SEASONED WHOLE GREEN BEANS (FROZEN)

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, Green, Whole, Frozen, USDA Foods	19 pounds
Margarine, Bulk, #1319	8 ounces
Garlic Powder, #2709	1 tablespoon
Onion Powder, #2714	1 tablespoon + 1 teaspoon
Pepper, Black, Ground, #2718	1 tablespoon + 1 teaspoon

DIRECTIONS

1. COOKING METHODS
   To steam green beans:
   - Place no more than 5 pounds of frozen green beans in perforated steamtable pans.
   - Steam for 3 to 5 minutes, or until the beans are heated thoroughly.
   - Place the green beans in solid steamtable pans for seasoning and service.
   - If using solid steamtable pans to steam, drain the liquid from the pans prior to seasoning and service.

   To heat green beans:
   - Place the frozen green beans in a braising pans, steam jacketed kettle, or stockpot.
   - Cover the green beans with water and bring the liquid to a boil.
   - Decrease the heat until the water simmers and cook the green beans for 10-12 minutes, or until the beans are heated thoroughly.
   - Drain the liquid from pans.
   - 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. Combine the garlic powder, onion powder, and pepper with the melted margarine. Evenly distribute the margarine mixture over the green beans.
3. Serve them immediately, or cover them and place in a warmer until ready for service.

   CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
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 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	41	Dietary Fiber	2.62 g	Sodium	18.79 mg	Sat. Fat	0.76 g
Carbohydrates	5.75 g	Protein	1.32 g	Total Fat	1.93 g	Trans Fat	0.00 g