

Preparing Instant Mashed Potatoes

Vegetable

Vegetables

I-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
POTATO FLAKES: Water, boiling		1 gal 2 cups		2 gal 1 qt	<ol style="list-style-type: none"> 1. Pour water and milk into large bowl. 2. Add instant potato flakes, margarine or butter, and salt. 3. Stir ½ minute to moisten potatoes. Stir an additional ½ minute to fluff. Avoid over mixing. (Use of mixer is not recommended.) 4. Pour approximately 1 gal 2 qt into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. 5. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).
Instant nonfat dry milk, reconstituted, warm		1 qt 2 cups		3 qt	
Potato flakes	2 lb 1 oz		4 lb 2 oz		
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Salt		1 Tbsp		2 Tbsp	
POTATO GRANULES: Water, boiling		3 qt 2 cups		1 gal 3 qt	<ol style="list-style-type: none"> 1. Pour water and milk into mixer bowl. 2. Add instant potato granules, margarine or butter, and salt. 3. Mix ½ minute to moisten potatoes. Beat an additional 1 minute until fluffy. (Use of mixer is recommended.) 4. Pour approximately 1 gal 2 qt into steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. 5. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).
Instant nonfat dry milk, reconstituted, warm		1 qt ¾ cup		2 qt 1 ½ cups	
Potato granules	2 lb 1 oz		4 lb 2 oz		
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
Salt		1 Tbsp		2 Tbsp	

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SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

50 Servings: 1 steamtable pan

100 Servings: 2 steamtable pans

VOLUME:

50 Servings: about 1 gallon 2 quarts

100 Servings: about 3 gallons

Edited 2004

Special Tip:

Since the starch content of potatoes can differ, adjustment of the liquid may be necessary. Increase or decrease the quantity of liquid as needed for a fluffy product.

Nutrients Per Serving

Calories	101	Saturated Fat	0.59 g	Iron	0.25 mg
Protein	2.67 g	Cholesterol	1 mg	Calcium	45 mg
Carbohydrate	16.77 g	Vitamin A	123 IU	Sodium	210 mg
Total Fat	2.83 g	Vitamin C	15.9 mg	Dietary Fiber	1.3 g

Baked Beans (Using Canned Vegetarian Beans)

Meat/Meat Alternate or Vegetable

Vegetables

I-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned vegetarian beans	14 lb 10 oz	1 gal 2 ½ qt (2 ⅙ No. 10 cans)	29 lb 4 oz	3 gal 1 qt (4 ¼ No. 10 cans)	1. Pour 14 lb 10 oz (1 gal 2 ½ qt) canned vegetarian beans into each medium steamtable pan (12" x 20" x 4"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. 2. Combine onions, molasses, dry mustard, brown sugar, water, tomato paste, and ham (optional). Blend. 3. Pour 4 lb 1 oz (1 qt 3 cups) mixture over beans in each steamtable pan. Stir to combine. Cover pans. 4. Bake: Conventional oven: 350° F for 2 ¼ hours Convection oven: 325° F for 1 ¼ hours Remove cover during last ½ hour of baking to brown the beans. CCP: Heat to 165° F or higher for 15 seconds. 5. CCP: Hold for hot service at 135° F or higher. Portion with No. 6 scoop (⅔ cup).
*Fresh onions, chopped OR Dehydrated onions	1 lb 8 oz OR 4 ½ oz	1 qt OR 2 ¼ cups	3 lb OR 9 oz	2 qt OR 4 ½ cups	
Molasses	11 oz	1 cup	1 lb 6 oz	2 cups	
Dry mustard		2 Tbsp		¼ cup	
Brown sugar, packed	3 ¾ oz	¾ cup 1 ½ Tbsp	7 ½ oz	1 ⅔ cups	
Water		2 cups		1 qt	
Canned tomato paste	9 ½ oz	1 cup 1 Tbsp	1 lb 3 oz	2 cups 2 Tbsp	
*Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 cups	

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 12 oz	3 lb 8 oz

SERVING:	YIELD:	VOLUME:
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⅔ cup (No. 6 scoop) provides 2 oz equivalent meat/meat alternate

OR

⅔ cup (No. 6 Scoop) provides ½ cup of vegetable.

50 Servings: 16 lb 12 oz

50 Servings: 2 gallons 1 cup
1 medium steamtable pan

Baked Beans (Using Canned Vegetarian Beans)

Meat/Meat Alternate or Vegetable

Vegetables

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100 Servings: 33 lb 8 oz

100 Servings: 4 gallons 2 cups
2 medium steamtable pans

Tested 2004

Nutrients Per Serving

Calories	159	Saturated Fat	0.16 g	Iron	0.86 mg
Protein	6.78 g	Cholesterol	0 mg	Calcium	86 mg
Carbohydrate	35.99 g	Vitamin A	360 IU	Sodium	532 mg
Total Fat	0.64 g	Vitamin C	7.8 mg	Dietary Fiber	7.0 g

