

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. Open the cans of carrots and drain liquid from half of cans.

2. COOKING METHODS

To steam carrots:

- Place the carrots in solid steamtable pans.
- Evenly distribute the margarine and Italian Spice Blend over the carrots.
- Stir the ingredients gently to avoid breaking the carrots, then cover the pan.
- Steam the vegetables for 4-6 minutes or until they are heated thoroughly.
- Cover and hold for service.

To heat vegetables:

- Place the carrots in a braising pan, stockpot or steam-jacked kettle.
- Add the margarine and Italian Spice Blend to the carrots.
- Stir the ingredients gently to avoid breaking the carrots.
- Bring the liquid to a boil.
- Reduce the heat until the liquid simmers. Cook the carrots for 5 - 6 minutes, or until they are heated thoroughly.
- 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

3. Serve the Italian Carrots immediately, or 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.

4. 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.

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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