

SEASONED LIMA BEANS (CANNED)


MEAL COMPONENT CONTRIBUTION:

½ cup serving bean/pea/lentil 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
Base, Bacon, Low Sodium, #2502	1 tablespoon
Margarine, Bulk, #1319	8 ounces
Liquid Smoke, #2248	1/4 cup + 2 tablespoons

DIRECTIONS

- Open the cans of lima beans and drain off half of the liquid.
- To steam lima beans:
 - Place the lima beans in solid steamtable pans.
 - Evenly distribute the bacon base, margarine, and liquid smoke 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 bacon base, margarine, and liquid smoke. 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.

- 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.
- Portion with a 4 ounce spoodle or #8 scoop for ½ cup serving. Each portion provides ½ cup of bean/pea/lentil 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.

SERVING NOTES

If menued as a vegetable, ½ cup beans provides a ½ cup of beans/peas/lentils vegetables. If menued as a meat/meat alternate, ½ cup beans provides 2 oz. eq. of meat alternate. Baked beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components in the daily requirements.

PURCHASING GUIDE

- Refer to USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.
- Use USDA Foods or Department of Defense (DoD) products when available.

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MISCELLANEOUS NOTES

- If changes are made in ingredients, check the crediting information, and re-calculate the nutrition analysis.

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