

STEWED TOMATOES

Yield 100

Portion 1/2 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium | Calcium |
|-----------------|----------------------|----------------|------------|--------------------|---------------|----------------|
| 23 cal | 5 g | 1 g | 0 g | 0 mg | 172 mg | 35 mg |

Ingredient

TOMATOES,CANNED,WHOLE,PEELED,INCL LIQUIDS
 ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,CHOPPED
 PEPPER,BLACK,GROUND

Weight

25-3/8 lbs
 4 oz
 2-1/2 oz
 4 oz
 1/8 oz

Measure

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

Issue

4-1/2 oz
 3 oz
 5-1/2 oz

Method

- 1 Combine tomatoes, onions, peppers, celery, and pepper. Mix well.
- 2 Bring to a boil to blend flavors. CCP: Hold for service at 140 F. or higher.