


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



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	12 Servings: about 2½ pounds 25 Servings: about 5 pounds	12 Servings: about 1 quart 2 cups 25 Servings: about 3 quarts ½ cup

Nutrients Per Serving			
Calories	80	Sodium	177 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	9 mg
		Iron	1 mg
		Calcium	17 mg

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