

Frozen Raw Stew Beef



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Product Information



LFS code: LFS066
Farm: Royal Family Farms
Distributor: Ray's Meats
Units/case: (4) 10-lb. packages
Case Weight: 40 lbs.
Servings/case: About 390

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 10-pound package of raw stew beef contains about 97 1.64-ounce portions.
- One 40-pound case of raw stew beef contains about 390 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 to be slowly 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](#)