

CREOLE SUMMER SQUASH

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
44 cal	8 g	2 g	1 g	0 mg	252 mg	33 mg

Ingredient

ONIONS,FRESH,CHOPPED
 OIL,SALAD
 SQUASH,FRESH,SUMMER
 WATER,BOILING
 TOMATOES,CANNED,CRUSHED,INCL LIQUIDS
 SALT
 SUGAR,GRANULATED
 PEPPER,BLACK,GROUND
 GARLIC POWDER
 PARSLEY,FRESH,BUNCH,CHOPPED

Weight

3-1/8 lbs
 2-7/8 oz
 20 lbs
 1 lbs
 6-5/8 lbs
 1-7/8 oz
 2-2/3 oz
 1/4 oz
 1/8 oz
 2 oz

Measure

2 qts 1 cup
 1/4 cup 2-1/3 tbsp

 2 cup
 3 qts
 3 tbsp
 1/4 cup 2-1/3 tbsp
 1 tbsp
 1/8 tsp
 3/4 cup 3 tbsp

Issue

3-1/2 lbs

 21 lbs

 2-1/8 oz

Method

- 1 Saute onions in salad oil until tender.
- 2 Combine sauteed onions, squash and water.
- 3 Bring to a boil. Cover; reduce heat. Simmer 10 minutes.
- 4 Add tomatoes, salt, sugar, pepper, garlic and parsley.
- 5 Bring to a boil. Reduce heat; simmer 5 minutes. CCP: Hold at 140 F. or higher for service.