











Beef and Vegetable Stew

	Beef	Broccoli	Carrot	Onion	Zucchini	Tinned tomato	Tomato paste	Capsicum	Water	Pasta
										
20 people	2.5kg	3	4	4	4	2	3 spoons	2	1	10 cups
30 people	3.5kg	5	6	6	6	3	5 spoons	3	1.5	15 cups
40 people	5kg	6	8	8	8	4	6 spoons	4	2	20 cups
50 people	8.5kg	11	15	15	15	5	11 spoons	7	3.5	35 cups

1. Chop all beef and vegetables into bite size pieces.
2. Cook beef and vegetables in a pan until beef is browned.
3. Add tinned tomato, tomato paste and water and stir.
4. Boil pasta until soft, and then drain water.
5. Serve pasta and beef stew together and enjoy!

