## **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

	3	5 Servings	70 Servings			
Ingredients	Weight	Measure	Weight	Measure		
Brown sugar		⅓ cup		²∕₃ cup		
Cornstarch		⅓ cup		²∕₃ 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

- 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  $41^{\circ}$ F.

Serve ½ cup portions using a #8 scoop.

Serving	Yield	Volume	Nutrients Per Serving						
½ cup	35 Servings: about 7 pounds 70 Servings: about 14 pounds	35 Servings: about 1 gallon 70 Servings: about 2 gallons	Calories Total Fat	80 2 g	Sodium Carbohydrate	160 mg 16 g	Vitamin A Vitamin C	91 IU 8 mg	
			Saturated Fat Cholesterol	1 g 5 mg	Dietary Fiber Protein	1g 1g	Iron Calcium	1 mg 18 mg	

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