

Vegetable Medley

Vegetable

Vegetables

I-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		2 Tbsp		1/4 cup	1. Heat oil in a pot.
*Fresh carrots, sliced	1 lb 10 oz	1 qt 1 1/2 cups	3 lb 4 oz	2 qt 3 cups	2. Add the carrots, green beans, and corn. Simmer, covered, for 20 minutes.
Frozen cut green beans	8 oz	2 cups	1 lb	1 qt	
Frozen whole-kernel corn	1 lb 2 oz	1 qt	2 lb 4 oz	2 qt	
					3. Remove from heat. Drain liquid and reserve.
Vegetable or chicken stock		3 1/4 cups		1 qt 2 1/2 cups	4. Bring vegetable or chicken stock to a boil. Reduce heat to medium and add reserved vegetable liquid, salt, sugar, and garlic powder. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Vegetable liquid, reserved		1/3 cup		2/3 cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Sugar		2 Tbsp		1/4 cup	
Garlic powder		1/4 tsp		1/2 tsp	
Cornstarch		1/2 cup	4 oz	1 cup	5. Dissolve cornstarch in cold water. Add to hot liquids and simmer, stirring constantly until thickened, about 5 minutes.
Water, cold		1/2 cup		1 cup	
					6. Pour sauce over vegetables and toss to coat.
					7. CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Carrots	2 lb 5 oz	4 lb 10 oz

SERVING:	YIELD:	VOLUME:
1/2 cup (No. 8 scoop) provides 3/8 cup of vegetable	25 Servings: 4 lb 15 oz	25 Servings:
	50 Servings: 9 lb 14 oz	50 Servings:

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Special Tip:

A combination of frozen peas, onions, broccoli, or frozen mixed vegetables may also be used.

Nutrients Per Serving			
Calories	59	Saturated Fat	.2 g
Protein	1 g	Cholesterol	0 mg
Carbohydrate	11 g	Vitamin A	713 RE/7118 IU
Total Fat	1.5 g	Vitamin C	4 mg
		Iron	.3 mg
		Calcium	14 mg
		Sodium	391 mg
		Dietary Fiber	2 g