## **Tropical Beets**

Cooking time: 15 minutes

Pineapple tidbits in 100% juice,

Unsalted butter or margarine

Beets, sliced, canned, drained

HACCP Process #2 Same Day Service



Weight

5.6 ounces



## 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





## **Directions**

**Ingredients** 

Brown sugar

Cornstarch

juice reserved

Salt

1. In a saucepan combine brown sugar, cornstarch and salt. Stir in pineapple tidbits with juice.

Weight

2.8 ounces

- 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.

35 Servings

Measure

⅓ cup

1/₃ cup

11/4 teaspoons

2 quarts + 3/4 cup

1/4 cup + 1 Tablespoon

+ 1<sup>3</sup>/<sub>4</sub> teaspoons

1 #10 can

- CCP: Heat to 140°F or higher.
- 4. Serve warm or cold
  - CCP: Hold for hot service at 135°F or higher.
  - ${\it CCP: Cool completely to 41°F following two stage cooling method: Cool to 70°F within 2 hours and to 41°F within an additional 4 hours. } \\$
  - 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	35 Servings: about 1 gallon
	70 Servings: about 14 pounds	70 Servings: about 2 gallons

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

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