

RESOURCE® ThickenUp® Instant Food & Drink Thickener

PUREED PEAS (CANNED)	PORTIO	PORTION SIZE: 1 - #10 Scoop (about 6 Tbsp)		
INGREDIENTS	NUMBER OF SERVINGS			
	1	6	12	24
Peas, <u>cooked</u> and <u>drained</u> (reserve liquid)	½ cup	3 cups	1 ½ qt	3 qt
Margarine, melted	1 tsp	2 ½ Tbsp	⅓ cup	⅓ cup
Water or Reserved Vegetable Liquid, hot	2 ½ tsp	⅓ cup	⅓ cup	1 ¼ cup
RESOURCE® ThickenUp®	½ tsp	1 Tbsp	2 Tbsp	⅓ cup

HOW TO PREPARE:

- 1. Puree cooked, drained peas with margarine and liquid in food processor until smooth in texture.
- 2. Add RESOURCE® ThickenUp® and process briefly until mixed, scraping sides with spatula as needed.
- 3. Pour into steam table pan coated with non-stick cooking spray.
- 4. Cover tightly with aluminum foil and/or film and heat to 165°F. Hold for service at internal temperature of 135°F or higher.
- 5. Portion one #10 scoop (about 6 Tbsp) per serving.

NOTE: Measurements of liquid and RESOURCE® ThickenUp® may be adjusted to achieve desired consistency.