

Frozen Raw Stew Beef

Product Information



LFS code: LFS006
Farm: Skiyou Ranch
Units/case: (8) 5-lb. packages
Case Weight: 40 lbs.
Servings/case: About 390

LFS code: LFS007
Farm: Olsen Farm
Units/case: (8) 5-lb. packages
Case Weight: 40 lbs.
Servings/case: About 390

LFS code: LFS002
Farms: Front Porch Farm,
Ramstead Ranch, or The
Herd
Units/case: (10) 5-lb. packages
Case Weight: 50 lbs.
Servings/case: About 487

LFS code: LFS026
Farm: Ramstead Ranch
Units/case: (4) 10-lb. packages
Case Weight: 40 lbs.
Servings/case: About 390

LFS code: LFS028
Farm: Royal Ranch
Units/case: (2) 5-lb. packages
Case Weight: 10 lbs.
Servings/case: About 97

Product Description

Beef, stew meat, raw, frozen, without bone.

Food Safety

For information on safe storage, cooking temperatures, and handling practices: [Washington State Retail Food Code](#) and [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

Crediting & Yield

- One 5-pound package of raw stew beef contains about 48 1.64-ounce portions.
- One 10-pound package of raw stew beef contains about 97 1.64-ounce portions.

Serving Size: 1.64 oz. raw weight
Meat or M/A: 1 oz. eq.
Grain: ---
Vegetables: ---
Fruit: ---

Note: Child Nutrition Program sponsors are responsible for correctly determining how a food credits to the meal pattern.

Culinary Tips & Resources

- Stew beef can be used in a variety of dishes, such as stews, soups, chili, and stroganoff.
- It is best slow cooked or braised to help reduce the toughness of the meat.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Recipe Ideas

- [Braised Beef Birria – Orcas Island SD](#)
- [Beef Stir-Fry – USDA](#)

Nutrition Facts

Serving Size: 1.64 ounce/1 MMA of raw, stew beef

Amount Per Serving

Calories 60

Total Fat 2g

Sat. Fat 1g

Trans Fat 0g

Cholesterol 30mg

Sodium 37mg

Carbohydrates 0g

Dietary Fiber 0g

Sugars 0g

Protein 10g

Source [USDA Data Food Central](#)