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, drained	3 lb 13 oz	2 qt ½ cup (1 No. 10 can)	7 lb 10 oz	1 gal 1 cup (2 No. 10 cans)	<ol style="list-style-type: none"> 1. Place 3 lb 13 oz (2 qt ¾ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 2. Place 3 lb 11 oz (2 qt ½ cup) apples over sweet potatoes in each pan. 3. Combine brown sugar, cinnamon, and nutmeg (optional). 4. Sprinkle ¼ cup sugar mixture over apples in each pan. 5. Dot each pan with ½ cup margarine or butter, and sprinkle remaining sugar. 6. Add ¾ cup water to each pan. 7. Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes CCP: Heat to 140° F or higher. 8. CCP: Hold for hot service at 135° F or higher. <p>Portion with No. 16 scoop (¼ cup).</p>
Canned unsweetened sliced apples solid packed, drained	3 lb 11 oz	2 qt (¾ No. 10 can)	7 lb 6 oz	1 gal (1 ⅓ No. 10 cans)	
Brown sugar, packed	5 ¾ oz	¾ cup	11 ½ oz	1 ½ cups	
Ground cinnamon		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	
Margarine or butter	2 ½ oz	⅓ cup	5 oz	⅓ cup	
Water		¾ cup		1 ½ cups	

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable and fruit.

YIELD:

50 Servings: about 7 lb 15 oz

100 Servings: about 15 lb 14 oz

VOLUME:

50 Servings: about 3 quarts ½ cup
1 steamtable pan

100 Servings: about 1 gallon 2 ¼ quarts
2 steamtable pans

Tested 2004

Baked Sweet Potatoes and Apples

Vegetable/Fruit

Vegetables

I-07

Nutrients Per Serving

Calories	78	Saturated Fat	0.28 g	Iron	0.39 mg
Protein	0.56 g	Cholesterol	0 mg	Calcium	11 mg
Carbohydrate	16.56 g	Vitamin A	2637 IU	Sodium	29 mg
Total Fat	1.38 g	Vitamin C	3.5 mg	Dietary Fiber	1.9 g

Broccoli, Cheese, and Rice Casserole

Meat/Meat Alternate-Vegetable-Grains/Breads

Vegetables

I-08

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
*Cooked enriched white rice	2 lb 3 oz	1 qt 2 ¼ cups	4 lb 6 oz	3 qt ½ cup	<p>1. For cooked rice, use Cooking Rice recipe (see-B-03). Combine rice, broccoli, undiluted soup, milk, cheese, onions, granulated garlic, pepper, and oregano (optional).</p> <p>2. Pour 6 lb 3 oz (3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p> <p>3. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 ⅓ cups) crumbs evenly over each pan.</p> <p>4. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes</p> <p>DO NOT OVERBAKE.</p> <p>CCP: Heat to 140° F or higher. OR If using previously cooked and chilled rice: CCP: Heat to 165° F or higher for at least 15 seconds.</p>
Frozen chopped broccoli, thawed, drained	5 lb	3 qt 2 ½ cups	10 lb	1 gal ¾ qt	
Canned condensed cream of mushroom soup	1 lb 9 oz	3 ¼ cups (½ No. 3 cyl can)	3 lb 2 oz	1 qt 2 ½ cups (1 No. 3 cyl can)	
Instant nonfat dry milk, reconstituted		3 cups		1 qt 2 cups	
Cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	
*Fresh onions, chopped OR Dehydrated onions	8 oz OR 1 ½ oz	1 ⅓ cups OR ¾ cup	1 lb OR 3 oz	2 ⅓ cups OR 1 ½ cups	
Granulated garlic		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Dried oregano (optional)		1 ½ tsp		1 Tbsp	
Margarine or butter, melted (optional)	2 oz	¼ cup	4 oz	½ cup	
Enriched dry bread crumbs (optional)	6 oz	1 ½ cups 2 Tbsp	12 oz	3 ¼ cups	

Broccoli, Cheese, and Rice Casserole

Meat/Meat Alternate-Vegetable-Grains/Breads

Vegetables

I-08

5. CCP: Hold for hot service at 135° F or higher.
Portion with No. 12 scoop (1/3 cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Enriched white rice long grain, regular	15 oz	1 lb 14 oz
Mature onions	10 oz	1 lb 4 oz

SERVING:

1/3 cup (No. 12 scoop) provides 1/2 oz equivalent meat/meat alternate, 1/4 cup of vegetable, and 1/4 serving of grains/breads.

YIELD:

50 Servings: about 12 lb 5 oz
2 steamtable pans

100 Servings: about 24 lb 10 oz
4 steamtable pans

VOLUME:

50 Servings: about 1 gallon 1/2 cup

100 Servings: about 2 gallons 1 cup

Tested 2004

Nutrients Per Serving

Calories	137	Saturated Fat	1.92 g	Iron	1.04 mg
Protein	7.02 g	Cholesterol	8 mg	Calcium	156 mg
Carbohydrate	19.91 g	Vitamin A	979 IU	Sodium	390 mg
Total Fat	3.44 g	Vitamin C	23.5 mg	Dietary Fiber	1.6 g

Chinese Style Vegetables

Vegetable

Vegetables

I-09

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Assorted frozen and/or fresh vegetables	6 lb 4 oz		12 lb 8 oz		1. Select a colorful assortment of 4 or more vegetables from vegetable list. (Frozen vegetables may be mixed with fresh.) Keep Group A vegetables separate from Group B vegetables, as they require different cooking times in step 5.
GROUP A Broccoli Carrots Cauliflower Celery Onions					
GROUP B Cabbage Green beans Green peas Yellow summer squash Zucchini					
Optional vegetables Snow peas Red or green peppers Pimientos Water chestnuts					
Water		½ cup		1 cup	2. Combine water, soy sauce, and granulated garlic. Set aside for step 6.
Low-sodium soy sauce		¼ cup		½ cup	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Vegetable oil		½ cup		1 cup	3. Heat oil in steam-jacketed kettle.
Ground black or white pepper		½ tsp		1 tsp	4. Add pepper to oil and stir.
					5. Add vegetables in order of cooking time, as follows: Add Group A vegetables. Cook for 4 minutes. Add Group B vegetables and any optional vegetables. Stir mixture constantly over high heat for 1 minute.
					6. Add soy sauce mixture to vegetables. Stir quickly for a few seconds.

