

# Pot Roast Vegetables

Davenport School District

Recipe Category: Vegetables

Ingredients	50 Servings		100 Servings		____ Servings		Directions / HACCP
	Weight	Measure	Weight	Measure	Weight	Measure	
Red potatoes, washed and wedged	8.33 lb		16.66 lb				1. Place potatoes and veggie mix in a large bowl. 2. Toss with olive oil and herbs and spices. 3. Divide mixture into 2 sprayed pans. 4. Roast in 400°F oven approx. 20 minutes until tender crisp.  <b>CCP:</b> Hot hold at 135°F or above through service.
Baby carrots	.83 lb		1.66 lb				
Celery	.83 lb		1.66 lb				
Red onion, peeled and rough chopped	.42 lb		.84 lb				
Garlic, whole, peeled	2.66 oz		1/3 lb				
Olive Oil	¼ cup		½ cup				
Pepper, black, ground	1 tsp		2 tsp				
Parsley, fresh or flakes	1 tsp		2 tsp				
Garlic powder	1 tsp		2 tsp				

Serving (portion size)	Yield per # of Servings	Volume per # of Servings
½ cup		

Meal Pattern Contribution			
Meat/Meat Alternate	Breads/Grains	Vegetable / Vegetable Sub group	Fruits
		½ cup (¼ starchy; ¼ other)	

Nutrient Analysis		
Calories: 75	Saturated Fat: 1.12 grams	Sodium: 36.72 mg.