

## Garden Fresh Vegetables (Steamed)

Description:

Serving Size: 3 KG

Categories: Vegetables

<b>Cost Per Kilo</b>
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\$ 1.59
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<u>Action</u>	<u>Date</u>	<u>Initials</u>
Created:	7/3/2012	CR



Amount	Measure	Ingredient	Preparation Method	Product No.
1.100	kg	Broccoli florets		20-10000807
1.100	kg	Cauliflower florets		20-10000812
1.100	kg	Carrots		20-10000811
0.025	kg	Salt		20-100001323
0.01	kg	Pepper		20-100001295

### Method of Preparation:

- Blanch the broccoli, cauliflower and carrots in boiling, salted water.
- Do not overcook.
- Season with salt and pepper and serve hot.