Chinese Style Vegetables

Vegetable

Vegetables

I-09

	<p>7. Cover, lower heat, and steam for 2-3 minutes. VEGETABLES SHOULD NOT BE OVERCOOKED as they will continue to cook on the steamtable.</p> <p>CCP: Heat to 140° F or higher.</p>
	<p>8. Pour approximately 3 qt 3 cups into each steamtable table pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p>
	<p>9. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with No. 16 scoop (¼ cup).</p>

Comments:

Equal amount of fresh broccoli, carrots, cabbage, green pepper, celery, and onion are used in the nutrient calculation.

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	50 Servings: 1 steamtable pan	50 Servings: about 3 quarts 3 cups
	100 Servings: 2 steamtable pans	100 Servings: about 1 gallon 3 ½ quarts

Edited 2004

Chinese Style Vegetables

Vegetable

Vegetables

I-09

Nutrients Per Serving

Calories	37	Saturated Fat	0.33 g	Iron	0.32 mg
Protein	0.82 g	Cholesterol	0 mg	Calcium	19 mg
Carbohydrate	3.76 g	Vitamin A	2440 IU	Sodium	66 mg
Total Fat	2.34 g	Vitamin C	10.1 mg	Dietary Fiber	1.3 g

Corn Pudding

Meat/Meat Alternate-Vegetable

Vegetables

I-10

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted		2 cups		1 qt	1. Combine milk, flour, eggs, margarine or butter, sugar, pepper, and nutmeg (optional) in mixer bowl. Mix with whip for 2 minutes on low speed, 1 minute on medium speed, and 1 minute on high speed. 2. Change to paddle. Add whole-kernel corn, cream style corn, and onions (optional). Mix for 2 minutes on low speed. 3. Pour 10 lb 12 oz (1 gal 1 ⅓ qt) into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 4. Bake until golden brown: Conventional oven: 375° F for 50-60 minutes Convection oven: 325° F for 30-40 minutes CCP: Heat to 145° F or higher for 3 minutes. 5. CCP: Hold for hot service at 135° F or higher. Cut each pan 5 x 10 (50 pieces per pan).
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	
Frozen whole eggs, thawed OR Fresh large eggs, beaten (see Special Tip)	1 lb 8 oz	3 cups OR 14 each	3 lb	1 qt 1 ⅓ cups OR 27 each	
Margarine or butter, melted	4 oz	½ cup	8 oz	1 cup	
Sugar		2 Tbsp		¼ cup	
Ground black or white pepper		1 tsp		2 tsp	
Ground nutmeg (optional)		1 tsp		2 tsp	
Canned liquid pack whole-kernel corn, drained	2 lb 12 oz	1 qt 2 ½ cups (⅔ No. 10 can)	5 lb 8 oz	3 qt 1 cup (1 ⅓ No. 10 cans)	
Canned cream style corn	4 lb 8 oz	2 qt (⅔ No. 10 can)	9 lb	1 gal (1 ⅓ No. 10 cans)	
*Fresh onions, chopped (optional) OR Dehydrated onions (optional)	4 oz OR 1 ½ oz	⅓ cup OR ¼ cup 2 Tbsp	8 oz OR 2 ⅓ oz	1 ⅓ cups OR ¾ cup	

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	5 oz	10 oz

Corn Pudding

Meat/Meat Alternate-Vegetable

Vegetables

I-10

SERVING:

1 piece provides ½ oz equivalent meat/meat alternate and ¼ cup of vegetable.

YIELD:

50 Servings: about 10 lb 4 oz

100 Servings: about 20 lb 8 oz

Tested 2004

VOLUME:

50 Servings: 1 steamtable pan

100 Servings: 2 steamtable pans

Special Tip:

For 50 servings, use 7 oz (2 ¼ cups 2 Tbsp) dried whole eggs and 2 ¼ cups 2 Tbsp water in place of eggs.

For 100 servings, use 13 ½ oz (1 qt ½ cup) dried whole eggs and 1 qt ½ cup water in place of eggs.

