

SALADS, SALAD DRESSINGS, AND RELISHES No.M 045 00

THREE BEAN SALAD

Yield 100

Portion 1/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
120 cal	15 g	2 g	7 g	0 mg	366 mg	16 mg

Ingredient

BEANS,KIDNEY,DARK RED,CANNED,DRAINED
 BEANS,WAX,CANNED,DRAINED
 BEANS,GREEN,CANNED,DRAINED
 ONIONS,FRESH,SLICED
 SUGAR,GRANULATED
 VINEGAR,DISTILLED
 OIL,SALAD
 SALT
 PEPPER,BLACK,GROUND

Weight

4-2/3 lbs
 3-5/8 lbs
 3-5/8 lbs
 1 lbs
 2 lbs
 3-1/8 lbs
 1-1/2 lbs
 1-7/8 oz
 1/8 oz

Measure

3 qts
 3 qts
 3 qts
 3-3/4 cup
 1 qts 1/2 cup
 1 qts 2 cup
 3 cup
 3 tbsp
 1/3 tsp

Issue

1 lbs

Method

- 1 Drain all beans. Rinse kidney beans with cool water; drain.
- 2 Combine beans and onions. Set aside for use in Step 4.
- 3 Combine sugar, vinegar, salad oil or olive oil, salt, and pepper; whip or shake thoroughly.
- 4 Add dressing; blend well.
- 5 Cover; refrigerate at least 6 hours until flavors are well blended. Keep refrigerated until ready to serve. CCP: Hold for service at 41 F. or lower.