

# Beef Stew Cubes

## Holten Beef Cubes Save Time Without Sacrificing Taste!



### BENEFITS OF HOLTEN'S BEEF STEW CUBES...

- 100% beef – No MSG or HVP in the products.
- Broad product applications.
- Highest quality raw materials.
- 2 ounces cooked protein yield per portion.
- Eliminates gristle – excellent texture for chewing.
- Great flavor.
- Designed for regular and 2 gram sodium diets.
- No more than 20% fat.
- Holds well in the steam table.
- Guaranteed tender – cuts with plastic utensil.
- A real time saver – cooks quickly & is easy to prepare.
- Individually Quick Frozen means product safety, product freshness, and ease of handling.
- Precise portioning for exact cost control.
- Processed under HACCP in a SQF Level 3 certified facility to insure food safety.
- Our products are backed with service: (800) 851-4684.

### USE HOLTEN'S BEEF STEW CUBES FOR...

- |                 |                        |                        |
|-----------------|------------------------|------------------------|
| ■ Beef Stew     | ■ Chunky Burritos      | ■ Shepherd's Pie       |
| ■ Pitas         | ■ Beef Stroganoff      | ■ Hors D'oeuvres       |
| ■ Texas Chili   | ■ Beef Cubes & Noodles | ■ Vegetable Beef Soup  |
| ■ Shishkabob    | ■ Hungarian Goulash    | ■ Beef Barley Soup     |
| ■ Beef Pot Pie  | ■ Beef Chow Mein       | ■ Beef Risotto         |
| ■ Beef Stir Fry | ■ Beef Burgundy        | ■ Italian Beef & Pasta |

Holten Meat's Beef Cubes for Stew take the work out of beef cubes! Our special process eliminates toughness, gristle, and excessive fat so our Beef Cubes for Stew will cook in minutes rather than hours, and be tender and tasty as well! Now you can have the great taste and menu versatility of beef cubes without all the time and effort.

Beef Cubes for Stew are made with Holten quality from 100% beef flaked and formed into ¾ inch cubes, with no fillers or additives, just pure beef taste. Like all Holten products, they're fresh frozen at our state of the art SQF Level 3 certified processing facility under HACCP procedures to lock in their great taste and freshness and to provide maximum product safety.

Holten designed Beef Cubes for Stew for use in health care, schools, colleges, cafeterias, or any food establishment seeking high quality and low cost menu versatility. Portion controlled, bite size, guaranteed tender, and a real time saver, Holten's Beef Cubes for Stew are a cost-effective product for any menu that calls for beef cubes!

21008	BEEF STEW CUBES
UPC	079821210080
Pack Size	~450 cubes
Net Case	10 lbs
Gross Case	10.67 lbs
Case Cube	0.46
Ti Hi	10 x 12
Box Dimensions	15⅞ x 10⅝ x 4¾

#### Nutrition Facts #21008

Serving Size (113g / 4 oz raw)	
Servings Per Container 40	
Amount Per Serving	
Calories 270	Calories from Fat 200
*% Daily Value	
<b>Total Fat</b> 22g	34%
Saturated Fat 2g	10%
<b>Cholesterol</b> 80mg	29%
<b>Sodium</b> 112mg	10%
<b>Total Carbohydrate</b> 2g	5%
Dietary Fiber <2g	
Sugars <2g	
<b>Protein</b> 20g	
Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

#### Ingredients: Beef

**Cooking Instructions:**  
**Always cook from frozen state. Braise cubes on grill or in pan until browned for best results. Use in recipe as directed, or brown in roasting pan in 375 – 400° F oven for 10 – 17 minutes. Always cook ground meat products to an internal temperature of 160° F.**



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### *Beef Stew*

1 10-pound box of Holten's Beef Cubes, frozen  
6 pounds frozen stew vegetables, prepared  
4 quarts brown gravy, prepared  
4 small or 2 large bay leaves  
2 teaspoons (or to taste) granulated garlic or garlic powder  
Place frozen Beef Cubes into a large roasting pan or divide box contents between two 4" deep steam table pans. Place pans in preheated oven (325° F convection, 375° F conventional). Cook for 15 - 20 minutes, browning cubes evenly, until internal temperature reaches 160° F. Remove pans from oven and drain liquid. Add bay leaves, garlic powder, and vegetables to brown gravy. Put vegetable-gravy mixture on heat and bring to a slow boil. Remove bay leaves from gravy to prevent consumption. Pour vegetable-gravy mixture over Beef Cubes and mix well. Adjust seasoning if necessary. Place pans in steam table. Serve stew with ladle, 6 - 7 cubes for 2 ounce protein yield. (Approx. 50 servings)

### *Beef Chow Mein*

2 10-pound boxes of Holten's Beef Cubes, frozen  
2 cups diced onion, fresh or frozen  
1 tablespoon ground ginger  
3 tablespoons granulated garlic  
1 tablespoon ground white pepper  
2 10# cans chow mein vegetables (save liquid)  
2½ quarts beef gravy  
2 cups soy sauce  
Place frozen Beef Cubes into one or two roasting pans. Add onion, ginger, garlic, and pepper. Place pan in preheated oven (350° F convection, 400° F conventional). Cook for 12 - 15 minutes, browning cubes evenly, until internal temperature reaches 160° F. Add soy sauce and liquid from chow mein vegetables to prepared gravy. Heat gravy to a boil, stirring with a wire whisk, and reduce to simmer. Remove Beef Cubes from oven and separate equally into two full size steam table pans. Add chow mein vegetables and gravy mixture and stir to combine all ingredients. Place in steam table to keep hot. Serve hot over chow mein noodles or rice. (Approx. 100 servings)

