

# PEAS AND CARROTS (CANNED)

## 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, Canned, Low Sodium, #10 Can, #2812	2 #10 cans + 10 1/2 cups
Carrots, Sliced, Low Sodium, #10 Can, #2807	2 #10 cans + 9 1/2 cups
Margarine, Bulk, #1319	8 ounces
Pepper, Black, Ground, #2718	2 tablespoons
Salt, Table, #2723	1 tablespoon

## DIRECTIONS

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

### 2. COOKING METHODS

To Steam:

- Divide the peas and carrots evenly among solid steamtable pans.
- Evenly distribute the margarine, pepper, and salt among the pans.
- Cover the pans and steam the vegetables for 4 to 6 minutes, or until heated thoroughly.
- Stir the vegetables gently to combine the ingredients and avoid breaking the peas and carrots.

To heat:

- Place the peas and carrots in a braising pan, stockpot or steam jacketed kettle.
- Add the margarine, pepper, and salt to the vegetables.
- Bring the liquid to a boil, then reduce the heat until the liquid simmers.
- Simmer the vegetables for 5 to 6 minutes, or until heated thoroughly.
- Transfer the vegetables to solid steamtable pans.

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

3. Serve it immediately, or cover the pans 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.

4. 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.

## PRODUCTION NOTES

For frozen peas and carrots, see MRS 1062 for a Peas and Carrots recipe that uses frozen 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.

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**NUTRIENTS PER SERVING**

Calories	71	Dietary Fiber	3.27 g	Sodium	208.95 mg	Sat. Fat	0.82 g
Carbohydrates	10.28 g	Protein	2.73 g	Total Fat	2.15 g	Trans Fat	0.00 g