

**BEANS, WAX (FROZEN)**

Yield 100

Portion 3/4 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
30 cal	7 g	2 g	0 g	0 mg	82 mg	55 mg

**Ingredient**

WATER  
SALT  
BEANS,WAX,FROZEN

**Weight**

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

**Measure**

2 gal 1 qts  
1 tbsp

**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.