

**SALADS, SALAD DRESSINGS, AND RELISHES No.M 020 00**  
**MARINATED CARROTS**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
135 cal	24 g	1 g	5 g	0 mg	109 mg	28 mg

**Ingredient**

CARROTS,FRESH,STICKS  
 WATER,BOILING  
 SOUP,CONDENSED,TOMATO  
 SUGAR,GRANULATED  
 VINEGAR,DISTILLED  
 PEPPER,BLACK,GROUND  
 MUSTARD,DRY  
 OIL,SALAD  
 ONIONS,FRESH,CHOPPED  
 PEPPERS,GREEN,FRESH,CHOPPED

**Weight**

16 lbs  
 20-7/8 lbs  
 3-1/8 lbs  
 2-2/3 lbs  
 3-1/8 lbs  
 1/8 oz  
 3/4 oz  
 1 lbs  
 2 lbs  
 2 lbs

**Measure**

3 gal 2-1/8 qts  
 2 gal 2 qts  
 1 qts 1-3/4 cup  
 1 qts 2 cup  
 1 qts 2 cup  
 1/3 tsp  
 2 tbsp  
 2 cup  
 1 qts 1-5/8 cup  
 1 qts 2-1/8 cup

**Issue**

19-1/2 lbs  
  
  
  
  
  
  
  
  
  
 2-1/4 lbs  
 2-1/2 lbs

**Method**

- 1 Add carrots to boiling water.
- 2 Bring back to a boil; reduce heat; simmer 5 minutes or until tender-crisp. Drain. Set aside for use in Step 6.
- 3 Combine soup, sugar, vinegar, pepper, and mustard in a mixer bowl. Blend at medium speed 3 minutes.
- 4 Add salad oil or olive oil slowly to mixture at low speed 2 minutes.
- 5 Add onions and peppers. Scrape down bowl. Blend 1 minute.
- 6 Pour mixture over warm carrots. Cover; refrigerate overnight or until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.