

## CHANGING FROM FROZEN TO CANNED VEGETABLES OR CANNED TO FROZEN VEGETABLES

The table below lists the amounts of canned or frozen vegetables for different serving quantities. It should be used when a MRS recipe calls for one form of an ingredient (such as frozen, canned or fresh), but that form of the ingredient is not in the inventory.

Please visit the USDA Foods Fact Sheets website for more information about the yield in each case of these vegetables: <http://www.fns.usda.gov/fdd/nslp-usda-foods-fact-sheets>

Use MRS 1036, *Green Beans (Canned)*, which uses canned cut green beans, as an example of how to use this chart. This recipe makes 100 1/2-cup servings. If a school only has frozen cut green beans in the freezer inventory, the frozen green beans should be used instead of ordering canned green beans. Information in the table below indicates 17 1/2 pounds of frozen green beans can be used for 100 1/2-cup servings in this recipe.

### AMOUNTS OF FROZEN AND CANNED VEGETABLES FOR DIFFERENT QUANTITIES

FOOD ITEM	STATE	MEASURE	25 1/2 CUP	50 1/2 CUP	75 1/2 CUP	100 1/2 CUP
Beans, Green, Cut	Frozen	Pound	4.4 lbs	8.7 lbs	13.1 lbs	17.4 lbs
Carrots, Baby	Frozen	Pound	4.6 lbs	9.2 lbs	13.8 lbs	18.4 lbs
Carrots, Slided	Frozen	Pound	5.1 lbs	10.2 lbs	16.3 lbs	20.4 lbs
Corn, Whole Kernel	Frozen	Pound	4.6 lbs	9.1 lbs	13.7 lbs	18.2 lbs
Peas, Green	Frozen	Pound	5.3 lbs	10.5 lbs	15.8 lbs	21 lbs
Beans, Green, French	Frozen	Pound	4.2 lbs	8.4 lbs	12.6 lbs	16.8 lbs
Beans, Green, Whole	Frozen	Pound	4.7 lbs	9.4 lbs	14.1 lbs	18.8 lbs
Beans, Green, Cut	Canned	#10 Can	1.2 #10 cans	2.3 #10 cans	3.5 #10 cans	4.6 #10 cans
Beans, Green, French	Canned	#10 Can	1.4 #10 cans	2.8 #10 cans	4.2 #10 cans	5.6 #10 cans
Carrots, Sliced	Canned	#10 Can	1.4 #10 cans	2.8 #10 cans	4.2 #10 cans	5.6 #10 cans
Corn, Whole Kernel	Canned	#10 Can	1.3 #10 cans	2.6 #10 cans	3.9 #10 cans	5.2 #10 cans
Peas, Green	Canned	#10 Can	1.4 #10 cans	2.8 #10 cans	3.9 #10 cans	5.2 #10 cans
Tomatoes, Crushed	Canned	#10 Can	1.1 #10 cans	2.2 #10 cans	3.3 #10 cans	4.4 #10 cans
Tomatoes, Diced	Canned	#10 Can	1.1 #10 cans	2.1 #10 cans	3.3 #10 cans	4.2 #10 cans
Tomatoes, Paste	Canned	#10 Can	0.26 #10 cans	0.53 #10 cans	0.79 #10 cans	1.06 #10 cans
Tomato	Canned	#10 Can	1 #10 can	2 #10 cans	3 #10 cans	4 #10 cans