

Stew & Soup Recipes



O'Donoghues Beef Stew

Ingredients

ITEM#	ITEM	AMT
96010	Beef Stew Cubes	5 lb
30325	Canola Oil	6 oz
99290	Onion, 1/2" diced	1.5 lb
32950	Demi Glace (follow instructions)	1 gallon
98025	Red A Potatoes, diced 3/4" skin on	1.5 lb
99937	Diced Carrots	2 lb
99215	Parsnips, peeled 3/4" dice	1.5 lb
8600	Peas	1.5 lb

Method

- In heavy bottom sauce pan heat and add oil.
- Dust the beef in seasoned flour.
- Add beef and cook over high heat and brown evenly stirring occasionally.
- Add onion, carrots, parsnips and cook until they just start to soften.
- Add demi glace, bring to a boil and then lower heat to a simmer, stirring occasionally.
- Cook for 25 minutes then add potatoes, cook another 20 minutes until potatoes are tender.
- Adjust seasoning.
- Add peas and serve immediately with buttered noodles.

Cajun Chicken Stew

Ingredients

ITEM#	ITEM	AMT
F95279	Boneless Chicken Pieces	5 lb
30325	Canola Oil	6 oz
99290	Onion, 1/2" diced	1/2 lb
32950	Demi Glace (follow instructions)	1 gallon
98025	Red A potatoes, diced 3/4" skin on	1.5 lb
99937	Diced Carrots	2 lb
99563	Celery 1/2"	1.5 lb
8600	Peas	1.5 lb
45661	Cajun Spice	2 oz

Method

- In heavy bottom sauce pan heat and add oil.
- Add chicken and cook over high heat and brown evenly stirring occasionally.
- Add onions, carrots and celery and cook 4-5 minutes.
- Add Cajun spice and cook 2 minutes more.
- Add demi glace, bring to a boil and then lower heat to a simmer, stirring occasionally.
- Cook for 5 minutes then add potatoes and cook until potatoes are tender.
- Adjust seasoning.
- Add peas and serve immediately.

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Chicken and Roasted Root Vegetable Cassoulet

Ingredients

ITEM#	ITEM	AMT
99689	Harvest Blend	3 lb
9003202	Fennel Sliced	1 lb
72305	Diced Parsnips	1/2 lb
90771	Pancetta Diced	1 lb
30220	Blended Oil	1 1/2 cup
97870	Diced Red Onions	1 cup
99711	Minced Garlic	1/2 cup
91945	Chopped Cilantro	2 tbsp
95279	Grilled Chicken	4 lb
99120	Diced Celery	1/2 lb
45330	White Beans	1 #10
19720	Chicken Stock	2 qt
	Salt & Pepper	to taste

Method

- Brown the pancetta in the oil and the vegetables and sweat until tender, add cilantro.
- Add the garlic and beans, cook 5 minutes.
- Add the stock and the grilled chicken, cook until stock is reduced and cassoulet is thick.
- Season with salt & pepper and serve with crusty bread.

Cabo Chicken Chili

Ingredients

ITEM#	ITEM	AMT
F95279	Chicken Pieces	3 lb
99711	Garlic, minced	1 cup
97446	Pepper Mix	3 lb
99290	Diced Onions	3 lb
66550	Jalapeño Sauce	1/2 cup
43000	Cucina Biello Crushed Tomatoes	1-#10 can
44280	Kidney Beans, drained	1-#10 can
30861	Chili Powder, dark	1 1/4 cup
31201	Cumin, ground	1/2 cup
40521	Smoked Paprika	1/4 cup

Method

- In heavy stock pot brown off chicken & chop into small pieces, drain off grease.
- Add garlic, onions and peppers and cook until tender.
- Add remaining ingredients and slowly bring to a simmer, add a little stock to correct consistency.
- Adjust seasoning and add salt and pepper as needed.
- Garnish with cheddar jack cheese and dollop of sour cream with fried tortilla chips.

Yields 3 gallons

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Chicken and Corn Chowder

Ingredients

ITEM#	ITEM	AMT
99270	Onion, diced 1/2"	2 lb
F95279	Chicken Pieces, seared & chopped	5 lb
8360	Corn	2 lb
74034	Red Pepper, diced 1/4"	2 lb
98565	Potatoes, peeled and diced	3 lb
56920	Butter	1 lb
25880	Flour	2 cups
19440	Chicken Stock	3 gallon
97626	Parsley, chopped	4 cups
50180	Heavy Cream	2 qt

Method

- In heavy stock pot place onions, red peppers and butter, cook over medium flame until tender.
- Add flour and lower flame, cook over low flame stirring constantly, until roux is cooked.
- Add hot chicken stock and bring to boil stirring frequently being careful to not let any soup accumulate on bottom of pot.
- Add chicken, potatoes and corn, and bring to simmer until potatoes are tender.
- Add cream and simmer for 10 minutes, add parsley.
- Season with salt and pepper.
- Store in shallow containers, label, date and refrigerate.

Yields 4 gallons

Stockyard Chili

Ingredients

ITEM#	ITEM	AMT
95070	Beef, ground	10 lb
99711	Garlic, minced	1 cup
97446	Green & Red Peppers	4 lbs
99290	Diced Onions	1 1/2 lbs
66550	Jalapeño Sauce	1/2 cup
43000	Cucina Biello Crushed Tomatoes	1-#10 can
44280	Kidney Beans, drained	1-#10 can
30861	Chili Powder, dark	1 1/4 cup
31201	Cumin, ground	1/2 cup
909541	Smoked Paprika	1/4 cup

Method

- In heavy stock pot brown off beef and crumble to small pieces, drain off grease.
- Add garlic, onions and peppers and cook until tender.
- Add remaining ingredients and slowly bring to a simmer, add a little water to correct consistency.
- Adjust seasoning and add salt and pepper as needed.
- Garnish with cheddar cheese and dollop of sour cream with fried tortilla strips.

Yields 4 gallons