

## Carrots, Diced, No Salt Added, Frozen

MyPlate Food Group: **Vegetable**



### Product Description

- Frozen carrots are U.S. Grade A.
- Diced frozen carrots are produced without adding salt.
- Frozen carrots are rich in Vitamin A.

### Storage

- Store unopened frozen carrots in the freezer.
- For best quality, store unused portion (after open) in a sealed air-tight container or freezer safe bag to keep out moisture and other contaminants.

### Uses and Tips

- Frozen carrots can be thawed and eaten plain as a snack.
- Frozen carrots can be boiled, sautéed, or steamed and used as a nutritious side dish; add seasonings in moderation.
- Frozen carrots make a great addition to soups or stews.

### Nutrition Information

- ½ cup of frozen carrots counts as ½ cup in the MyPlate.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2-3 cups of vegetables.

### Resources

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.foodsafety.gov](http://www.foodsafety.gov)

## Nutrition Facts

Serving size: 1/2 cup (70g), carrots, frozen

### Amount Per Serving

**Calories** 27      **Calories from Fat** 0

### -% Daily Value\*

<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 43mg	<b>2%</b>
<b>Total Carbohydrate</b> 6g	<b>4%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 3g	
<b>Protein</b> <1g	
Vitamin A 247%	Vitamin C 3%
Calcium 3%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

This sheet is intended for individuals and families receiving USDA Foods to use at home. Nutrient Values in the Nutrition Facts panel are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts panel or ingredient list for product-specific information.

# USDA Foods

## Vegetable Macaroni

Makes about 4 servings

### Ingredients

- 1 Tablespoon olive oil
- 1 onion (small, chopped)
- 1 1/4 cups diced tomatoes (from a can)
- 1/2 cup tomato sauce (from a can)
- 3 cups carrots (sliced)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon sugar
- 1 teaspoon butter
- 1 cup macaroni, cooked

### Directions

1. In a saucepan, cook the onion in the oil until soft but not brown. Add the tomatoes, carrots, salt, pepper, and sugar.
2. Cover and cook over low heat for 5 minutes. Remove the cover and cook over low heat, stirring often, for another 5 minutes, or until the carrots are tender and the tomatoes are cooked down to a sauce.
3. Mix the butter with the cooked macaroni. Stir in the carrot mixture and serve.

*Recipe adapted from What's Cooking? USDA Mixing Bowl*

## Bison (or Beef) Stew

Makes about 8 servings

### Ingredients

- 1 onion (small, chopped)
- 2 stalks celery (sliced)
- 1 cup carrots (sliced)
- 1 can (15.5 oz) diced tomatoes
- 2 lbs ground bison/beef stew meat
- 4 quarts water
- 2 lbs red potatoes (cut into cubes)

### Directions

1. Brown the bison (or ground beef) over high heat for about 3 minutes.
2. Add the water, potatoes, and carrots into a large pot and boil until tender.
3. Add in the onion, tomatoes, and celery. Let cook for another 5 minutes or so.
4. Pour the vegetables and bison/beef into a baking dish and place in the oven at 450°F for 30 minutes.

### Tip

Chop up all vegetables before starting, in order to save time.

*Recipe adapted from What's Cooking? USDA Mixing Bowl*