

GREEN BEANS WITH POTATOES (CANNED)

MEAL COMPONENT CONTRIBUTION:

½ cup other vegetable

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

RECIPE HACCP PROCESS: #2 - Same day service



VEGETABLES (OTHER)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Cut Green, Low Sodium, #10 Can, #2801	4 #10 cans
Potato, Whole, White, #10 Can, #2822	1 #10 can + 3 1/2 cups
Margarine, Bulk, #1319	8 ounces
Onion Powder, #2714	1 tablespoon + 1 teaspoon
Garlic Powder, #2709	1 tablespoon + 1 teaspoon
Pepper, Black, Ground, #2718	1 tablespoon + 1 teaspoon

DIRECTIONS

1. Open the cans and drain the liquid from half the cans of green beans and potatoes.

2. **COOKING METHODS**

To steam vegetables:

- Divide the green beans and potatoes evenly among solid steamtable pans.
- Evenly distribute the margarine, onion powder, garlic powder and black pepper among the pans.
- Stir the pans gently to combine the ingredients and avoid breaking the green beans.
- Cover the steamtable pans and steam them for 4-6 minutes, or until thoroughly heated.
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- Cover the pans and hold the green beans for service.

To heat vegetables:

- Add the green beans and potatoes to a stockpot, braising pan or steam-jacketed kettle.
- Add the margarine, onion powder, garlic powder, and black pepper to the green beans and potatoes.
- 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.
- Transfer to the solid steamtable pans. Cover the pans 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 in a warmer until ready for service.
4. Portion with #8 scoop or 4 ounce spoodle per serving. Each portion provides ½ cup 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 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	53	Dietary Fiber	2.15 g	Sodium	151.18 mg	Sat. Fat	0.78 g
Carbohydrates	7.59 g	Protein	1.48 g	Total Fat	1.94 g	Trans Fat	0.00 g