



# News and View

Monthly Newsletter for Family Childcare Providers

Guilford Child Development  
1200 Arlington Street  
Greensboro, NC 27406



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## Beef Vegetable Soup

Beef Vegetable Soup is a delicious and nutritious combination of carrots, green beans, canned diced tomatoes, celery and onions, all simmered in a rich beef broth.

Preparation Time: 20 minutes

Cooking Time: 30 minutes



Makes: 6 servings

### INGREDIENTS

- ¾ cup or 7 oz Raw ground beef no more than 10% fat
- 2 cups or 16 oz Low-sodium beef broth
- 2 cups or 13 oz Canned no-salt-added diced tomatoes, undrained
- ½ cup or 2 oz Fresh celery, chopped
- ½ cup or 2 oz Fresh onions, chopped
- ½ tsp Salt
- ⅛ tsp Ground black pepper
- 1 tsp Onion powder
- 1 tsp Salt-free seasoning
- 2 ¼ tsp Garlic powder
- ⅛ tsp Dried parsley
- 2 ¼ tsp Ancho chili powder Or 2 ¼ tsp Mexican seasoning mix
- ¾ cup or 3 oz Frozen corn
- 1 cup or 5 oz Frozen peas and carrots
- ¾ cup or 2 oz Frozen green beans

### DIRECTIONS

1. Place ground beef in a large pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
2. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
3. Remove meat from heat. Drain beef in a colander.
4. Return meat to heat.
5. Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, salt-free seasoning, garlic powder, parsley and ancho chili powder. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
6. Add corn, peas and carrots, and green beans.
7. Cover and simmer over medium heat for 15 minutes or until vegetables are tender.
8. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
9. Pour soup into a large soup bowl.
10. Critical Control Point: Hold at 140 °F or higher until served.
11. Serve 1 cup (portion with 1 cup measuring cup or 8 fl oz ladle).

CACFP Home Childcare Crediting Information: 1 cup (8 fl oz ladle) provides ⅜ cup vegetable (¼ cup red/orange vegetable, ⅛ cup other vegetable), and 1 oz equivalent meat.

Source: Team Nutrition CACFP Multicultural Recipe Project. <https://teammnutrition.usda.gov>

We will be continuing our monitoring by way of a 'desk review'. You will be contacted by your Nutrition Specialist regarding this method of monitoring. Compliance must be maintained. If you have any questions, please contact your Nutrition Specialist by calling the cell # or using the email address listed below.

## Reminders

1. Children age 12 months to 23 months are to be served unflavored whole milk. Menus should reflect 'whole milk served to 1 yr olds'. Children 2 yrs and older receive 1%, Skim/Fat-free unflavored milk. Only children 6 yrs and older may be served unflavored low-fat chocolate milk.
2. When infants are enrolled, there is to be an Infant Feeding Consent Form completed for each infant upon enrollment. Be sure to write on the form the name of the formula you purchase and provide .
3. All forms must be on the most recent form. Manual providers will be receiving packets with more forms. On-line providers who use handwritten enrollment forms need to contact their Nutrition Specialist to receive the most recent. On-line providers can continue to use the KidKare version of enrollment forms.
4. A whole grain rich food is required to be served at least 1x daily. Document this food item with WW, WGR or Whole Wheat written beside the food item. KidKare users will click the 'whole grain rich' button.
5. Please do not use abbreviations when writing menu items. Write out the type of food...for example: French fries instead of FF.
6. Infant menus must reflect all required components for each age group (0-5 months/6-11 months).
7. Enrollment forms are to be renewed before expiration. Newly enrolled children must be enrolled in the Food Program upon enrollment in your facility. *Parents will complete, sign and date the enrollment forms.*

We will be closed for the Thanksgiving Holiday on 11/26 and 11/27.  
We hope you enjoy time with your friends and family safely.

*If you are open and serving meals to children on Thursday, November 26th, remember to make a menu comment stating that you are "open on a Holiday-11/26".*



## Contact information (use only our cell# or email...we are still working remotely)

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Office of the Assistant Secretary for Civil Rights  
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2. fax: (202) 690-7442;
- or 3. email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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