# GUIDELINES FOR HEATING CANNED VEGETABLES

YIELD: 100 Portions — EACH PORTION: See Note 8

| INGREDIENTS | WEIGHTS | MEASURES | | METHOD |
|---|---|---|---|---|
| Asparagus, spears and stalks or cut spears | 31 lb 12 oz | 35-No. 300 cn | ..... | 1. Pour off half the liquid except for beans in tomato sauce, cream style corn, blackeyed peas, sauerkraut, red cabbage and tomatoes. 2. Place in steam-jacketed kettle or stock pot. 3. Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. 4. Place in serving pans. Garnish as desired. |
| Beans, green or wax... | 37 lb 14 oz | 6-No. 10 cn | ..... | |
| Beans, lima..... | 39 lb 6 oz | 6-No. 10 cn | ..... | |
| Beans, white, in tomato sauce with pork | 41 lb 4 oz or 40 lb | 6-No. 10 cn or 16-No. 2 1/2 tall cn | ..... | |
| Beets..... | 39 lb..... | 6-No. 10 cn | ..... | |
| Cabbage, red, sweet and sour | 39 lb..... | 6-No. 10 cn | ..... | |
| Carrots..... | 39 lb 6 oz | 6-No. 10 cn | ..... | |
| Chinese vegetables, mixed | 38 lb 4 oz | 6-No. 10 cn | ..... | |
| Corn, cream style..... | 39 lb 12 oz | 6-No. 10 cn | ..... | |
| Corn, whole kernel.... | 39 lb 12 oz | 6-No. 10 cn | ..... | |
| Okra..... | 38 lb | 38-No. 303 cn | ..... | |
| Onions..... | 37 lb 14 oz | 6-No. 10 cn | ..... | |
| Peas..... | 39 lb 6 oz | 6-No. 10 cn | ..... | |

REVISION (OVER)



| INGREDIENTS | WEIGHTS | MEASURES | | METHOD |
|---|---|---|---|---|
| Peas, blackeyed..... | 39 lb 12 oz | 6-No. 10 cn | ..... | |
| Potatoes, sweet..... | 40 lb or 29 lb 13 oz | 6-No. 10 cn or 28-No. 3 vac cn | ..... | |
| Potatoes, white, whole | 38 lb 4 oz | 6-No. 10 cn | ..... | |
| Sauerkraut, shredded | 37 lb 2 oz | 6-No. 10 cn | ..... | |
| Spinach..... | 36 lb 12 oz | 6-No. 10 cn | ..... | |
| Tomatoes..... | 38 lb 4 oz | 6-No. 10 cn | ..... | |

NOTE:
1. Prepare vegetables in small batches to prevent mushy, broken, or discolored vegetables because of overcooking.
2. In Step 2, vegetables (green beans, lima beans and blackeyed peas) may be seasoned with 1 lb (3 cups) diced raw bacon. Cook bacon until crisp; drain. Add to vegetables. Simmer blackeyed peas 45 minutes.
3. In Step 2, vegetables may be seasoned with 2 to 3 tsp black pepper.
4. In Step 4, 1 lb (2 cups) melted butter or margarine may be added to asparagus, green, wax or lima beans, beets, carrots, whole kernel corn, okra, onions, peas, sweet or white potatoes, or spinach.
5. Vegetables may be steamed. See Guidelines for Steam Cooking Vegetables (Recipe No. Q-G-6) for directions.
6. For other size cans, see Recipe No. A-5.
7. To heat vacuum packed whole kernel corn, add 3 cups water.
8. About 3/4 cup, except asparagus.