



## Beef Vegetable Soup

Beef Vegetable Soup is a delicious and nutritious combination of carrots, green beans, canned diced tomatoes, celery and onions, all simmered in a rich beef broth.

### CACFP Adult Portion Crediting Information

1 cup (8 fl oz ladle) provides ½ cup vegetable (¼ cup additional vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable), and 2 oz equivalent meat.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 10% fat)	3 lb 4 oz	1 qt 3 cups	6 lb 8 oz	3 qt 2 cups	<ol style="list-style-type: none"> <li>1 Place ground beef in a large stock pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.</li> <li>2 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</li> <li>3 Remove meat from heat. Drain in a colander.</li> <li>4 Return meat to heat.</li> </ol>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS	
	Weight	Measure	Weight	Measure		
Low-sodium beef broth		2 qt		1 gal	<p><b>5</b> Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, parsley and ancho chili powder to stock pot. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes</p>	
Canned no-salt-added diced tomatoes, undrained	3 lb 3 oz	1 qt 2 cups (approx. ½ No. 10 can)	6 lb 6 oz	3 qt (approx. 1 No. 10 can)		
*Fresh celery, chopped	5 oz	1 ½ cups	10 oz	3 cups		
*Fresh onions, chopped	8 oz	1 ¾ cups	1 lb	3 ½ cups		
Salt		2 tsp		1 Tbsp 1 tsp		
Ground black or white pepper		½ tsp		1 tsp		
Onion powder		1 Tbsp		2 Tbsp		
Salt-free seasoning		1 Tbsp		2 Tbsp		
Garlic powder		3 Tbsp	3 ¾ oz	¼ cup 2 Tbsp		
Dried parsley		⅛ cup		¼ cup		
Ancho chili powder OR Mexican seasoning mix (See Notes Section)		3 Tbsp OR 3 Tbsp	2 ½ oz OR 2 ½ oz	¼ cup 2 Tbsp OR ¼ cup 2 Tbsp		
Frozen corn	9 oz	2 cups	1 lb 2 oz	1 qt		<p><b>6</b> Add corn, peas and carrots, and green beans.</p>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Frozen peas and carrots	1 lb 3 oz	1 qt	2 lb 6 oz	2 qt	
Frozen green beans	7 oz	2 cups	14 oz	1 qt	
					<b>7</b> Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
					<b>8</b> Critical Control Point: Heat to 165 °F or higher for 15 seconds.
					<b>9</b> Pour about 11 lb 14 oz (1 gal 1 qt 2 cups) soup into a half-steam table pan (12 ¾" x 10 ½" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>10</b> Critical Control Point: Hold for hot service at 140 °F or higher
					<b>11</b> Serve 1 cup (portion with 8 oz ladle).



**NUTRITION INFORMATION**

For 1 cup (8 oz ladle)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>133</b>
<b>Total Fat</b>	<b>5 g</b>
Saturated Fat	2 g
Cholesterol	38 mg
<b>Sodium</b>	<b>385 mg</b>
<b>Total Carbohydrate</b>	<b>8 g</b>
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
<b>Protein</b>	<b>14 g</b>
Vitamin A	108 mcg RAE
Vitamin C	3 mg
Vitamin D	1 IU
Calcium	22 mg
Iron	2 mg
Potassium	329 mg
N/A=no data available	

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Fresh Celery	6 oz	12 oz
Fresh Onions	11 oz	1 lb 6 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**Mexican Seasoning Mix: Makes ¾ cup (about 4 ½ oz)**

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

**YIELD/VOLUME**

25 Servings	50 Servings
About 1 gal 3 qt	About 3 gal 2 qt
About 11 lb 14 oz/1 half-steam table pan (12 ¾" x 10 ½" x 6").	About 23 lb 12 oz/2 half-steam table pans (12 ¾" x 10 ½" x 6").

**SOURCE:**

CACFP Adult Portion Recipe Project

