

VEGETABLE BEEF SOUP

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
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, Bulk, #2823	1 quart + 2 cups
Water, Municipal, Mississippi	2 quarts + 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
Salt, Table, #2723	2 tablespoons
Pepper, Black, Ground, #2718	2 tablespoons

DIRECTIONS

- Thaw beef, green pepper and onions in the refrigerator overnight. Drain the onions and peppers thoroughly on the day of assembly.
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- 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.
CCP: Heat to 155 degrees F or higher for 17 seconds at the completion of the cooking process.
- Do not drain the canned vegetables. Combine the beef mixture, canned mixed vegetables, potatoes, corn, salsa, tomatoes, salt, pepper, and water. Cover the soup and simmer it for 30 minutes.
CCP: Heat to 165 degrees F or higher for at least 15 seconds at the completion of the cooking process.
- Transfer the soup to 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 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

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	126	Dietary Fiber	2.43 g	Sodium	334.00 mg	Sat. Fat	2.19 g
Carbohydrates	11.25 g	Protein	6.51 g	Total Fat	6.16 g	Trans Fat	0.00 g

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ILLUSTRATED STEPS FOR PREPARATION OF VEGETABLE BEEF SOUP

1.



Brown ground beef, green pepper, and onions

2.



Combining beef and vegetables

3.



1 serving of Vegetable Beef Soup