## **Tropical Beets**

Cooking time: 15 minutes HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: ¼ cup Vegetables, ¼ cup Fruit NSLP: ¼ cup Other Vegetables, ¼ cup Fruit SFSP: ¼ cup Vegetables, ¼ cup Fruit

	1	2 Servings	25 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Brown sugar		2 Tablespoons		¼ cup		
Cornstarch		2 Tablespoons		1⁄4 cup		
Salt		½ teaspoon		1 teaspoon		
Pineapple tidbits in 100% juice, juice reserved		3 cups + 2 Tablespoons		1 quart + 2¼ cups		
Unsalted butter or margarine	1 ounce	2 Tablespoons	2 ounces	1⁄4 cup		
Beets, sliced, canned, drained		3 cups + 2 Tablespoons		1 quart + 2¼ cups		



## Directions

- 1. In a saucepan combine brown sugar, cornstarch and salt. Stir in pineapple tidbits with juice.
- 2. Cook over medium heat until the mixture comes to a low boil and thickens, stirring occasionally.
- 3. Add unsalted butter or margarine and the drained sliced beets. Stir and cook until heated through, about 5 minutes.

CCP: Heat to 140°F or higher.

4. Serve warm or cold

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

CCP: Cool completely to 41°F following two stage cooling method: Cool to 70°F within 2 hours and to 41°F within an additional 4 hours.

CCP: Hold for cold service at or below 41°F.

Serve <sup>1</sup>/<sub>2</sub> cup portions using a #8 scoop.

Serving	Yield	Volume	Nutrients Per Serving					
½ cup	12 Servings: about 2½ pounds	12 Servings: about 1 quart 2 cups	Calories	80	Sodium	177 mg	Vitamin A	91 IU
	25 Servings: about 5 pounds	25 Servings: about 3 quarts ½ cup	Total Fat	2 g	Carbohydrate	16 g	Vitamin C	9 mg
		Saturated Fat	1 g	<b>Dietary Fiber</b>	1 g	Iron	1 mg	
			Cholesterol	5 ma	Protein	1 a	Calcium	17 ma

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