

SEASONED LIMA BEANS (CANNED)


MEAL COMPONENT CONTRIBUTION:

½ cup serving beans/peas vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (BEANS/PEAS)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Lima, Mature, Low Sodium, #10 Can, #2804	5 #10 can(s)
Margarine, Bulk, #1319	6 ounce(s)
Liquid Smoke, Quart, #2248	3 ounce(s)
Base, Bacon, Low Sodium, #349	1 tablespoon(s)

DIRECTIONS

1. Open cans and drain off half the liquid.
2. Pour beans and remaining liquid into a stockpot, braising pan, or steam-jacketed kettle.
3. Add margarine, liquid smoke, and bacon base.
Heat only long enough to bring to serving temperature.
Do not allow to boil.
4. Drain vegetables and place in steamtable pans for service. Serve immediately or place in warming unit until ready for service.

CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.

5. Portion with 4 ounce spoodle or #8 scoop for ½ cup serving. Each portion provides ½ cup of beans/peas vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Dried Beans and Peas" provides seasoning and serving ideas for beans and peas.

MISCELLANEOUS NOTES

Mature lima beans may be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

Calories	145	Dietary Fiber	6.00 g	Sodium	184.50 mg	Sat. Fat	0.61 g
Carbohydrates	21.65 g	Protein	7.24 g	Total Fat	1.96 g	Trans Fat	0.00 g