

Vegetable Medley

Meal Components: Vegetable

I-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		3 Tbsp		1/4 cup 2 Tbsp	<ol style="list-style-type: none"> Heat oil in a pot. Add the carrots, green beans, and corn. Cover. Cook on low heat for 20 minutes.
*Fresh carrots, sliced	2 lb 5 oz	1 qt 3 3/4 cups	4 lb 10 oz	3 qt 3 1/2 cups	
Frozen cut green beans	1 lb 4 oz		2 lb 8 oz		<ol style="list-style-type: none"> Remove from heat. Drain. Reserve drained liquid for step 4. Reserve vegetables for step 6. Bring vegetable or chicken stock to a boil. Reduce heat to medium and add reserved vegetable liquid, salt, sugar, and granulated garlic. CCP: Heat to 165° F or higher.
Frozen whole kernel corn	2 lb 4 oz		4 lb 8 oz		
Vegetable or chicken stock, non-MSG		1 qt 3/4 cup		2 qt 1 1/2 cups	
Vegetable liquid, reserved		1/2 cup		1 cup	
Salt		1 Tbsp		2 Tbsp	
Sugar		3 Tbsp		1/4 cup 2 Tbsp	

Water, cold

3/4 cup

1 1/2 cups

5. Pour sauce over vegetables and toss to coat.

6. CCP: Hold at 140° F or warmer. Portion with No. 8 scoop (1/2 cup).

Notes

* See Marketing Guide

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Carrots	2 lb 13 oz	5 lb 10 oz

Serving	Yield	Volume
1/2 cup (No. 8 scoop) provides 1/2 cup of vegetable.	25 Servings: 7 lb 11 oz	25 Servings: 3 quarts 1/2 cup
	50 Servings: 15 lb 6 oz	50 Servings: about 1 gallon 2 1/2 cups

Nutrients Per Serving

Calories	102	Saturated Fat	0.3 g	Iron	0.74 mg
Protein	2.17 g	Cholesterol		Calcium	31 mg
Carbohydrate	20.67 g	Vitamin A	9776 IU	Sodium	327 mg
Total Fat	2.09 g	Vitamin C	6.3 mg	Dietary Fiber	2.9 g