

MIXED VEGETABLES (FROZEN)

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
78 cal	16 g	4 g	1 g	0 mg	130 mg	32 mg

Ingredient

WATER
SALT
VEGETABLES,MIXED,FROZEN

Weight

18-3/4 lbs
5/8 oz
27 lbs

Measure

2 gal 1 qts
1 tbsp
4 gal 7/8 qts

Issue

Method

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