

Beef Barley Soup

Recipe Yield	50 portions
Serving size	340 mL
Cooking method	Simmer
Cooking temperature	n/a
Cook time	n/a
Ingredient amount	Ingredient List
2 1/2 kg	Beef, Stew Meat 1 inch
2 3/4 tsp	Salt, Table
2 3/4 tsp	Pepper, Black Ground
1/3 cup	Oil, Olive Extra Virgin
1 1/4 kg	Onions, Fresh White, chopped
1 1/8 kg	Carrots, Fresh, diced
677 g	Celery, Fresh, chopped
60 g	Garlic, Minced
2 1/2 kg	Potato, Sweet Fresh, peeled and chopped
1 1/3 kg	Tomato, Large Fresh, chopped
9 1/2 L	Soup, Beef Broth RTS
2 2/3 tsp	Turmeric, Ground
2 2/3 tsp	Paprika, Smoked
1/3 cup	Mustard, Whole Grain
1/3 cup	Marjoram, Ground Dry
111 g	Flaxseed Meal
138 g	Barley
48 g	Hemp hearts

Preparation steps

1.	Wash hands before beginning preparation & sanitize surfaces & equipment
2.	In a large bowl, season beef with salt and pepper. Maintain <40F/4C.
3.	In a soup pot, heat up olive oil over medium-high heat. Brown beef on all sides and remove from pot. Do not fully cook beef.
4.	Add onion, carrot, celery, and garlic to the pot. Cook until soft.
5.	Add browned beef with all remaining ingredients. Bring to a boil and reduce heat to simmer for 45-60 minutes. Cook until *internal temp >165F/74C for 15 sec.
6.	CCP - Maintain >140F/60C for only 4 hours
7.	CCP - Cool: Product must reach 140F/60C to 70F/21C within 2 hours and 70F to 40F within 4 hours
8.	CCP - Reheat: To temp of 165F/74C held for 15 second, within 2 hours - one time only

Nutrition facts for 1 bowl (340 mL)

Calories: 248 kcal

Protein: 18 g

Carbohydrates: 27 g

Polyunsaturated fat: 2 g

Monounsaturated fat: 3 g

Fibre: 5 g