

# Alliance K-12 Nutrition Innovations

## Recipe Prep Sheet

### 990039 - Moroccan Beef Stew

Recipe HACCP Process:

Source: VS Workshop'17

Number of Portions: 22

Portion Size: 8 oz



Ingredient #	Ingredient Name	Measurements	Instructions
			Wash your hands and put on gloves
			Preheat convection oven to 425oF
990359	BEEF, Diced Sous Vide JTM CP5887	1 Bag 5#-24.46 svg/bag	Drain beef, reserving broth. Rinse beef.  To reserved, drained broth, add enough additional broth to total 32 oz.
990364	BROTH, Beef Low sodium	2 cup	
002015	CURRY POWDER	1 TBSP	Mix all seasonings together
002028	PAPRIKA	1 TBSP	
799902	CUMIN,GROUND	1 TSP	
002013	CORIANDER SEED	1 TSP	
002031	PEPPER,RED OR CAYENNE	1/2 TSP	
004053	OIL,OLIVE,SALAD OR COOKING	1 TBSP	In 2" deep hotel pan, add celery, onion, carrots, potatoes and beef. Add oil and coat evenly. Place in oven for 10 minutes.
011282	ONIONS,RAW	2 CUP, chopped	
799938	CARROTS,RAW	2 CUP, diced	
011143	CELERY,RAW	1/2 CUP,chopped	
011355	POTATOES,RED,FLESH & SKN,RAW	3 LB	
902688	FLOUR, ALL PURPOSE, ENRICHED, WHITE, BLEACHED	1/3 CUP	Remove from oven. Add flour and coat evenly. Place back in oven for 10 minutes.

\*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 required 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 Mosaic® 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.

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902410	TOMATOES, CANNED, DICED	2 CUP	Remove from oven. Add beef broth, raisins, diced tomatoes, salt and seasoning mixture.
002047	SALT, TABLE	1 tsp	
050379	RAISINS, SEEDLESS, NOT PACKED	1 1/2 CUP	
			Return to oven for 70 minutes.

\*Nutrients are based upon 1 Portion Size (8 oz)

Calories <sup>1</sup>	233.390 kcal	Total Fat	5.381 g	Total Dietary Fiber	2.744 g	Vitamin C	9.988 mg	20.748% Calories from Total Fat
Saturated Fat <sup>1</sup>	1.918 g	Trans Fat <sup>2</sup>	*0.000* g	Protein	24.660 g	Iron	3.364 mg	7.396% Calories from Sat Fat
Sodium <sup>1</sup>	257.016 mg	Cholesterol	68.736 mg	Vitamin A	3312.628 IU	Water	*80.962* g	*0.000%* Calories from Trans Fat
Sugars	*1.580* g	Carbohydrate	23.651 g	Calcium	43.606 mg	Ash	*1.251* g	40.534% Calories from Carbohydrates
Moisture Change	0.000 %	Fat Change	0.000 %	Portion Cost	\$0.000			42.264% Calories from Protein
Type of Fat	-							

### Components

Meat/Meat ALT	2 oz eq	Grain	oz eq	Fruit	.125 cup	Vegetable	.5 cup	Milk	cup
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### Allergens

Wheat								
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