

# VEGETABLE BEEF SOUP (WITH BC)

**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)
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Peppers, Green, Diced, Frozen, #1613	1 cup
Onions, Frozen, Diced, #1610	1 1/2 cups
Beef Crumbles, #100134	7 pounds + 4 ounces, thawed
Tomatoes, Diced, #10 Can, #2828	1/2 #10 cans
Tomatoes, Crushed, #10 Can, #2827	1/2 #10 cans
Vegetables, Mixed, Low Sodium, #10 Can, #2829	1 #10 cans
Potatoes, Diced, White, #10 Can, #2818	1 #10 cans
Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809	1 #10 cans
Salsa, Bulk, #2823	6 cups
Water, Municipal, Mississippi	2 quarts + 1 1/2 cups
Pepper, Black, Ground, #2718	2 tablespoons
Salt, Table, #2723	2 tablespoons

**DIRECTIONS**

1. Thaw the beef crumbles, green peppers, and onions in the refrigerator overnight.
2. Spray a braising pan, steam jacketed kettle, or large stock pot with food release spray. Sauté the green peppers and onions and until soft.
3. Add the thawed beef crumbles to the mixture and cook for 5 minutes. Do not use frozen beef crumbles in recipes.  
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
4. DO NOT drain vegetables.  
Combine the beef mixture, tomatoes, salsa, canned vegetables, potatoes, corn, water, salt and pepper. Cover and simmer 30 minutes.  
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
5. Pour the Vegetable Beef Soup into half-size steamtable pans. For 50 servings, use 4 steamtable pans; for 100 servings, use 8 steamtable pans.  
Serve the Taco Soup immediately or cover and place 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 in soup bowls 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. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

## 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	120	Dietary Fiber	3.26 g	Sodium	402.00 mg	Sat. Fat	2.04 g
Carbohydrates	12.89 g	Protein	7.66 g	Total Fat	4.49 g	Trans Fat	0.00 g

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## ILLUSTRATED STEPS FOR PREPARATION OF VEGETABLE BEEF SOUP (WITH BC)

1.



Combining beef and vegetables

2.



1 serving of Vegetable Beef Soup