

# GREEN BEANS (CANNED)



VEGETABLES (OTHER)

**MEAL COMPONENT CONTRIBUTION:**

½ cup other vegetable

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

**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Cut Green, Canned, Low Sodium, #10 Can, #2801	4 #10 cans + 9 cups
Margarine, Bulk, #1319	8 ounces
Base, Bacon, Low Sodium, #349	1 tablespoon
Liquid Smoke, #2248	1 tablespoon

**DIRECTIONS**

1. Drain the liquid from half of the cans of green beans.
2. **COOKING METHODS**  
 To steam green beans:
  - Place the green beans in solid steamtable pans.
  - Equally distribute the margarine, base, and liquid smoke among pans and cover the pans.
  - Steam for 4 to 6 minutes, or until the beans are thoroughly heated.
  - Stir gently to combine the ingredients and avoid breaking the green beans.
  - Cover and hold the green beans for service.

- To heat green beans:
- Place the green beans in a braising pan, stockpot or steam-jacketed kettle.
  - Add the margarine, bacon base and liquid smoke.
  - Bring the liquid to a boil, then reduce the heat until the liquid simmers.
  - Simmer for 5 to 6 minutes, or until the beans are thoroughly heated.
  - Stir gently to combine the ingredients and avoid breaking the green beans.
  - Cover and hold the green beans for service.

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

3. Serve them immediately, or cover them and place them in a warmer until ready for service.
4. Portion with a perforated 4 ounce spoodle or a #8 scoop per serving. Each portion provides ½ cup of other vegetable.

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 2 hours to 70 degrees F or lower and from 70 to 41 degrees F within an additional 2 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.

**NUTRIENTS PER SERVING**

Calories	40	Dietary Fiber	1.76 g	Sodium	109.24 mg	Sat. Fat	0.78 g
Carbohydrates	4.45 g	Protein	1.30 g	Total Fat	1.94 g	Trans Fat	0.00 g