



Green Beans With Potatoes and Smoked Turkey USDA Recipe for Schools

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

NSLP/SBP CREDITING INFORMATION

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

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Turkey legs, smoked, deboned	1 lb 12 oz	1 qt	3 lb 8 oz	2 qt	<ol style="list-style-type: none"> 1 Remove turkey meat from bone. 2 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.
Water		1 gal		2 gal	
*Fresh red potatoes, unpeeled, diced $\frac{1}{2}$ "	2 lb	2 qt $\frac{1}{4}$ cup 1 Tbsp 1 tsp	4 lb	1 gal $\frac{1}{2}$ cup 2 Tbsp 2 tsp	
Margarine, trans-fat free	4 oz	$\frac{1}{2}$ cup	8 oz	1 cup	
*Fresh onions, diced	1 lb	3 cups 2 Tbsp	2 lb	1 qt 2 $\frac{1}{4}$ cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, minced	3 oz	¼ cup	6 oz	½ cup	
Thyme, ground		½ tsp		1 tsp	
Pepper, black or white pepper, ground		1 tsp		2 tsp	
Onion powder		1 tsp		2 tsp	
Green beans, frozen, thawed, drained	5 lb 8 oz	1 gal ¼ cup 2 Tbsp 1 ½ tsp	11 lb	2 gal ¾ cup 1 Tbsp	3 Add green beans. Cook uncovered over medium heat for 10–15 minutes. DO NOT OVERCOOK. Green beans should be bright green.
					4 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					5 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 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6 Critical Control Point: Hold for hot service at 135 °F or higher.
					7 Portion with 3 fl oz spoodle (⅓ cup).



NUTRITION INFORMATION

For 1/2 cup (3 fl oz spoodle).

NUTRIENTS	AMOUNT
Calories	75
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	13 mg
Sodium	180 mg
Total Carbohydrate	7 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	6 g
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

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Red potatoes	2 lb 2 oz	4 lb 4 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

50 Servings	100 Servings
About 10 lb 13 oz	About 21 lb 10 oz
About 1 gal 1 qt 1 2/3 cups/2 steam table pans (12" x 20" x 2 1/2")	About 2 gal 2 qt 3 1/4 cups/4 steam table pans (12" x 20" x 2 1/2")