

Bean & Leek Cassoulet

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 2 (1/2 hotel pan)

24 Servings

Ingredients	Qty	Measure
Great Northern beans (dry)	1	lb
Carrots	1	lb
New potatoes	2 ½	lb
Leeks	8	oz
Onion (medium chopped)	1	Cup
Fresh garlic	¼	Cup
Frozen mixed vegetables	8	oz
Salt	1	tsp
Pepper	1	tsp
Biscuits		
Self-rising flour	4	Cups
Vegetable shortening	12	Tbsp
Soy milk	3	Cups

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sauté leeks, onions, carrots and garlic.
2. Add potatoes and mixed vegetables to the sauteed vegetables.
3. Add enough water to cover while cooking vegetables until tender.
4. Add cooked great northern beans with juice.
5. Divide into two ½ hotel pans, top with biscuits.
Bake at 400 degrees until golden brown.
6. Brush with Earth Balance.

Biscuits:

1. Blend flour and shortening to form pea-sized lumps.
2. Add milk and blend slightly.
3. Roll out, not too thin.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

6oz. of bean mixture, making sure 1 biscuit is on top. Garnish with fresh chopped parsley.

Nutrition Information *From USDA Nutrient Database

Calories: 201 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 33g Protein: 6g Sodium: 171mg
Vitamin A: 12% Vitamin C: 25% Calcium: 7% Iron: 11%