# SEASONED GREEN BEANS (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 | 5 #10 cans |
| Onions, Frozen, Diced, #1610 | 1 cup |
| Margarine, Bulk, #1319 | 8 ounces |
| Salt, Table, #2723 | 2 teaspoons |
| Pepper, Black, Ground, #2718 | 2 teaspoons |

**DIRECTIONS**

1. Open the cans of green beans and drain the liquid from half of the cans.
2. COOKING METHODS
   To steam green beans:
   - Place the green beans in solid steamtable pans.
   - Evenly distribute the onions, margarine, salt, and pepper among the pans of green beans.
   - Cover the pans and steam them for 4 to 6 minutes, or until thoroughly heated.
   - Stir the green beans gently to combine the ingredients and avoid breaking the green beans.
   - Cover the green beans and hold them for service.

   To heat green beans:
   - Place the green beans in a braising pan, stockpot, or steam-jacketed kettle.
   - Add the onions, margarine, salt and pepper.
   - Bring the liquid to a boil, then reduce the heat until the liquid simmers.
   - Cook the green beans for 5 to 6 minutes, or until heated thoroughly.
   - Transfer the green beans to a solid steamtable pan.
   - Cover the pans and hold them 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 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 perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of other vegetable.

   CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. 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 | 42 | Dietary Fiber | 1.93 g | Sodium | 158.84 mg | Sat. Fat | 0.77 g |
| Carbohydrates | 4.86 g | Protein | 1.36 g | Total Fat | 1.92 g | Trans Fat | 0.00 g |