### *Beef Pot Pie*

1 10-pound box of Holten's Beef Cubes, frozen  
2 pounds fresh white potatoes, diced  
1½ pounds fresh sliced carrots  
1 gallon + 2 cups prepared beef stock  
12 ounces margarine  
1 pound all-purpose flour  
4 cups frozen peas or drained canned peas  
¾ teaspoon celery salt  
2 cups skim milk or reconstituted non-fat dry milk  
10 fresh eggs  
14 ounces all-purpose flour  
1 teaspoon sugar  
2¼ teaspoons baking powder  
3 ounces vegetable oil  
Cook potatoes and carrots in water until tender. Drain and set aside. Place frozen Beef Cubes into a large roasting pan or two 4" deep steam table pans and place in preheated oven (325° F convection, 375° F conventional). Cook for 15 - 20 minutes, browning cubes evenly, until internal temperature reaches 160° F. Remove pans from oven and drain liquid. Heat beef stock to boil. Blend margarine and flour together until smooth and mix into beef stock. Add celery salt. Heat slowly until smooth and thick, stirring constantly. Add potatoes and carrots to sauce, stirring well. Pour evenly over Beef Cubes, mix well. Shift together flour and baking powder. Combine milk, eggs, and sugar, and mix well. Blend into flour mixture. Add vegetable oil and mix well. Batter will be very thin. Pour equally over top of Beef Cubes. Bake at 425° F or until crust is golden brown. (Approx. 50 servings)

### *Beef Stroganoff*

2 10-pound boxes of Holten's Beef Cubes, frozen  
2 cups diced onion, fresh or frozen  
2 tablespoons black pepper  
2 tablespoons granulated garlic  
2 teaspoons ground paprika  
4 2# cans or 10 cups sliced mushrooms, drained  
2 quarts brown gravy, prepared  
4 tablespoons parsley flakes  
2 5-pound tubs sour cream  
Place frozen Beef Cubes into a large roasting pan. Add onions, black pepper, garlic, and paprika. Place pan in preheated oven (350° F convection, 400° F conventional). Cook for 12-15 minutes, browning cubes evenly, until internal temperature reaches 160° F. Prepare gravy and hold it hot. Add mushrooms and parsley to gravy. Remove Beef Cubes from oven. Transfer equal amounts into two full size steam table pans. Pour mushroom-gravy mixture equally into each. Add one tub of sour cream to each, mix well. Place pans into steam table and keep hot. Do not boil. Stir occasionally. Serve over noodles or rice 6 - 7 cubes for 2 ounce protein yield. (Approx. 100 servings)

### *Beef Burgundy*

2 10-pound boxes of Holten's Beef Cubes, frozen  
2 cups diced onion, fresh or frozen  
2 tablespoons granulated garlic  
2 tablespoons ground white pepper  
4 small or 2 large bay leaves  
2½ quarts brown gravy, prepared  
2 cups red burgundy wine (or similar)  
4 2# cans sliced mushrooms, drained  
Place frozen Beef Cubes into one or two roasting pans, depending on size. Add onions, garlic and white pepper. Place in preheated oven (350° F convection, 400° F conventional). Cook for 15 - 20 minutes, browning cubes evenly, until internal temperature reaches 160° F. Add wine and bay leaves to prepared brown gravy and heat to a boil. Reduce heat to simmer for about 15 minutes. Add drained mushrooms to gravy mixture. Remove Beef Cubes and separate equally into two full size steam table pans. Remove bay leaves from gravy mixture to prevent consumption. Pour gravy mixture equally over Beef Cubes. Mix well. Place pans in steam table and keep hot but do not boil. Serve hot over rice or noodles, 6 - 7 cubes for 2 ounce protein yield. (Approx. 100 servings)

### *Hungarian Goulash Soup*

1 10-pound box of Holten's Beef Cubes, frozen  
2- 3 cups diced onion, fresh or frozen  
1 tablespoon garlic powder  
½ cup sweet/mild paprika powder (to taste)  
1 teaspoon crushed caraway seeds (optional)  
3-4 pounds potatoes (fresh, canned, or frozen) diced  
2-3 pounds carrots (fresh, canned, or frozen), diced  
2 #10 can tomatoes, diced or crushed, with juice  
Hot water as needed  
50 servings spaetzle or other pasta  
Place frozen Beef Cubes and onions into a large roasting pan or divide box contents between two 4" deep steam table pans. Braise Beef Cubes in preheated oven (325° F convection, 375° F conventional) for approximately 10 minutes, browning cubes evenly. Add garlic, paprika, and caraway. Stir to mix thoroughly. Add enough hot water to cover cubes. Add potatoes, carrots, and tomatoes (with juice), and simmer covered until all ingredients are cooked, at least 30 minutes or until potatoes and carrots are tender. If necessary, add hot water so that consistency is that of a thick soup or thin stew, like a chowder. Ladle into a bowl approximately 6 - 7 meat cubes per serving (2 ounce protein yield). Top if desired with garnish of spaetzle, egg noodles, or other prepared pasta. (Approx. 50 servings)