

# CHEESY BITES W/VEGETABLE BEEF SOUP

## 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, 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 Crumbles, #100134	7 pounds + 4 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 beef crumbles, onions and peppers in the refrigerator overnight. Thoroughly drain onions and peppers on day of assembly.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for service.
- Heat 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.
- Sauté onions and green peppers in food release spray until soft.
- Add the beef crumbles to onions and peppers mixture and cook for 5 minutes. Do not use frozen beef crumbles in recipe.  
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of cooking process. If manufacturer instructions on package or case have a higher temperature, follow those recommendations.
- 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.

# CHEESY BITES W/VEGETABLE BEEF SOUP

**(B/C)MERCH**

**DIRECTIONS**

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

Defrost the beef crumbles, onions and peppers in the refrigerator overnight. Thoroughly drain onions and peppers 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	264	Dietary Fiber	3.43 g	Sodium	679.00 mg	Sat. Fat	5.02 g
Carbohydrates	28.40 g	Protein	14.50 g	Total Fat	10.28 g	Trans Fat	0.00 g