

LIMA BEANS (FROZEN)



VEGETABLES (STARCHY)

MEAL COMPONENT CONTRIBUTION:

½ cup starchy vegetable

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

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Lima, Baby,Frozen, Boiled, Drained, #1600	18 pound(s) + 8 ounce(s)
Margarine, Bulk, #1319	8 ounce(s)
Salt, Table, #2219	3 tablespoon(s)

DIRECTIONS

1. COOKING METHODS

To steam beans:

Place frozen beans in solid steamtable pans (12 "x20 "x2 ½ ").

Steam for 4-5 minutes.

To boil beans:

Bring water to a boil. For 100 servings, use approximately 1 to 3 quarts of water.

Add frozen beans and cook 12 to 14 minutes.

Drain and place in steamtable pans (12 "x20 "x2 ½ ") for service.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Melt margarine. Combine salt and melted margarine and distribute evenly over cooked vegetables.

Cover pans with plastic wrap and store in warmer until ready for service.

Portion with 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of of starchy 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 Vegetables" provides seasoning and serving ideas for vegetables.

NUTRIENTS PER SERVING

Calories	104	Dietary Fiber	5.03 g	Sodium	254.35 mg	Sat. Fat	0.87 g
Carbohydrates	16.32 g	Protein	5.58 g	Total Fat	2.03 g	Trans Fat	0.00 g