

# SEASONED GREEN BEANS, CUT (FROZEN)



## 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, Green, Whole, Frozen, USDA, #A061	17 pound(s) + 8 ounce(s)
Onion Powder, #2714	1 tablespoon(s) + 1 teaspoon(s)
Garlic Powder, #2709	1 tablespoon(s)
Pepper, Black, Ground, #2718	1 tablespoon(s) + 1 teaspoon(s)
Margarine, Bulk, #1319	8 ounce(s) , melted

## DIRECTIONS

### 1. COOKING METHODS

To steam green beans:

- Place frozen green beans in solid steamtable pans.
- Mix seasonings and sprinkle over beans.
- Steam for 2 minutes.

To boil green beans:

- Bring water to a boil. (For 100 servings, use 1 to 3 quarts of water.)
- Add frozen green beans and seasonings and cook for 6 to 8 minutes.
- Transfer to solid steamtable pan.

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

2. Pour melted margarine over green beans. Cover and place in warmer until ready for service.
3. Portion with a 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	39	Dietary Fiber	2.42 g	Sodium	18.72 mg	Sat. Fat	0.84 g
Carbohydrates	5.31 g	Protein	1.22 g	Total Fat	1.92 g	Trans Fat	0.00 g