


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

Ingredients	35 Servings		70 Servings	
	Weight	Measure	Weight	Measure
Brown sugar		⅓ cup		⅔ cup
Cornstarch		⅓ cup		⅔ cup
Salt		1¼ teaspoons		2½ teaspoons
Pineapple tidbits in 100% juice, juice reserved		2 quarts + ¾ cup		1 gallon + 1½ cups
Unsalted butter or margarine	2.8 ounces	¼ cup + 1 Tablespoon + 1¾ teaspoons	5.6 ounces	½ cup + 3 Tablespoons + ½ teaspoon
Beets, sliced, canned, drained		1 #10 can		2 #10 cans



Directions

- In a saucepan combine brown sugar, cornstarch and salt. Stir in pineapple tidbits with juice.
- Cook over medium heat until the mixture comes to a low boil and thickens, stirring occasionally.
- 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.
- 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 ½ cup portions using a #8 scoop.

Serving	Yield	Volume
½ cup	35 Servings: about 7 pounds 70 Servings: about 14 pounds	35 Servings: about 1 gallon 70 Servings: about 2 gallons

Nutrients Per Serving			
Calories	80	Sodium	160 mg
Total Fat	2 g	Carbohydrate	16 g
Saturated Fat	1 g	Dietary Fiber	1 g
Cholesterol	5 mg	Protein	1 g
		Vitamin A	91 IU
		Vitamin C	8 mg
		Iron	1 mg
		Calcium	18 mg