



Recipe #456 Diabetic Friendly Mixed Vegetables Homemade Serving Size and Ingredients: 4 oz.

25 Servings	50 Servings	100 Servings	Ingredients
2 qts. + 1 cup	1 gal. + 1 Pint	2-1/2 gal.	Left over Vegetables
2 cups	1 qt.	2 qts.	Diced Fresh Carrots
1 cup	2 qts.	3 qts.	Diced Fresh Potatoes
½ cup	1 cup	2 cups	Diced Raw Onion
As Needed	As Needed	As Needed	Salt
As Needed	As Needed	As Needed	Pepper
2-1/2 Tbsp.	1/3 cup	2/3 cup	Margarine

North Central New Mexico Economic Development District
Council of Governments
Non-Metro Area Agency on Aging
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Homemade Instructions:

1. Defrost vegetables. See note below.
2. Cook carrots, potatoes and onions in small amount of salted water until tender: Drain. Add to defrosted vegetable mixture.
3. Add salt and pepper if needed.
4. Add margarine to season.

Note: Save all usable vegetables. Freeze in layers in gallon containers for use in this recipe, soup or stews. Allow vegetables to cool thoroughly in refrigerator and then add to container of frozen vegetables.

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