

**HARVARD BEETS**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
100 cal	20 g	1 g	2 g	0 mg	538 mg	25 mg

**Ingredient**

BEETS,CANNED,SLICED,INCL LIQUIDS  
 CLOVES,GROUND  
 CORNSTARCH  
 WATER,COLD  
 SUGAR,GRANULATED  
 SALT  
 VINEGAR,DISTILLED  
 MARGARINE

**Weight**

39 lbs  
 1/3 oz  
 6-3/4 oz  
 1-5/8 lbs  
 1-1/2 lbs  
 5/8 oz  
 1-1/8 lbs  
 8 oz

**Measure**

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

**Issue****Method**

- 1 Drain beets; reserve liquid for use in Step 2 and beets for use in Step 6.
- 2 Take reserved liquid and add water to equal 4 quarts per 100 portions. Add cloves to liquid; bring to a boil.
- 3 Dissolve cornstarch in cold water; add to boiling liquid. Cook 5 minutes; stirring constantly until thick and clear.
- 4 Add sugar, salt, vinegar, and margarine or butter to thickened mixture, stir until blended.
- 5 Add drained beets to sauce. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.