



# Beef Stew Recipe





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Recipe Items:	1 Portion	5 Portions
Mashed Potatoes (smooth)	#20 Scoop (50 gm)	250 gm (8 oz)
PE Beef (PE#21731)	#16 Scoop (60 gm)	300 gm (10.6 oz)
PE Carrot (PE#21734)	1 Tbsp (15 ml)	75 gm (2.7 oz)
PE Green Pea (PE#21738)	1 Tbsp (15 ml)	75 gm (2.7 oz)
PE Spinach (PE#21743)	1 Tbsp (15 ml)	75 gm (2.7 oz)
Beef Gravy	1 fl oz (30 ml)	150 ml (5 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,  
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Plate the #20 scoop (50 gm) of mashed potatoes. With the back of the scoop, create a small depression or divot in the centre of the mashed potatoes (stew base).



3. Place the #16 Scoop (60 gm) of beef mousse on top of the mashed potatoes. Using the back of the scoop evenly spread the beef mousse over the top of the mashed potatoes. If cold plating, make sure to spread out so the plate cover can fit tight.



4. Using a spoon, evenly cover the beef mousse with small mounds of 1 Tbsp (15 ml) carrot mousse and 1 Tbsp (15 ml) green pea mousse vegetables.



5. Cover the beef stew with the 1 fl oz (30 ml) of beef gravy.



6. As a garnish, finish the beef stew by topping with 1 Tbsp (15 ml) spinach.

Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F

For flavor variations, alter vegetables as desired. For additional flavours and variety, add ground herbs.

## Nutrition Facts Valeur nutritive

Per 1 plate (175g) / par 1 plate (175g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b>	<b>200</b>
<b>Fat / Lipides</b> 7g	<b>10%</b>
Saturated / satures 2.5g	
+ Trans / trans 0g	<b>13%</b>
<b>Cholesterol / Cholesterol</b>	<b>15mg</b>
<b>Sodium / Sodium</b> 670mg	<b>28%</b>
<b>Carbohydrate / Glucides</b> 21g	<b>7%</b>
Fibre / Fibres 2g	<b>7%</b>
Sugars / Sucres 2g	
<b>Protein / Proteines</b>	<b>15g</b>
Vitamin A / Vitamine A	10%
Vitamin C / Vitamine C	6%
Calcium / Calcium	4%
Iron / Fer	15%



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