

# SOUTHERN 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)
Ham, Cooked, Smoked, Boneless, #1053	1 pound
Beans, Cut Green, Canned, Low Sodium, #10 Can, USDA	4 #10 cans + 9 cups
Margarine, Bulk, #1319	8 ounces
Onions, Frozen, Diced, #1610	1 cup
Pepper, Black, Ground, #2718	2 teaspoons

**DIRECTIONS**

1. If the ham is not diced, cut the ham into small pieces.
2. Open the cans of green beans and drain the liquid from half of the cans.
3. **COOKING METHODS:**  
To steam green beans:
  - Place green beans solid steamtable pans.
  - Evenly distribute the margarine, onions, pepper and ham among the pans of green beans.
  - Cover the pans.
  - Steam the green beans for 4 to 6 minutes, or until heated thoroughly.
  - Stir gently to combine the ingredients and avoid breaking the green beans.
  - Cover and hold the green beans for service.

To heat green beans:

- Place the green beans in a braising pan, stockpot or steam-jacketed kettle.
- Add the margarine, onions, peppers and ham to the green beans.
- Bring the liquid to a boil, then reduce the heat until the liquid simmers.
- Simmer for 5 to 6 minutes, or until the beans are thoroughly heated.
- Stir gently to combine the ingredients and avoid breaking the green beans.
- Cover and hold the green beans for service.

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

4. Serve them immediately, or cover them and place in a warmer until ready for service.
5. Portion with perforated 4 ounce spoodle or #8 scoop per serving. Each portion provides ½ cup of other vegetables.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. 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.

Fresh, frozen or dehydrated onions may be used.

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## NUTRIENTS PER SERVING

Calories	46	Dietary Fiber	1.82 g	Sodium	136.00 mg	Sat. Fat	0.81 g
Carbohydrates	4.76 g	Protein	2.17 g	Total Fat	2.04 g	Trans Fat	0.00 g