

**HERBED BROCCOLI**

**Yield** 100

**Portion** 1/2 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
27 cal	5 g	3 g	0 g	0 mg	23 mg	52 mg

**Ingredient**

WATER  
 BROCCOLI,FROZEN,CUT  
 ONIONS,FRESH,CHOPPED  
 MARJORAM,SWEET,GROUND  
 BASIL,DRIED,CRUSHED

**Weight**

10-1/2 lbs  
 20 lbs  
 7 oz  
 1/4 oz  
 1/2 oz

**Measure**

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

**Issue**

7-7/8 oz

**Method**

- 1 Bring water to a boil.
- 2 Add broccoli, onions, marjoram and basil to boiling water.
- 3 Return to boil; cover.
- 4 Reduce heat; cook 7 to 9 minutes or until tender.
- 5 Drain; reserve 1 quart liquid to pour over vegetables. CCP: Hold at 140 F. or higher for service.