Nutrients Per Serving

Calories	117	Saturated Fat	0.87 g	Iron	0.90 mg
Protein	4.15 g	Cholesterol	58 mg	Calcium	24 mg
Carbohydrate	18.46 g	Vitamin A	246 IU	Sodium	214 mg
Total Fat	3.69 g	Vitamin C	4.1 mg	Dietary Fiber	1.2 g

Green Beans in Cheese Sauce

Meat/Meat Alternate-Vegetable

Vegetables

I-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted		1 ½ cups		3 cups	1. Combine milk, cheese, margarine or butter, onion powder, granulated garlic, dry mustard, thyme, and pepper. Stir over medium heat until cheese is melted and mixture is smooth, approximately 15 minutes. 2. Add green beans and stir gently. Cook over low heat. CCP: Heat to 135° F or higher. 3. Pour approximately 6 lb 8 oz (3 qt 2 cups) into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans. 4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).
Cheese blend of American and skim milk cheeses, shredded	1 lb 9 ½ oz	1 qt 2 ½ cups	3 lb 3 oz	3 qt 1 cup	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Onion powder		1 tsp		2 tsp	
Granulated garlic		1 tsp		2 tsp	
Dry mustard		1 tsp		2 tsp	
Dried thyme		½ tsp		1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned cut green beans, drained	4 lb 9 oz	1 gal ¼ cup (1 ¼ No. 10 cans)	9 lb 2 oz	2 gal ½ cups (2 ½ No. 10 cans)	

SERVING:	YIELD:	VOLUME:
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¼ cup (No. 16 scoop) provides ½ oz equivalent meat/meat alternate and ¼ cup of vegetable.

50 Servings: 1 steamtable pan

50 Servings: about 3 quarts 2 cups

100 Servings: 2 steamtable pans

100 Servings: about 1 gallon 3 quarts

Green Beans in Cheese Sauce

Meat/Meat Alternate-Vegetable

Vegetables

I-11

Edited 2004

Nutrients Per Serving					
Calories	56	Saturated Fat	1.73 g	Iron	0.41 mg
Protein	4.38 g	Cholesterol	8 mg	Calcium	123 mg
Carbohydrate	3.41 g	Vitamin A	318 IU	Sodium	327 mg
Total Fat	3.00 g	Vitamin C	1.9 mg	Dietary Fiber	0.8 g

Mexicali Corn

Vegetable

Vegetables

I-12

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn,	4 lb 2 oz OR 3 lb 12 oz	2 qt 2 ⅓ cups (1 No. 10 can) OR 2 qt 2 ½ cups	8 lb 4 oz OR 7 lb 8 oz	1 gal 1 ⅔ qt (2 No. 10 cans) OR 1 gal 1 ¼ qt	1. Combine corn, green peppers, and onions.
*Fresh green pepper, finely chopped	8 oz	1 ½ cups 2 Tbsp	1 lb	3 ¼ cups	
*Fresh onions, chopped OR Dehydrated onions	6 oz OR 1 oz	1 cup OR ½ cup	12 oz OR 2 oz	2 cups OR 1 cup	2. To steam: Place corn mixture in steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. Heat uncovered, in steamer at 5 lb pressure. For canned corn, heat 4-8 minutes. For frozen corn, heat 9-13 minutes. To heat: Place corn mixture in stock pot or steam-jacketed kettle. For 50 servings, add 2 cups water. For 100 servings, add 1 qt water. Heat, uncovered. Drain. Pour into steamtable pans (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. CCP: Heat to 140° F or higher.
Canned chopped pimientos, drained	3 oz	¼ cup 1 Tbsp	6 oz	½ cup 2 Tbsp	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	3. Add pimientos, margarine or butter, and seasonings. Stir lightly.
†Seasonings Chili powder Ground cumin Paprika Onion powder		1 ¼ tsp ¾ tsp ½ tsp ½ tsp		2 ½ tsp 1 ½ tsp 1 tsp 1 tsp	
					4. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).

Mexicali Corn

Vegetable

Vegetables

I-12

Comments:
*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use 1 Tbsp Mexican Seasoning Mix. For 100 servings, use 2 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Green peppers	10 oz	1 lb 4 oz
Mature onions	7 oz	14 oz

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

50 Servings: about 5 lb 3 oz
1 steamtable pan

100 Servings: about 10 lb 6 oz
2 steamtable pans

VOLUME:

50 Servings: about 3 quarts ½ cup

100 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	42	Saturated Fat	0.25 g	Iron	0.41 mg
Protein	1.10 g	Cholesterol	0 mg	Calcium	4 mg
Carbohydrate	7.72 g	Vitamin A	204 IU	Sodium	132 mg
Total Fat	1.33 g	Vitamin C	7.8 mg	Dietary Fiber	0.9 g

Orange Glazed Sweet Potatoes

Vegetable

Vegetables

I-13

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned cut sweet potatoes, with light syrup	10 lb 2 oz	1 gal 1 ¾ qt (1 ½ No. 10 cans)	20 lb 4 oz	2 gal 3 ½ qt (3 No. 10 cans)	<ol style="list-style-type: none"> 1. Drain sweet potatoes, reserving liquid. For 50 servings, reserve 1 cup liquid. For 100 servings, reserve 2 cups liquid. Set liquid aside for step 3. 2. Place 5 lb 12 oz (3 qt ½ cup) sweet potatoes into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans. 3. For glaze: Combine margarine or butter, brown sugar, orange juice concentrate, sweet potato liquid, nutmeg (optional), and cinnamon. Stir to blend. 4. Bring to boil. Remove from heat. Add raisins (optional). 5. Pour 2 ¾ cups glaze over each pan of sweet potatoes. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 140° F or higher. 6. CCP: Hold for hot service at 135° F or higher. Portion with No. 16 scoop (¼ cup).
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Brown sugar, packed	5 ¾ oz	¾ cup	11 ½ oz	1 ½ cups	
Frozen orange juice concentrate	7 oz	¾ cup	14 oz	1 ½ cups	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
Raisins (optional)	5 oz	1 cup	10 oz	2 cups	

SERVING:

¼ cup (No. 16 scoop) provides ¼ cup of vegetable.

