

GREEN BEANS WITH CORN (FROZEN BEANS)

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
63 cal	13 g	2 g	1 g	1 mg	220 mg	26 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BACON,RAW	12 oz		
BACON FAT,RENDERED	1-3/4 oz	1/4 cup 1/3 tbsp	
ONIONS,FRESH,SLICED	1 lbs	1 qts	1-1/8 lbs
BEANS,GREEN,FROZEN,CUT	12 lbs	2 gal 3 qts	
SALT	5/8 oz	1 tbsp	
WATER	6-1/4 lbs	3 qts	
PEPPER,RED,GROUND	<1/16th oz	1/8 tsp	
CORN,CANNED,CREAM STYLE	10-1/8 lbs	1 gal 1/2 qts	

Method

- 1 Cook bacon until partially done. Drain fat; set aside 1/4 cup of bacon fat for use in Step 2; set aside bacon for use in Step 4.
- 2 Saute onions in bacon fat until tender.
- 3 Cook green beans 5 minutes. Drain beans and reserve liquid.
- 4 Combine beans, bacon, onions, red pepper and corn. Combine reserved liquid and water to equal 2-1/2 qts per 100 portions. Add bean and vegetable mixture to liquid; cover and continue cooking 10 minutes. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
- 5 Serve with cooking liquid. CCP: Hold at 140 F. or higher for service.