

SEASONED 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 | 5 #10 can(s) |
| Bay Leaf, Whole, #2701 | 2 leaves |
| Onions, Frozen, Diced, #1610 | 6 ounce(s) |
| Oil, Vegetable, #2507 | 1 cup(s) |
| Salt, Table, #2219 | 2 teaspoon(s) |
| Pepper, Black, Ground, #2718 | 2 teaspoon(s) |

DIRECTIONS

1. COOKING METHODS

To steam green beans:

- Place green beans, bay leaf, and onion in steamtable pans.
- Steam for 4 to 6 minutes

To boil green beans:

- Place green beans, bay leaf, and onion in stockpot or steam-jacketed kettle
- Bring to a boil.
- Reduce heat and simmer for 5 to 6 minutes.
- Transfer to steamtable pans.

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

2. Add oil, salt and pepper. Stir carefully to avoid breaking beans.

3. 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 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 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.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|--------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 47 | Dietary Fiber | 1.92 g | Sodium | 140.94 mg | Sat. Fat | 0.26 g |
| Carbohydrates | 4.83 g | Protein | 1.35 g | Total Fat | 2.32 g | Trans Fat | 0.00 g |