YIELD:

50 Servings: about 14 lb 6 oz
1 steamtable pan

VOLUME:

50 Servings: about 3 quarts ½ cup

Orange Glazed Sweet Potatoes

Vegetable

Vegetables

I-13

100 Servings: about 28 lb 12 oz
2 steamtable pans

100 Servings: about 1 gallons 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	96	Saturated Fat	0.41 g	Iron	0.49 mg
Protein	0.85 g	Cholesterol	0 mg	Calcium	15 mg
Carbohydrate	19.05 g	Vitamin A	4280 IU	Sodium	46 mg
Total Fat	2.00 g	Vitamin C	11.1 mg	Dietary Fiber	1.7 g

Orange Glazed Carrots

Vegetable

Vegetables

I-13A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned sliced carrots, drained OR Frozen sliced carrots	5 lb 2 oz OR 4 lb 8 oz	3 qt (1 ¼ No. 10 cans) OR 1 gal	10 lb 4 oz OR 9 lb	1 gal 2 qt (2 ½ No. 10 cans) OR 2 gal	1. If using frozen carrots, steam for 4 minutes. 2. Place 5 lb 2 oz (3 qt) carrots into each steamtable pan (12" x 20" x 2 ½"). For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Margarine or butter	4 oz	½ cup	8 oz	1 cup	
Sugar	5 ½ oz	¾ cup 1 Tbsp	11 oz	1 ½ cups 2 Tbsp	3. For glaze: Combine margarine or butter, sugar, orange juice concentrate, nutmeg (optional), and cinnamon. Mix cold water and cornstarch until dissolved. Add to glaze. Stir to blend.
Frozen orange juice concentrate	7 oz	¾ cup	14 oz	1 ½ cups	
Ground nutmeg (optional)		1 tsp		2 tsp	
Ground cinnamon		1 tsp		2 tsp	
Water, cold		1 cup		2 cups	
Cornstarch		2 Tbsp 2 tsp		⅓ cup	
Dehydrated plums (prunes), chopped (optional) OR Raisins (optional)	5 oz OR 5 oz	¾ cup 2 Tbsp OR 1 cup	10 oz OR 10 oz	1 ¾ cups OR 1 cup	4. Bring to a boil. Remove from heat. Add dehydrated plums or raisins (optional).
					5. Pour 2 ¾ cups glaze over each pan of carrots. Bake: Conventional oven: 375° F for 20-30 minutes Convection oven: 325° F for 15-20 minutes CCP: Heat to 140° F or higher.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).

Orange Glazed Carrots

Vegetable

Vegetables

I-13A

SERVING:

1/3 cup (No. 12 scoop) provides 1/4 cup of vegetable.

YIELD:

50 Servings: about 5 lb 13 oz
1 steamtable pan

100 Servings: about 11 lb 10 oz
2 steamtable pans

Tested 2004

VOLUME:

50 Servings: 1 gallon 3/4 cup

100 Servings: 2 gallons 1 1/2 cup

Nutrients Per Serving

Calories	48	Saturated Fat	0.39 g	Iron	0.33 mg
Protein	0.42 g	Cholesterol	0 mg	Calcium	14 mg
Carbohydrate	7.65 g	Vitamin A	6496 IU	Sodium	134 mg
Total Fat	1.92 g	Vitamin C	6.8 mg	Dietary Fiber	0.8 g

Potatoes Au Gratin (Using Dehydrated Sliced Potatoes)

Meat/Meat Alternate-Vegetable

Vegetables

I-14

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated sliced potatoes	2 lb 1 oz	1 gal 1 qt	4 lb 2 oz	2 gal 2 qt	<ol style="list-style-type: none"> 1. Place 1 lb ½ oz (2 qt 2 cups) potatoes into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 2. Sprinkle onions evenly over potatoes. For fresh onions, use 8 oz (1 ½ cups) per pan. For dehydrated onions, use 1 ½ oz (¾ cup) per pan. 3. Heat water to rolling boil. Remove from heat. 4. Combine flour, dry milk, salt, and pepper. Add slowly to boiling water while whipping until smooth. 5. Add cheese to sauce and whip until well blended. 6. Pour 1 gal cheese sauce over each pan. Stir to combine. 7. Optional topping: Combine margarine or butter (optional) and bread crumbs (optional). Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 ⅔ cups) bread crumbs evenly over each pan. 8. Bake until product is evenly golden brown on top: Conventional oven: 350° F for 45-60 minutes Convection oven: 300° F for 35-45 minutes CCP: Heat to 140° F or higher. 9. CCP: Hold for hot service at 135° F or higher. <p>Portion with No. 8 scoop (½ cup).</p>
*Fresh onions, chopped OR Dehydrated onions	1 lb 3 oz OR 3 ¾ oz	2 ¾ cups 1Tbsp OR 1 ½ cups 2 Tbsp	2 lb 6 oz OR 7 ½ oz	1 qt 1 ⅝ cups OR 3 ¼ cups	
Water		1 gal 2 ½ qt		3 gal 1 qt	
Enriched all-purpose flour	5 oz	1 cup 3 Tbsp	10 oz	2 ¼ cups 2 Tbsp	
Instant nonfat dry milk	1 lb	1 qt 2 ¾ cups	2 lb	3 qt 1 ½ cups	
Salt		1 ½ tsp		1 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Cheese blend of American and skim milk cheeses, shredded	1 lb 10 oz	1 qt 2 ½ cups	3 lb 4 oz	3 qt 1 cup	
Margarine or butter, melted (optional)	4 oz	½ cup	8 oz	1 cup	
Enriched dry bread crumbs (optional)	12 oz	3 ¼ cups	1 lb 8 oz	1 qt 2 ½ cups	

