

Beef Rice Soup

Category: Starters:Soups
 Master Ref:

Portion: 6 ounces

Calories	Carbs	Protein	Fat	% Cal/Fat	Chol	Sodium	Fiber/Dtry	Calcium
65 kcal	6 gm	6 gm	2 gm	26 %	11 mg	785 mg	1 gm	18 mg

Step	Ingredients	100 Servings Amount	200 Servings Amount	300 Servings Amount
1	Beef,Cooked,Cubed	3-1/2 lb	7 lb	10 lb 8 oz
2	Water	3 gal	6 gal	9 gal
	Base,Beef, Paste	1 lb	2 lb	3 lb
	Onions,Fresh,Diced	1/4 lb	8 oz	12 oz
	Celery,Fresh,Stalk,Sliced	3 lb	6 lb	9 lb
	Carrots,Fresh,Sliced	3 lb	6 lb	9 lb
3	Sauce,Worcestershire	1/4 cup	1/2 cup	3/4 cup
	Garlic Powder	1 tbsp	2 tbsp	3 tbsp
	Salt	1/2 tsp	1 tsp	1-1/2 tsp
	Parsley Flakes,Durkee	2 tbsp	1/4 cup	1/3 cup 2 tsp
4	Rice,White,Long Grain,Dry	2 cup	1 qt	1 qt 2 cup

- 1 Cook beef as needed. Cut cooked beef into cubes.
- 2 Bring stock (beef base and water) to a boil. Add vegetables. Simmer about 1/2 hour or until vegetables are tender.
- 3 Add ingredients listed in #3. Cook 10 minutes longer to blend flavors.
- 4 Cook rice and add just before serving.

Serving Temp: 180 degrees
 Serving Pan: Soup Pot Insert.
 Serving Utensil: 3 oz. ladle
 Yield: Each 100 servings = 5 gal.

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Nutrition Facts

Serving Size 6 ounces (167g)

Servings Per Container 1

Amount Per Serving

Calories 65 **Calories from Fat** 17

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **3%**

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 11mg **4%**

Sodium 785mg **33%**

Potassium 157mg

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **3%**

Sugars 1g

Protein 6g **12%**

Vitamin A 47% • Vitamin C 2%

Calcium 2% • Iron 3%

Thiamin 3% • Riboflavin 3%

Niacin 8% • Vitamin B6 7%

Folacin 4% • Vitamn B12 4%

Phosphorus 5% • Zinc 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2400mg 2400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:

Fat 9 * Carbohydrate 4 * Protein 4