

Beef Vegetable Soup

Meat/Meat Alternate-Vegetable

Soups

H-04A

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 20% fat) OR Canned beef with natural juices, undrained	2 lb 2 ½ oz OR 3 lb 3 oz	 1 ¾ No. 2 1/2 cans	4 lb 5 oz OR 6 lb 6 oz	 3 ½ No. 2 ½ cans	1. Brown ground beef. Drain. Continue immediately.	
Beef stock, non-MSG		1 gal 3 ½ qt		3 gal 3 qt		
Canned diced tomatoes, with juice	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 ¼ qt (2 No. 10 cans)	2. Combine stock, cooked ground beef or canned beef, tomatoes, celery, onions, pepper, parsley, and granulated garlic. Bring to boil.	
*Fresh celery, chopped	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup		
*Fresh onions, chopped OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ⅓ cups OR 3 cups		
Ground black or white pepper		1 tsp		2 tsp		
Dried parsley		¼ cup		½ cup		
Granulated garlic		2 Tbsp		¼ cup		
						3. Reduce heat and cover. Simmer for 20 minutes.
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn	1 lb 2 ½ oz OR 1 lb 1 ½ oz	2 ¾ cups (¼ No. 10 can) OR 3 ¼ cups	2 lb 5 oz OR 2 lb 3 oz	1 qt 1 ½ cups (½ No. 10 can) OR 1 qt 2 ½ cups		4. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Canned diced carrots, drained OR Frozen sliced carrots	1 lb 2 oz OR 1 lb 6 oz	2 ½ cups (¼ No. 10 can) OR 1 qt 1 cup	2 lb 4 oz OR 2 lb 12 oz	1 qt 1 cup (½ No. 10 can) OR 2 qt 2 cups		
Canned cut green beans, drained OR Frozen cut green beans	15 oz OR 15 oz	3 ½ cups (¼ No. 10 can) OR 3 ½ cups	1 lb 14 oz OR 1 lb 14 oz	1 qt 3 cups (½ No. 10 can) OR 1 qt 3 cups		
Canned green peas, drained OR Frozen green peas	1 lb 1 ½ oz OR 1 lb 4 oz	2 ½ cups (¼ No. 10 can) OR 1 qt	2 lb 3 oz OR 2 lb 8 oz	1 qt 1 cup (½ No. 10 can) OR 2 qt		

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	<p>5. Cover and simmer for 15 minutes, or until vegetables are tender.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>6. Pour 9 lb 1 ¼ oz (1 gal ⅔ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.</p>
	<p>7. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with 8 oz ladle (1 cup).</p>

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Celery	12 oz	1 lb 8 oz
Mature onions	1 lb 3 oz	2 lb 6 oz

SERVING:	YIELD:	VOLUME:
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1 cup (8 oz ladle) provides ½ oz equivalent meat/meat alternate and ½ cup of vegetable.

50 Servings: about 27 lb 4 oz

50 Servings: about 3 gallons 2 cups

100 Servings: about 54 lb 8 oz

100 Servings: about 6 gallons 1 quart

Tested 2004

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Nutrients Per Serving

Calories	86	Saturated Fat	1.29 g	Iron	1.28 mg
Protein	6.09 g	Cholesterol	14 mg	Calcium	39 mg
Carbohydrate	8.97 g	Vitamin A	1918 IU	Sodium	282 mg
Total Fat	3.21 g	Vitamin C	11.5 mg	Dietary Fiber	1.8 g