Potatoes Au Gratin (Using Dehydrated Sliced Potatoes)

Meat/Meat Alternate-Vegetable

Vegetables

I-14

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 6 oz	2 lb 12 oz

SERVING:

½ cup (No. 8 scoop) provides ½ oz equivalent meat/meat alternate and ½ cup of vegetable.

YIELD:

50 Servings: 2 steamtable pans

100 Servings: 4 steamtable pans

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts

100 Servings: about 3 gallons 2 cups

Edited 2004

Nutrients Per Serving

Calories	144	Saturated Fat	1.66 g	Iron	1.51 mg
Protein	8.74 g	Cholesterol	10 mg	Calcium	228 mg
Carbohydrate	22.48 g	Vitamin A	138 IU	Sodium	595 mg
Total Fat	2.40 g	Vitamin C	6.2 mg	Dietary Fiber	0.5 g

Refried Beans

Meat/Meat Alternate or Vegetable

Vegetables

I-15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans OR *Cooked dry pinto beans, drained (see Special Tip)	13 lb 6 oz OR 10 lb	2 gal (2 ½ No. 10 cans) OR 1 gal 2 qt	26 lb 12 oz OR 20 lb	4 gal (4 ¾ No. 10 cans) OR 3 gal	1. Heat and drain canned pinto beans.
Chicken or bean stock, non-MSG		1 cup		2 cups	
Vegetable oil		½ cup		1 cup	2. Place beans, stock, oil, and seasonings (optional) in mixer. Blend for 3-5 minutes on medium speed until smooth or to desired consistency.
†Seasonings (optional) Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
					3. Pour 10 lb 8 oz (approximately 3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					4. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes CCP: Heat to 140° F or higher. OR If using previously cooked and chilled beans or stock: CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	5. Sprinkle 14 oz (3 ½ cups) cheese over each pan.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).

Refried Beans

Meat/Meat Alternate or Vegetable

Vegetables

I-15

Comments:
*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Dry pinto beans	5 lb 1 oz	10 lb 2 oz

SERVING:	YIELD:	VOLUME:
½ cup (No. 12 scoop) provides 1 oz equivalent meat/meat alternate OR ⅓ cup (No. 12 scoop) provides ¼ cup vegetable.	50 Servings: about 12 lb	50 Servings: about 1 gallon ½ cup
	100 Servings: about 24 lb	100 Servings: about 2 gallons 1 cup

Edited 2004

Special Tip: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.
CCP: Hold for hot service at 135° F.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ⅔ cups dry or 5 ¼ cups cooked pinto beans.

Refried Beans

Meat/Meat Alternate or Vegetable

Vegetables

I-15

Nutrients Per Serving

Calories	111	Saturated Fat	1.32 g	Iron	1.61 mg
Protein	6.88 g	Cholesterol	4 mg	Calcium	113 mg
Carbohydrate	12.19 g	Vitamin A	208 IU	Sodium	381 mg
Total Fat	4.12 g	Vitamin C	0.7 mg	Dietary Fiber	2.8 g

Scalloped Potatoes (Using Dehydrated Sliced Potatoes)

Vegetable

Vegetables

I-16

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Dehydrated sliced potatoes	2 lb 4 oz	1 gal 1 ½ qt	4 lb 8 oz	2 gal 3 qt	1. Rehydrate potatoes according to package instructions or cover potatoes with boiling water. Let stand for 5 minutes. Drain well. 2. Place 2 lb 10 oz (3 qt) potatoes into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
Margarine or butter	6 oz	¾ cup	12 oz	1 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ¼ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	3. Melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes. 4. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
Enriched all-purpose flour	6 ¾ oz	1 ½ cups 1 Tbsp	13 ½ oz	3 cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		1 gal 2 qt		3 gal	5. Slowly stir in milk, salt, pepper, and parsley (optional). Blend well and cook over medium heat. Stirring frequently, until slightly thickened, 10-15 minutes.
Salt		2 Tbsp		¼ cup	
Ground black or white pepper		1 ½ tsp		1 Tbsp	6. Pour 3 qt liquid mixture over potatoes in each pan. Stir to combine.
Dried parsley (optional)		½ cup		1 cup	
Margarine or butter, melted (optional)	4 oz	½ cup	8 oz	1 cup	7. Optional topping: Combine margarine or butter (optional) and bread crumbs (optional). Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 ¾ cups) crumbs evenly over each pan.
Enriched dry bread crumbs (optional)	12 oz	3 ¼ cups	1 lb 8 oz	1 qt 2 ½ cups	
					8. Product should be evenly golden brown on top: Bake: Conventional oven: 350° F for 45-60 minutes Convection oven: 300° F for 35-45 minutes CCP: Heat to 140° F or higher.

