# Frozen Sliced Carrots

**Hartford Public Schools, FCNS - 2013**

**Grades:** K-12  
**Yield:** 25 or 50 portions

<table>
<thead>
<tr>
<th>INGREDIENTS</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
<th>DIRECTIONS</th>
</tr>
</thead>
</table>
|             | WEIGHT      | MEASURE     | WEIGHT     | MEASURE     | 1. Sanitize work area with bleach & water solution.  
| Carrots, Sliced, Frozen | 5.25#       | 1 quart     | 10.5#      | 2 quarts    | 2. Wash hands.  
| 20# per case |             |             |            |             | 3. Put on food service gloves.  
| 105 servings per case |             |             |            |             | **Cooking Methods (Steamer)**  
| ½ cup servings |             |             |            |             | 1. Place 5.25# frozen carrots in a 2” pan.  
| 1 - 4 oz. spoodle per serving |             |             |            |             | 2. Steam carrots until tender approx 10 – 20 minutes.  
| Water |             |             |            |             | **Serving Size:** ½ cup, 4 oz perforated spoodle  
| 5.25# |             |             |            |             | **Meal Pattern Contribution:** ½ cup Red/Orange Vegetable  
| 1 quart |             |             |            |             | **HACCP Instructions:** Discard unused cooked product  

**Serving Instructions**  
- Place 2” pan in heated well. Using a 4 oz. spoodle, fill a 5.5 oz. souffle cup with carrots and place on a colored tray. Place tray on serving line for self-service.  
- Hold at 140°F or higher throughout serving. Check temperature again during serving. If below 140°F, remove from line and reheat to 165°F.

*Recipe and Meal Contribution Review completed by Put Local on Your Tray.*  
*SFA must check the crediting information for accuracy prior to including the item in reimbursable meals.*