

Harvest Stew

Meal Components: Vegetable, Vegetable - Red / Orange, Vegetable - Beans / Peas, Meat / Meat Alternate

Soups & Stews, H-10r

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		1/4 cup 1 Tbsp		3/4 cup	<ol style="list-style-type: none"> Heat oil in 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. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
*Fresh onions, diced	1 lb 4 oz	3 cups	2 lb 8 oz	1 1/2 qt	
*Fresh carrots, diced	12 oz	2 cups	1 lb 8 oz	1 qt	
*Fresh celery, diced	1 lb 1 oz	3 1/3 cups	2 lb 2 oz	1 qt 2 2/3 cups	
Enriched all-purpose flour	3 oz	1/2 cup 1 Tbsp	6 oz	1 cup 2 Tbsp	
Water		2 qt 2 cups		1 gal 1 qt	
Low-sodium chicken base		1 Tbsp		2 Tbsp	
Salt-free seasoning		1 tsp		2 tsp	

Canned low-sodium diced tomatoes	3 lb 4 oz	1 qt 2 1/2 cups (1/2 No. 10 can)	6 lb 8 oz	3 qt 1 cup (1 No. 10 can)	4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
*Fresh sweet potatoes, peeled, cubed 1"	1 lb 8 oz	1 qt 3 cups	3 lb	3 qt 2 cups	
*Fresh red potatoes, unpeeled, cubed 1"	1 lb 8 oz	1 qt	3 lb	2 qt	
Frozen, cooked diced chicken, thawed, 1/2" pieces	1 lb 10 oz	1 qt 1 1/3 cups	3 lb 4 oz	2 qt 2 2/3 cups	5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes.
Canned low-sodium great northern beans, drained, rinsed	7 lb	3 qt 1 1/3 cups (1 3/4 No. 10 cans)	14 lb	1 gal 2 2/3 qt (3 1/2 No. 10 cans)	
OR	OR	OR	OR	OR	
*Dry great northern beans, cooked (See Notes Section)	7 lb	3 qt 1 1/3 cups	14 lb	1 gal 2 2/3 qt	
*Fresh baby spinach, chopped	5 oz	2 cups	10 oz	1 qt	
					6. Critical Control Point: Hold for hot service at 135 °F or higher.
					7. Portion with 6 fl oz ladle (3/4 cup).



Our Story

When the recipe challenge team came together to work on this project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then experimented with different ingredients and recipes which led to the development of Harvest Stew. The school is proud that North Carolina sweet potatoes from their Farm to School program were used in this stew.

This flavorful dish was created to satisfy the palate, while being a filling, nutritious meal to fuel the body for the rest of the day. Kids will be ecstatic over the taste of this recipe.

David D. Jones Elementary School

Greensboro, North Carolina

School Team Members

School Nutrition Professional: Pam Cecil

Chef: Matthias Hartmann

Community Members: Jen Schell (Parent) and Amanda Hester (Nutritionist)

Students: Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

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.

Use hot beans immediately.

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 ¼ cups cooked beans.

¾ cup (6 fl oz ladle) provides:

Legume as Meat Alternate: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.

OR

Legume as Vegetable: 1/2 oz equivalent meat, 1/4 cup legume vegetable, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.

Marketing Guide		
Food as Purchased for	50 Servings	50 Servings
Mature onions	1 lb 8 oz	3 lb
Carrots	15 oz	1 lb 14 oz
Celery	1 lb 4 1/2 oz	2 lb 9 oz
Sweet potatoes	2 lb	4 lb
Red potatoes	1 lb 8 3/4 oz	3 lb 1 1/2 oz
Dry great northern beans	2 lb 8 oz	5 lb
Baby spinach	6 oz	12 oz

Serving	Yield	Volume
3/4 cup (6 fl oz ladle) provides: Legume as Meat Alternate: 1 1/2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.	50 Servings: about 19 lb 100 Servings: about 37 lb 8 oz	50 Servings: about 2 gallons 2 quarts 100 Servings: about 4 gallons 3 quarts

Nutrients Per Serving

Calories	124	Saturated Fat		Iron	2 mg
Protein	8 g	Cholesterol	13 mg	Calcium	50 mg
Carbohydrate	18 g	Vitamin A	3426 IU	Sodium	57 mg
Total Fat	2 g	Vitamin C	9 mg	Dietary Fiber	5 g