

SEASONED LIMA BEANS (CANNED)


MEAL COMPONENT CONTRIBUTION:

½ cup serving bean/pea/legume vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (BEANS/PEAS)

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|---|----------------------------|
| Beans, Lima, Mature, Low Sodium, #10 Can, #2804 | 5 #10 cans |
| Margarine, Bulk, #1319 | 8 ounces |
| Liquid Smoke, #2248 | 3/8 cup |
| Base, Bacon, Low Sodium, #2502 | 1 tablespoon |

DIRECTIONS

1. Open the cans of lima beans and drain off half of the liquid.
2. To steam lima beans:
 - Place the lima beans in solid steamtable pans.
 - Evenly distribute the margarine, liquid smoke, and bacon base among the pans.
 - Stir the lima beans gently to combine the ingredients then cover the pans.
 - Steam the lima beans for 4 to 6 minutes, or until heated through.
 - Hold the beans for service.

To heat lima beans:

- Place the lima beans in a braising pan, stockpot or steam-jacketed kettle.
- Add the margarine, liquid smoke, and bacon base. Stir the mixture to combine the ingredients.
- Bring the mixture to a boil, then reduce the heat until the liquid simmers.
- Simmer the beans for 5 to 6 minutes or until heated through.
- Stir the lima beans gently to avoid breaking the lima beans.
- Transfer the lima beans to solid steamtable pans.
- Cover the beans and hold for service.

CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.

3. Serve the lima beans immediately, or cover them and place them in a warmer until ready for service.
CCP: Hold and maintain the product at a minimum of 135 degrees F or higher. Check temperature every 30 minutes.

4. Portion with a 4 ounce spoodle or #8 scoop for ½ cup serving. Each portion provides ½ cup of bean/pea/legume 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 Dried Beans and Peas" provides seasoning and serving ideas for beans and peas.

MISCELLANEOUS NOTES

Mature lima beans may be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components in the same meal.

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NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 149 | Dietary Fiber | 6.00 g | Sodium | 189.00 mg | Sat. Fat | 0.74 g |
| Carbohydrates | 21.65 g | Protein | 7.24 g | Total Fat | 2.41 g | Trans Fat | 0.00 g |