



**Lean  
On  
Me**

Good things  
come from  
**Sysco**<sup>TM</sup>  
Sysco Northern New England

## Old Fashioned Beef Stew



Entrée Cost: \$2.07  
Min. Selling Price: \$7.99

**Profit:**  
**\$5.92**

### **Wait staff description:**

*Our special this evening is an old fashioned beef stew featuring tender beef simmered with potatoes, carrots, onions, celery and green beans in a rich beef gravy flavored with a touch of red wine.*

Recipe on back

## COST BREAKDOWN

|         | PLATE/SERVING | TOTAL | % |
|---------|---------------|-------|---|
| PRICE:  | \$7.99        |       |   |
| COST:   | \$2.07        | 25.89 |   |
| PROFIT: | \$5.92        | 74.11 |   |

## Yields 6 Portions

You can view the Lean On Me Archive on our website at: [www.sysconne.com](http://www.sysconne.com).  
Ask your Marketing Associate for more details!

## Ingredients

| SUPC    | DESCRIPTION              | BRAND   | SEQ | QTY   | TYPE | UNIT COST | XCOST  |
|---------|--------------------------|---------|-----|-------|------|-----------|--------|
| 6713671 | BEEF FOR STEW FRZN       | BUCKHD  | 1   | 3.00  | LB   | \$2.79    | \$8.37 |
| 5934294 | OIL OLIVE BLEND 90/10    | AREZZIO | 2   | 2.00  | OZ   | \$0.07    | \$0.14 |
| 1167261 | CARROT FRESH             | PACKER  | 4   | 1.00  | LB   | \$0.37    | \$0.37 |
| 1120625 | CELERY FRESH             | SYS IMP | 5   | 1.00  | LB   | \$0.63    | \$0.63 |
| 5895685 | TOMATO PASTE FANCY CALIF | AREZZIO | 6   | 2.00  | TB   | \$0.00    | \$0.01 |
| 5913504 | SPICE THYME LEAVES WHL   | IMP/MCC | 7   | 1.00  | TS   | \$0.03    | \$0.03 |
| 1357003 | POTATO RED SZ A FRESH    | PACKER  | 8   | 1.00  | LB   | \$0.54    | \$0.54 |
| 5158502 | SPICE BAY LEAVES WHL     | IMP/MCC | 9   | 1.50  | EA   | \$0.06    | \$0.09 |
| 4215265 | BROTH BEEF RTU           | COL INN | 11  | 14.00 | OZ   | \$0.06    | \$0.79 |
| 3831880 | BEAN GREEN CUT           | SYS REL | 12  | 12.00 | OZ   | \$0.06    | \$0.68 |
| 1094721 | ONION YELLOW JUMBO FRESH | SYS IMP | 13  | 0.06  | LB   | \$0.47    | \$0.03 |
|         | BURGANDY WINE            |         | 14  | 10.00 | OZ   | \$0.08    | \$0.75 |

## Directions

1. Cut the potatoes, carrots, celery and onion into 1/2" cubes.
2. In a large pot heat the oil. Lightly dredge the meat in flour and the seasoned salt.
3. Add the beef to the oil and brown on all sides, 5-8 minutes.
4. Add the thyme, bay leaf and 1/2 of the red wine and allow to simmer for 5 minutes.
5. Reduce the heat and add the carrots, celery, onion and potatoes. Cover and cook over low heat for 1 hour, stirring occasionally.
6. Add the remaining wine, beef broth and tomato paste; simmer for an additional 20 minutes.
7. Season with salt and pepper and serve.

Serves 1  
for \$7.99

## Chef's Suggestions

This recipe can be adapted to create a traditional Beef Goulash;

Omit the potatoes and add a few chopped red and green peppers **SUPC# 2179588** & 6980668, a touch of paprika **SUPC# 5229174** and sour cream **SUPC# 5058039** and serve over egg noodles **SUPC# 5588033**.