Scalloped Potatoes (Using Dehydrated Sliced Potatoes)

Vegetable

Vegetables

I-16

9. Continue to bake at 190° F for 30 minutes.

CCP: Hold for hot service at 135° F or higher.

Portion with No. 8 scoop (½ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb

SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

50 Servings: 2 steamtable pans

100 Servings: 4 steamtable pans

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts

100 Servings: about 3 gallons 2 cups

Edited 2004

Nutrients Per Serving

Calories	150	Saturated Fat	0.68 g	Iron	1.68 mg
Protein	6.36 g	Cholesterol	2 mg	Calcium	161 mg
Carbohydrate	24.69 g	Vitamin A	126 IU	Sodium	661 mg
Total Fat	3.10 g	Vitamin C	6.7 mg	Dietary Fiber	0.5 g

Scalloped Potatoes (Using Fresh Potatoes)

Vegetable

Vegetables

I-16A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh potatoes, as purchased	8 lb 2 oz	1 gal 2 qt	16 lb 4 oz	3 gal	1. Peel and thinly slice fresh potatoes. 2. Place 2 lb 10 oz (3 qt) potatoes into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. Set aside for step 6.
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 1/2 oz	2 1/2 cups OR 1 1/4 cups	1 lb 12 oz OR 5 oz	1 qt 3/8 cup OR 2 1/2 cups	3. Melt margarine or butter. Add onions and cook over medium heat for 5-10 minutes.
Enriched all-purpose flour	6 3/4 oz	1 1/2 cups 1 Tbsp	13 1/2 oz	3 cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		1 gal		2 gal	4. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6-8 minutes.
Salt		2 Tbsp		1/4 cup	
Ground black or white pepper		1 1/2 tsp		1 Tbsp	5. Slowly stir in milk, salt, pepper, and parsley flakes (optional). Blend well and cook over medium heat, stirring frequently, until slightly thickened, 10-15 minutes.
Dried parsley (optional)		1/2 cup		1 cup	
					6. Pour 2 1/4 qt liquid mixture over potatoes in each pan. Stir to combine.
Optional topping Margarine or butter, melted Enriched dry bread crumbs	4 oz 12 oz	1/2 cup 3 1/4 cups	8 oz 1 lb 8 oz	1 cup 1 qt 2 1/2 cups	
					7. Optional topping: Combine margarine or butter and bread crumbs. Mix to coat crumbs well. Sprinkle 8 oz (approximately 1 2/3 cups) crumbs evenly over each pan.
					8. Product should be evenly golden brown on top: Bake: Conventional oven: 350° F for 45-60 minutes Convection oven: 300° F for 35-45 minutes CCP: Heat to 140° F or higher.
					9. Continue to bake at 190° F for 30 minutes. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (1/2 cup).

Scalloped Potatoes (Using Fresh Potatoes)

Vegetable

Vegetables

I-16A

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb

SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

50 Servings: 2 steamtable pans

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts

100 Servings: 4 steamtable pans

100 Servings: about 3 gallons 2 cups

Edited 2004

Nutrients Per Serving

Calories	117	Saturated Fat	0.62 g	Iron	0.42 mg
Protein	4.33 g	Cholesterol	2 mg	Calcium	109 mg
Carbohydrate	18.74 g	Vitamin A	124 IU	Sodium	358 mg
Total Fat	2.91 g	Vitamin C	5.0 mg	Dietary Fiber	1.2 g

Quick Baked Potatoes

Vegetable

Vegetables

I-17

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh white or russet potatoes, 80 count	15 lb 10 oz	25 each	31 lb 4 oz	50 each	<ol style="list-style-type: none"> 1. Wash potatoes and cut in half lengthwise, skin on. 2. Mix granulated garlic, celery salt, pepper, paprika, and salt. Place in spice shaker. 3. Spread 2 Tbsp (1 oz) of oil in each steamtable pan (12" x 20" x 2 1/2"). For 50 servings, use 4 pans. For 100 servings, use 8 pans. 4. Place 13 potato halves in each pan, cut-side down, to lightly coat potato surface with oil. Turn cut-side up. 5. Sprinkle spice mixture over potatoes. 6. Turn potatoes cut-side down for browning. 7. Bake: Conventional oven: 450° F for 25-30 minutes Convection oven: 425° F for 20-25 minutes Bake until the surface is golden-brown. CCP: Heat to 140° F or higher. 8. CCP: Hold for hot service at 135° F or higher. <p>Portion 1/2 potato.</p>
Granulated garlic		1/2 tsp		1 tsp	
Celery salt		1/2 tsp		1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Paprika		1 Tbsp		2 Tbsp	
Salt		1 tsp		2 tsp	
Vegetable oil		1/2 cup		1 cup	

SERVING:	YIELD:	VOLUME:
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1/2 potato, with skin provides 1/2 cup of vegetable.

