

Vegetable Medley

Vegetable

Vegetables

I-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		3 Tbsp		¼ 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. 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. Dissolve cornstarch in cold water. Add to hot liquid and simmer, stirring constantly until thickened, about 5 minutes. Pour sauce over vegetables and toss to coat. CCP: Hold at 140° F or warmer. Portion with No. 8 scoop (½ cup).
*Fresh carrots, sliced	2 lb 5 oz	1 qt 3 ¾ cups	4 lb 10 oz	3 qt 3 ½ cups	
Frozen cut green beans	1 lb 4 oz		2 lb 8 oz		
Frozen whole kernel corn	2 lb 4 oz		4 lb 8 oz		
Vegetable or chicken stock, non-MSG		1 qt ¾ cup		2 qt 1 ½ cups	
Vegetable liquid, reserved		½ cup		1 cup	
Salt		1 Tbsp		2 Tbsp	
Sugar		3 Tbsp		¼ cup 2 Tbsp	
Granulated garlic		¼ tsp		½ tsp	
Cornstarch		¾ cup		1 ½ cups	
Water, cold		¾ cup		1 ½ cups	

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Carrots	2 lb 13 oz	5 lb 10 oz

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SERVING:	YIELD:	VOLUME:
½ cup (No. 8 scoop) provides ½ cup of vegetable.	25 Servings: 7 lb 11 oz 50 Servings: 15 lb 6 oz	25 Servings: 3 quarts ½ cup 50 Servings: about 1 gallon 2 ½ cups
Tested 2004		

Nutrients Per Serving					
Calories	102	Saturated Fat	0.30 g	Iron	0.74 mg
Protein	2.17 g	Cholesterol	0 mg	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