

# Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable

Soups H-10r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Vegetable oil		2 ½ Tbsp		¼ cup 1 Tbsp	1. Heat oil: For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
*Fresh onions, diced	10 oz	1 ½ cups	1 lb 4 oz	3 cups	
*Fresh carrots, diced	6 oz	1 cup	12 oz	2 cups	
*Fresh celery, diced	8 ½ oz	1 ⅔ cups	1 lb 1 oz	3 ½ cups	2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.
Enriched all-purpose flour	1 ½ oz	¼ cup ½ Tbsp	3 oz	½ cup 1 Tbsp	
Water		1 qt 1 cup		2 qt 2 cups	3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
Low-sodium chicken base		1 ½ tsp		1 Tbsp	
Salt-free seasoning		½ tsp		1 tsp	
Garlic powder		1 ½ tsp		1 Tbsp	4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
Canned low-sodium diced tomatoes	1 lb 10 oz	3 ¾ cups (¼ No. 10 can)	3 lb 4 oz	1 qt 2 ½ cups (½ No. 10 can)	
*Fresh sweet potatoes, peeled, cubed 1"	12 oz	3 ½ cups	1 lb 8 oz	1 qt 3 cups	
*Fresh red potatoes, unpeeled, cubed 1"	12 oz	2 cups	1 lb 8 oz	1 qt	5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes.  Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Frozen, cooked diced chicken, thawed, ½" pieces	13 oz	2 ⅔ cups	1 lb 10 oz	1 qt 1 ½ cups	
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	3 lb 8 oz OR 3 lb 8 oz	1 qt 2 ⅔ cups (7/8 No. 10 can) OR 1 qt 2 ⅔ cups	7 lb OR 7 lb	3 qt 1 ½ cups (1 ¾ No. 10 cans) OR 3 qt 1 ½ cups	

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Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh baby spinach, chopped	2 ½ oz	1 cup	5 oz	2 cups	
					6. Critical Control Point: Hold for hot service at 135 °F or higher. 7. Portion with 6 fl oz ladle (¾ cup).

Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.</p> <p>Special tip for preparing dry beans: SOAKING BEANS OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe. QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe. COOKING BEANS Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.</p> <p>Use hot beans immediately.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours. 1 lb dry great northern beans = about 2 ½ cups dry or 6 ¾ cups cooked beans.</p>

Nutrients Per Serving					
Calories	123.71	Saturated Fat	0.27 g	Iron	1.88 mg
Protein	7.95 g	Cholesterol	13.14 mg	Calcium	50.22 mg
Carbohydrate	18.19 g	Vitamin A	3426.42 IU	Sodium	57.37 mg
Total Fat	2.24 g		(162.53 RAE)	Dietary Fiber	5.03 g
		Vitamin C	8.83 mg		

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Mature onions	12 oz	1 lb 8 oz
Carrots	7 ¼ oz	15 oz
Celery	10 ¼ oz	1 lb 4 ½ oz
Sweet potatoes	1 lb	2 lb
Red potatoes	12 ½ oz	1 lb 8 ¾ oz
Dry great northern beans	1 lb 4 oz	2 lb 8 oz
Baby spinach	3 oz	6 oz

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides: <b>Legume as Meat Alternate:</b> 1 ½ oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ⅛ cup additional vegetable.	25 Servings: about 9 lb 8 oz.	25 Servings: about 1 gallon 1 quart
OR	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts
<b>Legume as Vegetable:</b> ½ oz equivalent meat, ¼ cup legume vegetable, ¼ cup red/orange vegetable and ⅛ cup additional vegetable.		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		