

BEAN COMBO

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
113 cal	17 g	4 g	4 g	0 mg	83 mg	53 mg

Ingredient

BEANS, GREEN, FROZEN, FRENCH STYLE
 BEANS, LIMA, FROZEN
 CARROTS, FROZEN, SLICED
 MARGARINE, MELTED
 RESERVED LIQUID

Weight

15 lbs
 7-1/2 lbs
 7-1/2 lbs
 1 lbs
 1-5/8 lbs

Measure

3 gal 1-3/4 qts
 1 gal 1-1/4 qts
 1 gal 2-5/8 qts
 2 cup
 3 cup

Issue**Method**

- 1 Cook green beans for 5 to 8 minutes, lima beans for 6 to 12 minutes and carrots for 10 to 13 minutes.
- 2 Drain; reserve liquid for use in Step 3.
- 3 Combine cooked vegetables; toss lightly; place in steam table pans. Combine melted butter and reserved cooking liquid. Pour an equal quantity over each pan.
- 4 CCP: Vegetables must be heated to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.