GREAT NORTHERN BEANS (VEGETABLE)

MEAL COMPONENT CONTRIBUTION:
½ cup 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, Great Northern, #10 Can, USDA #10037	6 #10 cans + 1 1/4 quarts
Margarine, Bulk, #1319	8 ounces
Spice Blend MS, Italian, No Salt, #2734	1/2 cup
Onion Powder, #2714	1/2 cup

DIRECTIONS

1. COOKING METHODS:
   To steam:
   - Open the cans and drain the liquid from half of the cans. Place beans in solid steamtable pans.
   - Equally distribute margarine, Italian Seasoning, and onion powder among pans. Stir the ingredients gently and then cover the pans.
   - Steam for 4-6 minutes or until heated through.
   - Stir gently to combine. Cover and hold for service.

   To heat:
   - Open the cans and drain the liquid from half of the cans.
   - Place beans in a braising pan, stockpot, or steam-jacked kettle. Add margarine, Italian Seasoning, and onion powder. Stir the ingredients gently.
   - Bring to a boil. Reduce heat and stir gently to avoid breaking beans. Simmer for 5-6 minutes or until heated through.
   - Transfer to a solid steamtable pan. Cover and hold for service.

   CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If manufacturer instructions on the package or case have a
   higher temperature, follow those recommendations.
   CCP: Cover and hold for service at 135 degrees

2. Portion ½ cup with 4 ounce spoodle or #8 scoop. Each portion provides ½ cup serving of beans/peas/legumes vegetables.
   Mature Great Northern beans must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components.

   CCP: Hold and maintain the product at a minimum temperature 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 or lower within an additional 4 hours.

PURCHASING GUIDE
Use USDA Foods when available.

NUTRIENTS PER SERVING

Calories	179	Dietary Fiber	5.38 g	Sodium	168.00 mg	Sat. Fat	0.73 g
Carbohydrates	30.40 g	Protein	6.48 g	Total Fat	2.86 g	Trans Fat	0.00 g