



Harris Ranch Fully Cooked Beef Stew



Our hearty beef stew combines cubed, carefully trimmed brisket, a special blend of seasonings and fresh garden vegetables. Including carrots, potatoes and celery. It is slow-cooked to produce a thick, hearty and delicious beef stock. The result is savory, tender beef and vegetables. Old fashioned comfort food with a modern twist.

Product Features

- Our award winning precooked line provides an extensive range of products, from traditional, homestyle favorites to ethnic inspired entrees.
- Fully cooked products take just minutes in the microwave, a benefit for today's busy consumer.
- Harris Ranch fully cooked entrees are slow cooked producing tender beef and savory sauces.
- Produced exclusively from grain fed Harris Ranch beef.

Nutrition Information

Nutrition Facts	
Serving Size 1 cup (214g)	
Servings Per Container: About 2	
Amount Per Serving	
Calories 230	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 710mg	30%
Total Carbohydrate 17g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 23g	
Vitamin A 80%	Vitamin C 25%
Calcium 4%	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.	
Calories	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Heating Instructions

MICROWAVE: NOTE: MICROWAVE OVENS VARY IN HEATING EFFICIENCY. ADJUST RECOMMENDED HEATING TIMES AS NECESSARY. Cut two or three 1" slits in the top of the cooking pouch. Place pouch and tray on a microwave safe dish or rigid surface. When heating, juices may disperse from pouch. Cover with paper towel if desired. Microwave on high for 4-6 minutes depending upon microwave wattage. Let stand 2-3 minutes. CAUTION: BAG AND CONTENTS WILL BE VERY HOT.

STOVE TOP: Open one end of cooking pouch and pour contents into saucepan. Warm on medium heat for approximately 10 minutes, stirring occasionally.

HOT WATER BATH: Fill a large pan with 3 1/2 quarts water and bring to a boil. Turn heat off and carefully place bag with contents into hot water (do not open or puncture bag). Leave package in hot water for 12-14 minutes. Remove bag with large tongs. CAUTION: BAG AND CONTENTS WILL BE VERY HOT. Let stand 2-3 minutes. Cut one end of bag with scissors and pour contents into serving dish.

FROZEN: Thaw in refrigerator overnight prior to heating or defrost in microwave (defrosting times will vary based on heating efficiency). Once thawed, follow one of the suggested heating instructions. If no time to thaw product, then follow microwave instructions and heat for 7-9 minutes.

Product Specifications

Product Code:	1028824
UPC Code:	0-84706-10194-0
Piece Weight:	17 oz.
Case Count:	8
Case Weight:	8.5 lb.
Case Size:	17" X 13.75" X 4.5"
Cases/Pallet:	60
Case Cube:	.61
High:	10
Tie:	6
Tare:	.1483

Shelf Life	90 days at Production 60 days at Retail
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INGREDIENTS: BEEF, POTATOES, CARROTS, CELERY, ONION, WATER, CORN STARCH, DRIED BEEF STOCK, SEA SALT, NATURAL FLAVORS, DRIED SHIITAKE MUSHROOM, MALT EXTRACT (CONTAINS BARLEY), EVAPORATED CANE JUICE, TOMATO POWDER, XANTHAN GUM, SPICES.