

# SOUTHERN GREEN BEANS(CANNED)-USDA



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)
Ham, Cooked, Diced, Water Added, USDA	1 pound(s)
Beans, Cut Green, Canned, Low Sodium, #10 Can, USDA	4 #10 can(s) + 9 cup(s)
Oil, Vegetable, #2507	1 tablespoon(s)
Onions, Frozen, Diced, #1610	1 cup(s)
Pepper, Black, Ground, #2718	2 teaspoon(s)

**DIRECTIONS**1. **COOKING METHODS:**

To steam green beans:

- Place green beans and other ingredients in a solid steamtable pan.
- Stir carefully to avoid breaking green beans.
- Steam for 4 to 6 minutes.

To boil green beans:

- Place green beans and other ingredients in stockpot or steam-jacked kettle.
- Stir carefully to avoid breaking beans.
- Bring to a boil.
- Reduce heat and simmer for 5 to 6 minutes.
- Place in steamtable pans for service.

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

## 2. Serve immediately or cover with plastic wrap and place in warmer until ready for service.

Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of other 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.

Fresh, frozen or dehydrated onions may be used.

**NUTRIENTS PER SERVING**

Calories	31	Dietary Fiber	1.82 g	Sodium	119.00 mg	Sat. Fat	0.19 g
Carbohydrates	4.86 g	Protein	1.94 g	Total Fat	0.53 g	Trans Fat	0.00 g