

PEAS AND CARROTS (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
65 cal	14 g	4 g	1 g	0 mg	169 mg	35 mg

Ingredient

WATER
SALT
PEAS & CARROTS,FROZEN

Weight

15-2/3 lbs
5/8 oz
27 lbs

Measure

1 gal 3-1/2 qts
1 tbsp
5 gal 1-7/8 qts

Issue**Method**

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add peas; stir well. Return to a boil; cover.
- 4 Reduce heat; cook peas 7 minutes. CCP: Heat to 145 F. or higher for 15 seconds.
- 5 Place vegetables in serving pan. CCP: Hold for service at 140 F. or higher.