

**Recipe: 000378 Beef Stew**

Recipe Source: Jr Chef  
 Recipe Group: ENTREES

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name: Wildcat Catering Crew  
 Bath County HS  
 Number of Portions: 48  
 Size of Portion: Serving

013411 Beef Stew Meat..... 903230 Bacon, Applewood Smoked, chopped.....	9 LB 1 LB	Cut the bacon into 1/2 inch strips. Cook the bacon over medium heat, stirring occasionally, until the bacon is crisp and browned, then set aside. Pour your bacon fat into a heatproof bowl. Transfer half of the bacon grease to the skillet and heat over medium high heat. Season the beef cubes with salt and pepper. Add the beef and cook stirring occasionally, until brown on all sides. Then add water to the skillet cover with a lid to allow the beef to steam.
011294 Onions, chopped..... 011124 CARROTS,RAW..... 011143 CELERY,RAW..... 799939 GARLIC,RAW..... 011362 Potatoes, red skin.....	3 medium 12 medium 18 stalk, med (7.5"-8") 6 cloves 26 Each	Mince onions and garlic. Chop carrots and celery. Then add remaining bacon grease to stock pot over medium heat. Then add onions, carrots, celery, garlic and cook stirring occasionally until the vegetables soften.
001145 BUTTER,WITHOUT SALT..... 902688 FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED.... 903224 Beef Broth low sodium..... 902408 TOMATO PASTE, CANNED, WITHOUT SALT ADDED..... 903229 Parsley..... 799978 THYME,FRESH..... 002063 ROSEMARY,FRESH..... 903225 Bay Leaf.....	2 CUP 2 CUP 18 CUP 1 1/2 CUP 3 TBSP 3 TBSP 3 TBSP 6 Leaf	In another pot, add the butter and let it melt. Sprinkle with the flour and stir well. Gradually stir in the stock, stir in the tomato paste, parsley, thyme, rosemary and the bay leaves. Then add beef and vegetables to the pot and bring to a boil.  Cut the unpeeled potato into quarters, add to pot of water and boil until they are softened. Once softened, drain and add them to the beef and vegetables. Season stew with salt and pepper. Garnish with parsley and reserved bacon. Serve with PawPrint Cornbread.  CCP: Hold at 135 degrees.

\*Nutrients are based upon 1 Portion Size (Serving)

Calories	315 kcal	Cholesterol	*86.65* mg	Sugars	*1.87* g	Calcium	*37.27* mg	46.54%	Calories from Total Fat
Total Fat	16.26 g	Sodium	349.07 mg	Protein	27.76 g	Iron	*3.74* mg	*22.07%*	Calories from Saturated Fat
Saturated Fat	*7.71* g	Carbohydrates	13.80 g	Vitamin A	*2984.79* IU	Water <sup>1</sup>	*129.17* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*2.17* g	Vitamin C	*8.11* mg	Ash <sup>1</sup>	*1.78* g	17.54%	Calories from Carbohydrates
								35.30%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
<sup>1</sup> - denotes optional nutrient values  
<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**

<b>Miscellaneous</b>		<b>Attributes</b>	<b>Allergens Present</b>	<b>Allergens Absent</b>	<b>Allergens Unidentified</b>
Meat/Alt..... 3.000 oz					? - Allergen 1
Grain..... oz					? - Allergen 2
Fruit..... cup					? - Allergen 3
Vegetable..... 0.500 cup					? - Allergen 4
Milk..... cup					? - Allergen 5
<b>Moisture &amp; Fat Change</b>					? - Allergen 6
Moisture Change. 0%					? - Allergen 7
Fat Change..... 0%					? - Allergen 8
Type of Fat.....					

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	013411	Beef Stew Meat			
I	903230	Bacn, Applewood Smoked, chopped			
I	011294	Onions, chopped			
I	011124	CARROTS,RAW			
I	011143	CELERY,RAW			
I	799939	GARLIC,RAW			
I	001145	BUTTER,WITHOUT SALT			
I	902688	FLOUR, ALL PURPOSE, ENRICHED, WHITE, B			
I	903224	Beef Broth low sodium			
I	902408	TOMATO PASTE, CANNED, WITHOUT SALT A			
I	903229	Parsley			
I	799978	THYME,FRSH			
I	002063	ROSEMARY,FRESH			
I	903225	Bay Leaf			
I	011362	Potatoes, red skin			

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# Kentucky Department of Education

**Recipe: 000379 Paw Print Cornbread**  
 Recipe Source: Jr Chef  
 Recipe Group: BREAD/ROLLS/STARCH

**Recipe HACCP Process: #2 Same Day Service**

Alternate Recipe Name:  
 Number of Portions: 48  
 Size of Portion: Serving

903231 Jiffy Corn Bread Mix..... 902990 Egg..... 001175 MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT D...	6 Box 6 Large 2 CUP	Preheat oven to 400 degrees Grease pans or molds. Blend ingredients. Batter will be slightly lumpy. Let batter rest for 3-4 minutes, stir lightly before filling cups or pans. Fill 2/3 full. Bake 15-20 minutes or until golden brown.  CCP: Hold at 135 degrees.
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\*Nutrients are based upon 1 Portion Size (Serving)

Calories	98 kcal	Cholesterol	*0.51* mg	Sugars	*0.53* g	Calcium	*12.71* mg	27.23%	Calories from Total Fat
Total Fat	2.97 g	Sodium	192.22 mg	Protein	2.09 g	Iron	*0.00* mg	11.46%	Calories from Saturated Fat
Saturated Fat	1.25 g	Carbohydrates	14.01 g	Vitamin A	*4.78* IU	Water <sup>1</sup>	*9.14* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	*0.00* g	Vitamin C	*0.00* mg	Ash <sup>1</sup>	*0.08* g	57.02%	Calories from Carbohydrates
								8.52%	Calories from Protein

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Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Allergen 1
Grain..... 1.000 oz				? - Allergen 2
Fruit..... cup				? - Allergen 3
Vegetable..... cup				? - Allergen 4
Milk..... cup				? - Allergen 5
<b>Moisture &amp; Fat Change</b>				? - Allergen 6
Moisture Change. 0%				? - Allergen 7
Fat Change..... 0%				? - Allergen 8
Type of Fat.....				

**Production Specification**

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	903231	Jiffy Corn Bread Mix			

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I	902990	Egg			
I	001175	MILK,FLUID,1% FAT,WO/ ADDED VIT A & VIT D			

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