. Press draining beef to remove the excess fat. After draining ground beef, continue cooking.
3. 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.  
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process.
4. Do not drain the vegetables.  
Combine the beef mixture, tomatoes, mixed vegetables, potatoes, corn, salsa, water, salt, and pepper. Cover the soup and simmer it 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.
5. Pour the soup into half-size steamtable pans. For 50 servings, use 4 steamtable pans; for 100 servings, use 8 steamtable pans.  
Serve the Vegetable Beef Soup immediately, or cover and hold it in the warmer until ready for service.  
CCP: Cover and hold for service at 135 degrees F or higher.

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## DIRECTIONS

6. Portion 1 cup with 8-ounce spoodle or 8-ounce ladle per serving. Each portion provides 1 oz. eq. meat/meat alternate, 1/8 cup red/orange vegetable, 1/8 cup starchy vegetable, and 1/8 cup other vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F or higher. Check 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

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.

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

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for soup.

## NUTRIENTS PER SERVING

Calories	124	Dietary Fiber	2.25 g	Sodium	311.00 mg	Sat. Fat	2.19 g
Carbohydrates	10.87 g	Protein	6.51 g	Total Fat	6.16 g	Trans Fat	0.00 g

# VEGETABLE BEEF SOUP-USDA FOODS

## ILLUSTRATED STEPS FOR PREPARATION OF VEGETABLE BEEF SOUP - USDA FOODS

1.



Brown ground beef, green pepper, and onions

2.



Combining beef and vegetables

3.



1 serving of Vegetable Beef Soup