

# Garden Bean Cassoulet

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 2 (1/2 HOTEL PAN) 24 SERVINGS OR 96 SERVINGS (4 (1/2 HOTEL PANS))

<b>Cassoulet Ingredients:</b>	<b>24 servings</b>	<b>96 servings</b>
Great Northern beans (dry)	1 lb.	4 lbs
Water	8 cups	16 cups
Carrots (medium chop)	1 lb.	4 lbs.
New potatoes (medium chop)	2 ½ lbs.	10 lbs.
Onion (medium chopped)	1 cup	4 cups
Fresh garlic, minced	¼ cup	1 cup
Frozen mixed vegetables	8 oz	32 oz
salt	1 tsp	4 tsp
pepper	1 tsp	4 tsp
<b>Biscuit Ingredients:</b>		
All Purpose Flour	4 cups	16 cups
Baking powder	2 tbsp.	8 tbsp.
Vegetable Shortening	1/2 cup	8 cups
Water	1.5 – 2 cups	6-8 cups

## Preparation

1. Chop carrots, onions and potatoes.
2. Cook Great Northern Beans in 2 cups of water per pound of beans so that beans are covered.
2. Sauté onions, carrots and garlic.
3. Add chopped potatoes and mixed vegetables to the sauteed vegetables.
4. Add enough water to cover while cooking vegetables until tender.
4. Add cooked great northern beans with all of the bean juice.
5. For 96 servings, divide into four ½ hotel pans, top with biscuits. Bake at 400 degrees until golden brown.
6. Brush with non-dairy margarine.

Biscuits:

1. Blend flour and shortening to form pea-sized lumps.
2. Add water and blend slightly. Be careful adding water you only want the dough sticky, not runny, as the dough should sticky!
3. Knead a few times, and round up into a soft dough. Do Not Over Mix! Roll dough out to about half of an inch, make sure not too thin.
4. Place raw biscuits on top of potato vegetable mixture. Make sure there is enough liquid in vegetable mixture, because some of the liquid will be soaked up by the biscuits. Bake 400 degrees for 10 – 15 minutes or until biscuits are done. You might have to lift a couple up and make sure of the doneness. Because of the liquid sometimes it may take a few more minutes.

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%

Alternative:

For 24 serving size, add 8 oz leeks.

Alternatives: If fresh garlic is not available substitute ½ cup of garlic powder with ½ cup minced fresh garlic.