



# Steel Cut Oats with Pacific Northwest Canned Pears

24 Servings

Portion: 1 cup

Meal Component Crediting K-8, 9-12: 1.5 oz eq grain and ¼ cup fruit

Ingredients	Weight	Measure
Steel cut oats, dry	2lbs 4 oz	6 cups
Milk, low fat		2 quarts/2 cups
Water		2 quarts
Pears, Pacific Northwest, canned, sliced, extra light syrup, drained, syrup reserved*		1 no. 10 can
Flax seeds (optional)		¼ cup/2 Tbsp
Chia seeds (optional)		¼ cup/2 Tbsp
Vanilla extract		2 Tbsp
Cinnamon, ground		2 Tbsp
Nutmeg, ground		1 Tbsp
Salt		2 tsp

\*1 #10 can pears diced, packed in juice or light syrup provides about 9 1/2 cups (66 oz) drained pears. We recommend using only U.S. grown and canned pears for the best flavor, quality, texture and yield.

## Method

- Place the steel cut oats in a 2-gallon stock pot or steam kettle with a lid. Cook, covered, stirring occasionally, for about 60 minutes, or until the oats become tender.
- Drain pears and reserve juice.
- Combine the milk, water, and all of the pear juice in two 1 gal liquid measures. Add more water, if needed, to equal 1 gallon and 2 quarts (24 cups) of liquid. *CCP: Cook to a minimum internal temperature of 135° F.*
- Pour the liquid over the steel cut oats. Stir in the pears, flax and chia seeds (if using), vanilla, cinnamon, nutmeg, and salt.
- Bring the oats to a low boil and reduce heat to a simmer. 6. Transfer the oats to steamable pans  
7. Serve 1 cup portions.  
*CCP: Hold and serve at 135° F or higher.*

## Nutrients Per Serving

(including Chia and Flax Seed)

Calories	274	300
Protein	8 g	9 g
Carbohydrate	51 g	53 g
Total Fat	4 g	5 g
Saturated Fat	1 g	1 g
Cholesterol	5 mg	5 mg
Vitamin A	50 IU	51 IU
Vitamin C	1 mg	1 mg
Iron	2 mg	2 mg
Calcium	151 mg	174 mg
Sodium	246 mg	247 mg
Dietary Fiber	7 g	9 g