

AFSA High School Food Service

Recipe Number: 5

Recipe: Beef Stew

Servings: 30

Serving Size: 2 Cups

Meal Components per serving

Meat/Meat Alternative: 3oz Beef

Vegetables:

Dark Green:

Red/Orange: 1/4 Cup

Whole Grain:

Starchy: 1/4 Cup

Fruit:

Beans:

Other: 1/4 Cup

Stew Meat 5 1/2 Lbs.
 Carrots 2 Lbs.
 Green Beans 2Lbs.
 Peas 2 Lbs.
 Potatoes (Cubed) 2 Lbs.
 Onion (Diced) 2 Onions
 Flour 2 Cups

- 1 Brown Stew Meat
- 2 Add Flower & Vegetables
- 3 Mix add water and cook

(Make it look like this.)



All recipes are subject to relevant HACCP procedures from the AFSA High School Food Safety Plan