

ROASTED CARROT HUMMUS WITH SUNBUTTER

Old Saybrook Schools - 2018

Grades: K-12

Yield: 25 or 50 portions

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Furmano chickpeas or garbanzo beans		3 ¼ cups		6 ½ cups	<ol style="list-style-type: none"> Sanitize work area with bleach & water solution. Wash hands. Put on food service gloves. <p>Cooking Methods:</p> <ol style="list-style-type: none"> Cut carrots into medium dice Toss carrots with vegetable oil and place in a 350 degree oven. Roast for 20 minutes or until soft. Drain chickpeas or garbanzo beans, and reserve the juice. Combine all ingredients in a food processor or mixer and puree to smooth consistency. If mixture is thick, add reserved bean liquid 1 tablespoon at a time until desired consistency. Refrigerate to cool to 40°F or below. Using a #16 scoop, portion hummus into 2 oz. souffles for service. Maintain at 40°F or below throughout service.
Large carrots, peeled	5/8 lbs	2 cups	1 ¼ lbs	4 cups	
Lemon juice		2 Tbsp		¼ cup	
Sunbutter		½ cup		1 cup	
Granulated garlic		2 Tbsp		4 Tbsp	
Vegetable oil		1 Tbsp		2 Tbsp	
Cumin		1 Tbsp		2 Tbsp	
Paprika		1 Tbsp		2 Tbsp	
<p>Serving Size: 2 oz</p> <p>Meal Pattern Contribution: ¼ cup vegetable (⅛ cup legumes + ⅛ cup additional veg)</p> <p>NOTES: 1 #10 can chickpeas yields 84 servings of ⅛ cup or 10 ½ cups of drained beans. 1 pound fresh, whole carrots yield 32.64 servings of ⅛ cup.</p>					<p>HACCP/Serving Instructions:</p> <ol style="list-style-type: none"> Hold at 40°F or lower throughout serving. Check temperature again during serving. If above 40°F, remove from line and chill to 40°F or lower.

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

