

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 Home Childcare Crediting Information

1 cup (8 fl oz ladle) provides $\frac{3}{8}$ cup vegetable ($\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable), and 1 oz equivalent meat.



Preparation Time: 20 minutes

Cooking Time: 30 minutes

Makes: 6 servings

Ingredients

- $\frac{3}{4}$ cup or 7 oz Raw ground beef
no more than 10% fat
- 2 cups or 16 oz Low-sodium beef broth
- 2 cups or 13 oz Canned no-salt-added diced
tomatoes, undrained
- $\frac{1}{2}$ cup or 2 oz Fresh celery, chopped
- $\frac{1}{2}$ cup or 2 oz Fresh onions, chopped
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{8}$ tsp Ground black pepper
- 1 tsp Onion powder
- 1 tsp Salt-free seasoning
- 2 $\frac{1}{4}$ tsp Garlic powder
- $\frac{1}{8}$ tsp Dried parsley
- 2 $\frac{1}{4}$ tsp Ancho chili powder
- Or
- 2 $\frac{1}{4}$ tsp Mexican seasoning mix
(See Notes Section)
- $\frac{3}{4}$ cup or 3 oz Frozen corn
- 1 cup or 5 oz Frozen peas and carrots
- $\frac{3}{4}$ cup or 2 oz Frozen green beans

Directions

- 1** Place ground beef in a large pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
- 2** Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
- 3** Remove meat from heat. Drain beef in a colander.
- 4** Return meat to heat.
- 5** Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, parsley and ancho chili powder. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
- 6** Add corn, peas and carrots, and green beans.
- 7** Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
- 8** Critical Control Point:
Heat to 165 °F or higher for at least 15 seconds.
- 9** Pour soup into a large soup bowl.
- 10** Critical Control Point:
Hold at 140 °F or higher until served.
- 11** Serve 1 cup (portion with 1 cup measuring cup or 8 fl oz ladle).

Notes Section:

Mexican Seasoning Mix: $\frac{3}{4}$ cup (about 4 $\frac{1}{2}$ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, $\frac{1}{4}$ 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.

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: **Calories** 98 **Protein** 9 g, **Carbohydrates** 9 g, **Dietary Fiber** 2 g, **Total Sugars** 3 g, **Total Fat** 3 g, **Saturated Fat** 1 g, **Cholesterol** 22 mg, **Sodium** 388 mg, **Vitamin A** 119 mcg RAE, **Vitamin C** 4 mg, **Vitamin D** 0 mg, **Calcium** 21 mg, **Iron** 1 mg, **Potassium** 278 mg.





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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"> 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. 2 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 3 Remove meat from heat. Drain in a colander. 4 Return meat to heat.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS	
	Weight	Measure	Weight	Measure		
Low-sodium beef broth		2 qt		1 gal	5 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	
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		6 Add corn, peas and carrots, and green beans.

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	
					7 Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
					8 Critical Control Point: Heat to 165 °F or higher for 15 seconds.
					9 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.
					10 Critical Control Point: Hold for hot service at 140 °F or higher
					11 Serve 1 cup (portion with 8 oz ladle).

NUTRITION INFORMATION

For 1 cup (8 oz ladle)

NUTRIENTS	AMOUNT
Calories	133
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	38 mg
Sodium	385 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	14 g
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

