

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 cans
Onions, Frozen, Diced, #1610	1 cup
Margarine, Bulk, #1319	8 ounces
Salt, Table, #2219	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 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 5 to 6 minutes, or until heated thoroughly.
- Transfer the green beans to a solid steamtable pan.
- Cover the pans and hold 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 2 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