

# ITALIAN SLICED CARROTS (CANNED)



**MEAL COMPONENT CONTRIBUTION:**

½ cup red/orange vegetable

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

**RECIPE HACCP PROCESS:** #2 - Same day service

VEGETABLES (RED/ORANGE)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Carrots, Sliced, Low Sodium, #10 Can, #2807	5 #10 can(s) + 6 1/2 cup(s)
Oil, Vegetable, #2507	3/4 cup(s)
Spice Blend MS, Italian, No Salt, #2734	2 tablespoon(s)

**DIRECTIONS**

1. COOKING METHODS

To steam carrots:

- Place carrots and other ingredients in steamtable pans.
- Stir carefully to avoid breaking carrots.
- Steam for 4 to 6 minutes.

To boil carrots:

- Place carrots and other ingredients in stock pot or steam-jacketed kettle.
- Stir carefully to avoid breaking carrots.
- Bring to a boil. Add additional water if necessary.
- Reduce heat and simmer for 5 to 6 minutes.
- Transfer to steamtable pans.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process

2. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of red/orange vegetable.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated . Quick chill within 6 hours to 41 degrees F or lower.

**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.

**NUTRIENTS PER SERVING**

Calories	43	Dietary Fiber	1.59 g	Sodium	116.47 mg	Sat. Fat	0.20 g
Carbohydrates	5.87 g	Protein	0.68 g	Total Fat	1.84 g	Trans Fat	0.00 g