

GREAT NORTHERN BEANS (CANNED)-USDA

MEAL COMPONENT CONTRIBUTION:

½ cup bean/pea/lentils 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. Open the cans of beans and drain the liquid from half of the cans.

2. 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

3. Remove the beans from the oven.

Serve them immediately, or cover the beans and place them in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.

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

4. Portion ½ cup with 4 ounce spoodle or #8 scoop. Each portion provides ½ cup serving of beans/peas/lentils vegetables.

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.

PRODUCTION NOTES

-Use USDA food products when available.

-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.

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FOODS(VEG)

MISCELLANEOUS NOTES

-If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.
- If menued as a vegetable, ½ cup beans provides a ½ cup of peas/beans/lentils vegetables. If menued as a meat/meat alternate, ½ cup beans provides 2 oz. eq. of meat alternate. Great Northern 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. If this recipe is used as a meat/meat alternate use recipe MRS #5003.1

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 |