

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 cans + 1 1/2 quarts
Margarine, Bulk, #1319	8 ounces
Spice Blend MS, Italian, No Salt, #2734	2 tablespoons

DIRECTIONS
1. COOKING METHODS

To steam carrots:

- Open the cans and drain liquid from half of cans.
- Place the vegetables and other ingredients in solid steamtable pans.
- Stir them gently to avoid breaking vegetables then cover the pan.
- Steam the vegetables for 4-6 minutes or until they are heated through.
- Cover and hold for service.

To heat vegetables:

- Open the cans and drain the liquid from half of cans.
- Place vegetables in braising pan, stockpot or steam-jacked kettle.
- Add the other ingredients and stir them gently to avoid breaking vegetables.
- Bring the mixture to a boil. Reduce the heat and simmer for 5 - 6 minutes, or until vegetables are heated through.
- Place the vegetables in solid steamtable pans.
- Cover and hold for service.

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

2. Serve the Italian Carrots immediately, or cover them and place them 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.

3. 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 2 hours to 70 degrees F or lower and from 70 to 41 within an additional 4 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.

NUTRIENTS PER SERVING

Calories	42	Dietary Fiber	1.58 g	Sodium	133.48 mg	Sat. Fat	0.77 g
Carbohydrates	5.83 g	Protein	0.67 g	Total Fat	1.98 g	Trans Fat	0.00 g