

PEAS WITH ONIONS

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	22 g	7 g	2 g	0 mg	96 mg	40 mg

Ingredient

PEAS, GREEN, FROZEN
 SALT
 WATER, BOILING
 ONIONS, FRESH, CHOPPED
 MARGARINE

Weight

27 lbs
 5/8 oz
 6-1/3 lbs
 8 oz

Measure

5 gal 1-1/4 qts
 1 tbsp
 2 gal
 1 gal 1/2 qts
 1 cup

Issue

7 lbs

Method

- 1 Add peas to salted boiling water.
- 2 Bring to a boil; cover; cook gently 6 to 8 minutes or until tender. Drain.
- 3 Saute onions in butter or margarine until tender.
- 4 Combine hot peas and sauteed onions; mix gently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.