

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 pounds + 8 ounces
Margarine, Bulk, #1319	8 ounces
Salt, Table, #2723	3 tablespoons
Pepper, Black, Ground, #2718	1 tablespoon

DIRECTIONS**1. COOKING METHODS**

To steam lima beans:

- Place no more than 5 pounds of frozen lima beans in each perforated steamtable.
- Steam them for 4-5 minutes.
- Place the lima beans in solid steamtable pans for seasoning and service.
- If using solid steamtable pans to steam the lima beans, drain the liquid from the pans prior to seasoning and service.

To heat lima beans:

- Place frozen lima beans in a braising pan, steam jacketed kettle or stockpot.
- Cover the lima beans with water. Bring the water to a boil.
- Decrease the heat until the water simmers and cook the lima beans for 12-14 minutes.
- Drain the water from the lima beans and transfer the beans to solid steamtable pans for seasoning and service.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.

2. Melt the margarine. Then combine it with the salt and pepper. Distribute the mixture evenly over the cooked vegetables.

3. Serve the lima beans immediately, or cover them and place them in a warmer until ready for service.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

4. Portion the lima beans with a 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of starchy vegetables.

CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 4 hours.

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.

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NUTRIENTS PER SERVING

Calories	104	Dietary Fiber	5.05 g	Sodium	254.00 mg	Sat. Fat	0.79 g
Carbohydrates	16.36 g	Protein	5.59 g	Total Fat	2.04 g	Trans Fat	0.00 g