50 Servings: 50 half-potatoes

50 Servings: 4 steamtable pans

100 Servings: 100 half-potatoes

100 Servings: 8 steamtable pans

Edited 2004

Quick Baked Potatoes

Vegetable

Vegetables

I-17

Nutrients Per Serving

Calories	128	Saturated Fat	0.35 g	Iron	1.31 mg
Protein	2.94 g	Cholesterol	0 mg	Calcium	18 mg
Carbohydrate	24.72 g	Vitamin A	113 IU	Sodium	58 mg
Total Fat	2.35 g	Vitamin C	11.3 mg	Dietary Fiber	2.6 g

Herbed Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-18

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter, melted	8 oz	1 cup	1 lb	2 cups	1. Heat margarine or butter in a stock pot until browned. 2. Turn off heat and add lemon juice. 3. Add onions, basil, parsley, pepper, onion salt, Parmesan cheese, and bread crumbs to the margarine or butter. Mix, then set aside. 4. Place broccoli and cauliflower in separate steamtable pans (12" x 20" x 2 ½"). Steam each pan in low-pressure steamer for 6 minutes or until vegetables are tender. CCP: Heat to 140° F or higher. Drain water from pans. 5. Combine 2 lb 13 oz of cooked broccoli and 2 lb 13 oz of cooked cauliflower in each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans. 6. Sprinkle 2 cups of bread crumb mixture over each pan of vegetables before serving. 7. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).
Lemon juice		¼ cup		½ cup	
*Fresh onions, diced 1/4 "	5 oz	¾ cup 2 Tbsp	10 oz	1 ¾ cups	
OR	OR	OR	OR	OR	
Dehydrated onions	1 oz	½ cup	2 oz	1 cup	
Dried basil		1 Tbsp		2 Tbsp	
Dried parsley		2 Tbsp		4 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Onion salt		2 tsp		1 Tbsp 1 tsp	
Grated Parmesan cheese	4 oz	1 ½ cups	8 oz	3 cups	
Enriched dry bread crumbs	10 oz	2 cups	1 lb 4 oz	1 qt	
Frozen broccoli spears	6 lb 4 oz		12 lb 8 oz		
Frozen cauliflower	6 lb 4 oz		12 lb 8 oz		

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	6 oz	12 oz

Herbed Broccoli and Cauliflower Polonaise

Vegetable

Vegetables

I-18

SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

50 Servings: about 12 lb 11 oz

100 Servings: about 25 lb 6 oz

Edited 2004

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts

100 Servings: about 3 gallons 2 cups

Special Tip:

For best results, use perforated pans to steam vegetables.

Nutrients Per Serving

Calories	92	Saturated Fat	1.27 g	Iron	1.00 mg
Protein	4.26 g	Cholesterol	2 mg	Calcium	84 mg
Carbohydrate	9.56 g	Vitamin A	1176 IU	Sodium	216 mg
Total Fat	4.83 g	Vitamin C	38.8 mg	Dietary Fiber	3.3 g

Corn and Green Bean Casserole

Vegetable

Vegetables

I-19

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Reduced calorie salad dressing OR Lowfat mayonnaise	1 lb 4 oz	2 ½ cups	2 lb 8 oz	1 qt 1 cup	1. In a large bowl, mix salad dressing or mayonnaise, reduced fat Cheddar cheese, celery, and onions (optional).
	OR	OR	OR	OR	
Reduced fat Cheddar cheese, shredded	6 oz	1 ½ cups	12 oz	3 cups	
*Fresh celery, chopped	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
*Fresh onions, chopped (optional)	8 oz	1 ½ cups	1 lb	2 ¾ cups	
Frozen whole-kernel corn, thawed	5 lb	3 qt 2 cups	10 lb	1 gal 3 qt	2. In a steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray place 5 lb of corn and 5 lb of green beans. Add 2 qt of salad dressing mixture to vegetables and mix thoroughly. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
Frozen French-cut green beans, thawed	5 lb	1 gal 1 ½ cups	10 lb	2 gal 3 cups	
Enriched soft bread crumbs	1 lb	2 qt 2 cups	2 lb	1 gal 1 qt	3. Mix bread crumbs with melted margarine. Sprinkle 1 qt 1 cup of the bread crumb mixture on top of each steamtable pan.
Margarine or butter, melted	4 oz	½ cup	8 oz	1 cup	
					4. Bake until golden-brown: Convectional oven: 350° F for 40 minutes Convection oven: 350° F for 30 minutes CCP: Heat to 140° F or higher.
					5. CCP: Hold for hot service at 135° F or higher. Portion with No. 8 scoop (½ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Celery	1 lb 4 oz	2 lb 8 oz
Mature onions	10 oz	1 lb 4 oz

Corn and Green Bean Casserole

Vegetable

Vegetables

I-19

SERVING:

½ cup (No. 8 scoop) provides ½ cup of vegetable.

YIELD:

50 Servings: about 15 lb 3 oz

100 Servings: about 30 lb 6 oz

Edited 2004

VOLUME:

50 Servings: about 1 gallon 2 ¼ quarts

100 Servings: about 3 gallons 2 cups

Special Tip:

For best results, thaw vegetables overnight in a refrigerator.

Nutrients Per Serving

Calories	129	Saturated Fat	1.21 g	Iron	0.89 mg
Protein	3.67 g	Cholesterol	7 mg	Calcium	67 mg
Carbohydrate	18.80 g	Vitamin A	381 IU	Sodium	208 mg
Total Fat	5.20 g	Vitamin C	3.5 mg	Dietary Fiber	2.7 g