

PEAS AND CARROTS (FROZEN)

MEAL COMPONENT CONTRIBUTION:

¼ cup red/orange vegetable, ¼ cup starchy vegetable

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

RECIPE HACCP PROCESS: #2 - Same day service



VEGETABLES (RED/ORANGE) : VEGETABLES (STARCHY)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peas, Green, Frozen, #1612	10 pounds + 8 ounces
Carrots, Baby, Frozen, Cooked, #1603	9 pounds + 4 ounces
Margarine, Bulk, #1319	8 ounces
Salt, Table, #2723	1 tablespoon
Pepper, Black, Ground, #2718	2 tablespoons

DIRECTIONS

- Combine frozen peas and carrots.

- COOKING METHODS

To Steam:

- Divide the peas and carrots evenly among the pans. Place no more than 5 pounds of vegetables in each perforated steamtable pan (12" x 20" x 2½").
- Steam them for 6 to 8 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 vegetables in a braising pan, a steam jacketed kettle, or stockpot.
- Cover the vegetables with water and bring the liquid to a boil.
- Decrease the heat until the liquid simmers, then cook the vegetables for 10 to 12 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

- Melt the margarine then add the salt and pepper.
Evenly distribute the margarine mixture over the cooked vegetables in the pans. Stir the mixture gently to combine the ingredients and avoid breaking the peas and carrots.

- Serve the peas and carrots immediately, or cover them and place in a warmer until ready for service.

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

- Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ¼ cup serving of red/orange vegetable and ¼ cup serving of starchy vegetable.

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 4 hours.

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PRODUCTION NOTES

For canned peas and carrots, see MRS 1064 for the Peas and Carrots recipe that uses canned vegetables.

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.

NUTRIENTS PER SERVING

Calories	69	Dietary Fiber	4.12 g	Sodium	155.00 mg	Sat. Fat	0.76 g
Carbohydrates	10.34 g	Protein	2.97 g	Total Fat	1.96 g	Trans Fat	0.00 g