

SPANISH ONIONS

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
97 cal	13 g	2 g	5 g	0 mg	446 mg	44 mg

Ingredient

ONIONS,FRESH,QUARTERED
 WATER,BOILING
 SALT
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 SUGAR,GRANULATED
 PEPPER,BLACK,GROUND
 OIL,SALAD
 FLOUR,WHEAT,GENERAL PURPOSE

Weight

15 lbs
 25-1/8 lbs
 3-1/8 oz
 13-1/4 lbs
 4 lbs
 3 lbs
 1-3/4 oz
 1/8 oz
 1 lbs
 4-3/8 oz

Measure

3 gal 2-7/8 qts
 3 gal
 1/4 cup 1-1/3 tbsp
 1 gal 2 qts
 3 qts 1/8 cup
 2 qts 3-3/8 cup
 1/4 cup 1/3 tbsp
 1/3 tsp
 2 cup
 1 cup

Issue

16-2/3 lbs

 4-7/8 lbs
 4-1/8 lbs

Method

- 1 Cook onions in salted water 15 minutes or until tender; drain.
- 2 Spread 1-1/4 gallon onions in each steam table pan.
- 3 Combine tomatoes, peppers, celery, sugar, and pepper. Heat to boiling; simmer until vegetables are tender.
- 4 Blend salad oil and flour together; stir until smooth; add to tomatoes, stirring constantly. Cook 10 minutes or until slightly thickened.
- 5 Pour 3 quarts tomato mixture over onions in each pan. Bake in 350 F. oven for 15 minutes. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.