



## White Bean and Kale Stew

Q-331-00  
Vegetables

Color Code: Green  
Sodium: Moderate

Yield: 100 Portions

Each Portion:  $\frac{3}{4}$  cup (6- $\frac{1}{2}$  oz)

Temperature: 375°F (191°C)

Time: 20 - 30 min.

### INGREDIENTS

Item	Measure	Weight	Approx issue
BEANS, WHITE, SMALL, DRAINED	2 gal	17 lb 11 oz	4 No. 10 can
BEAN LIQUID	2- $\frac{3}{4}$ qt	5 lb 3 oz	
OIL, CANOLA	1- $\frac{1}{4}$ qt	2 lb 6 oz	
ONION, YELLOW, DICED $\frac{1}{4}$ INCH	1- $\frac{1}{4}$ gal	5 lb 10 oz	6 lb 6 oz
CARROTS, DICED $\frac{1}{4}$ INCH	1 gal	4 lb 12 oz	5 lb 14 oz
KALE, TRIMMED, CHOPPED ROUGHLY, PACKED	8 gal	10 lb 4 oz	14 lb 7 oz
GARLIC, GRANULATED	1- $\frac{3}{8}$ cup	9- $\frac{1}{4}$ oz	
SALT	7 tbsp	4- $\frac{1}{8}$ oz	
CUMIN, GROUND	$\frac{1}{2}$ cup	1- $\frac{1}{2}$ oz	
CHILI POWDER	4- $\frac{1}{8}$ tbsp	1- $\frac{1}{4}$ oz	
PEPPER, BLACK, GROUND	3 tbsp	0.73 oz	
THYME, LEAVES, DRIED	4- $\frac{1}{8}$ tbsp	0.59 oz	
WATER	1 gal	8 lb 2 oz	
TOMATO PASTE	3 cup	1 lb 10 oz	

### DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice carrots and onions to  $\frac{1}{4}$ -inch dice. Chop kale roughly.
2. Drained beans. Reserve liquid for use in Step 5.
3. Heat oil in steam-jacketed kettle or tilt skillet at 375°F (191°C). Add onions and carrots; cook for 6 to 8 minutes.

4. Add kale, garlic, salt, cumin, chili powder, pepper and thyme. Stir well. Cook for 2 minutes.
5. Add water, bean liquid and tomato paste; Stir until tomato paste is fully dissolved. Bring to a boil. Cook for 10 to 12 minutes.
6. Add beans and cook for 3 to 5 minutes. CCP: Internal temperature must reach 135°F (57°C).
7. Serve immediately or CP: Hold for hot service at 135°F (57°F).

## RECIPE NOTES

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1. \* Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

## NUTRITION FACTS

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Calories	271
Carbohydrates	34 g
Sugars*	5 g
Protein	10 g
Fat	12 g
Saturated Fat	1.0 g
Sodium	519 mg
Calcium	156 mg
Fiber	12.0 g



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