

**BEANS, FRENCH STYLE CUT (FROZEN)**

**Yield** 100

**Portion** 3/4 Cup

<b>Calories</b>	<b>Carbohydrates</b>	<b>Protein</b>	<b>Fat</b>	<b>Cholesterol</b>	<b>Sodium</b>	<b>Calcium</b>
36 cal	8 g	2 g	0 g	0 mg	76 mg	47 mg

**Ingredient**

WATER  
 SALT  
 BEANS, GREEN, FROZEN, FRENCH STYLE

**Weight**

18-3/4 lbs  
 5/8 oz  
 24 lbs

**Measure**

2 gal 1 qts  
 1 tbsp  
 5 gal 2 qts

**Issue**

**Method**

- 1 Bring water to a boil in a steam-jacketed kettle or stock pot.
- 2 Add salt.
- 3 Add beans; stir well.
- 4 Return to a boil; cover. Cook beans 5 to 8 minutes.
- 5 Place beans in serving pan. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.