

Recipe Name	<b>Autumn Stew</b>		<b>Food Groups per Serving</b>	
Serves	50		Vegetables & Fruits	1
Serving Size	125 ml		Grains	0
Total Cost per recipe	\$40.38		Milk & Alternates	0
Total Cost per serving	\$0.81		Meat & Alternates	0.5
Costed July 20, 2010				
<b>Ingredient</b>	<b>Amount Used in Recipe</b>	<b>Unit</b>	<b>Cost per Recipe</b>	<b>Cost per Serving</b>
Stew meat	2.20	kg	23.540	0.471
Carrot	0.75	kg	1.645	0.033
Potato	2.50	kg	1.495	0.030
Celery, bunch	1.00	ea	1.990	0.040
Onion	0.33	kg	0.917	0.018
Green pepper	0.30	kg	1.973	0.039
Zucchini	4.00	ea	4.122	0.082
Bread, loaf	6.00	slices	0.991	0.020
Corn starch	125.00	ml	0.341	0.007
Bay leaves	3.00	ea	0.374	0.007
Tomatoes, stewed	1.25	l	2.986	0.060
Water	1.25	l	0.000	0.000
Table salt	5.00	g	0.002	0.000
1. Place cubed stew meat in large pot with cover.				
2. Cut all the vegetables into small chunks and add to meat.				
3. Break up bread (~ 6 slices) into small pieces.				
4. Stir in bread, cornstarch (moistened with water), bay leaves, tomatoes, water, and salt.				
5. Cover pot and bake in 325°F (160°C) oven for about 2 hours.				
6. Ensure the stew has reached an internal temperature of 74°C or 165°F for at least 10 minutes.				
<b>MSVU Child Care Centre Menu Plan Project</b>			<a href="http://www.msvu.ca/menuproject/">http://www.msvu.ca/menuproject/</a>	