

**PEAS WITH CARROTS (FROZEN)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
133 cal	23 g	6 g	2 g	0 mg	215 mg	56 mg

**Ingredient**

PEAS, GREEN, FROZEN  
 SALT  
 WATER, BOILING  
 CARROTS, FROZEN, SLICED  
 SALT  
 WATER, BOILING  
 MARGARINE

**Weight**

22-1/3 lbs  
 5/8 oz  
 16-3/4 lbs  
 18 lbs  
 5/8 oz  
 6-1/4 lbs  
 8 oz

**Measure**

4 gal 1-5/8 qts  
 1 tbsp  
 2 gal  
 3 gal 4 qts  
 1 tbsp  
 3 qts  
 1 cup

**Issue**

**Method**

- 1 Add frozen peas to boiling salted water.
- 2 Bring to a boil; cover; cook gently 6 to 8 minutes or until tender. Drain.
- 3 Place carrots and salt in boiling water; cook 10 to 13 minutes or until tender; drain.
- 4 Combine hot peas and carrots with melted butter or margarine; mix gently. CCP: Internal temperature must reach 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.