Company Packed For	HFS		
Product Name	Beef Cubes for Stew		
CSB ID#	111145		
Pieces Per Package	1		
Piece Weight (in ounces)	16 oz		
Package Weight	1.00 LB		
Label ID	HFS Label 4x3		
Cooking Instructions	Remove product from the packaging with a knife. Heat small amount of oil in heavy nonstick skillet over medium-high heat until hot. Add beef strips in 1/2-pound batches (do not overcrowd), stir-frying continuously until outside surface of beef is no longer pink. Do not overcook. Add more oil for each batch, if necessary. Cook until the internal temperature of the meat reaches 155*F.		
	* Please be aware that consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase the risk for food-borne illness.		
Ingredients			

Nutrafacts

Nutrition
Facts

Serv. Size8 oz (227g) Serv. Per Cont.2 Calories 370 Fat Cal. 80

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 9g	14%	Total Carb. 0g	0%
Sat. Fat 3g	16%	Fiber 0g	0%
Trans Fat 0g		Sugars 0g	
Cholest. 125mg	42%	Protein 67g	
Sodium 85mg	4%		
Vitamin A 0%	Vitamin C0%	Calcium 2%	• Iron 30%

Package and Box Labels



Beef Cubes For Stew

Remove product from the packaging with a knife. Grill or Fry on Medium-High for 6-7 minutes per side. Remove when the internal temperature of the meat reaches 155*F.

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