

BEETS (CANNED)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
50 cal	12 g	1 g	0 g	0 mg	446 mg	23 mg

Ingredient

BEETS,CANNED,SLICED,INCL LIQUIDS

Weight

39 lbs

Measure

4 gal 2 qts

Issue

Method

- 1 Pour off half the liquid.
- 2 Place beets in steam-jacketed kettle or stock pot.
- 3 Heat to a simmer. Simmer about 10 minutes, stirring gently. DO NOT BOIL. CCP: Heat to 145 F. or higher for 15 seconds.
- 4 Place in serving pans. Garnish if desired. CCP: Hold for service at 140 F. or higher.