



# Green Beans With Potatoes and Smoked Turkey

## USDA Recipe for CACFP

Green Beans with Potatoes and Smoked Turkey consists of frozen green beans and smoked turkey combined with onions and fresh red potatoes.

### CACFP CREDITING INFORMATION

$\frac{1}{3}$  cup (3 fl oz spoodle) provides 0.5 oz equivalent meat and  $\frac{1}{4}$  cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey legs, smoked, deboned	14 oz	2 cups	1 lb 12 oz	1 qt	<b>1</b> Remove turkey meat from bone.
Water		2 qt		1 gal	
*Red potatoes, fresh, unpeeled, diced $\frac{1}{2}$ "	1 lb	1 qt 2 Tbsp 2 tsp	2 lb	2 qt $\frac{1}{4}$ cup 1 Tbsp 1 tsp	<b>2</b> In a large stock pot, add turkey, water, potatoes, margarine, onions, garlic, thyme, pepper, and onion powder. Cook uncovered over medium-high heat for 8 minutes. Stir well. About half of the water will remain in the pot, while the rest will cook away.
Margarine, trans fat-free	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup	
*Fresh onions, diced	8 oz	1 $\frac{1}{2}$ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, minced		2 Tbsp	3 oz	¼ cup	
Thyme, ground		¼ tsp		½ tsp	
Pepper, black or white, ground		½ tsp		1 tsp	
Onion powder		½ tsp		1 tsp	
Green beans, frozen, thawed, drained	2 lb 12 oz	2 qt 3 Tbsp ¾ tsp	5 lb 8 oz	1 gal ¼ cup 2 Tbsp 1 ½ tsp	<b>3</b> Add green beans. Cook uncovered over medium heat for 10–15 minutes. DO NOT OVERCOOK. Green beans should be bright green.
					<b>4</b> Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					<b>5</b> Pour 2 qt 3 cups (about 5 lb 6 ½ oz) green bean, potato, and turkey mixture into a large steam table pan (12" x 20" x 2 ½").  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>6</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>7</b> Portion with 3 fl oz spoodle ( ⅓ cup).





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**NUTRITION INFORMATION**

for ⅓ cup (3 fl oz/spoodle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>75</b>

<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	13 mg
<b>Sodium</b>	<b>180 mg</b>
<b>Total Carbohydrate</b>	<b>7 g</b>
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	1 IU
Calcium	30 mg
Iron	1 mg
Potassium	212 mg

N/A=data not available

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Mature onions	10 oz	1 lb 4 oz
Red potatoes	1 lb 1 oz	2 lb 2 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
About 5 lb 6 ½ oz	About 10 lb 13 oz
About 2 qt 3 cups/1 steam table pan (12" x 20" x 2 ½")	About 1 gal 1 qt 1 ⅔ cups/2 steam table pans (12" x 20" x 2 ½")

