

MIXED VEGETABLES (FROZEN)



VEGETABLES (OTHER)

MEAL COMPONENT CONTRIBUTION:

½ cup other vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Vegetables, Mixed, Frozen, #1624	25 pounds
Margarine, Bulk, #1319	8 ounces , melted
Salt, Table, #2219	1 tablespoons
Pepper, Black, Ground, #2718	2 tablespoons

DIRECTIONS

1. COOKING METHODS

To steam:

- Place no more than 5 pounds of frozen vegetables in each perforated steamtable pan (12" x 20" x 2½").
- Steam them for 5 to 7 minutes.
- Place the vegetables in solid steamtable pans for seasoning and service.
- If using solid steamtable pans to steam, drain the liquids from the pans prior to seasoning and service.

To heat:

- Place the frozen vegetables in braising pans, a steam jacketed kettle, or stockpot.
- Cover the vegetables with water and bring the liquid to a boil.
- Decrease the heat until the water simmers and cook the vegetables for 12 to 15 minutes.
- Drain the liquid from pans.
- Transfer the vegetables to solid steamtable pans for seasoning and service.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Melt the margarine then add the salt and pepper.

-Evenly distribute the margarine mixture over the cooked vegetables. Stir the vegetables gently to combine all of the ingredients and avoid breaking the vegetables.

3. Serve mixed vegetables immediately, or cover them and place in a warmer until ready for service.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.

4. Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of other vegetables.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 hours.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Vegetables" provides seasoning and serving ideas for vegetables.

For younger students, the amount of pepper may be reduced.

MIXED VEGETABLES (FROZEN)

SERVING NOTES

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

NUTRIENTS PER SERVING

Calories	92	Dietary Fiber	3.81 g	Sodium	158.00 mg	Sat. Fat	0.73 g
Carbohydrates	15.20 g	Protein	3.79 g	Total Fat	1.79 g	Trans Fat	0.00 g