

# Green Beans & Carrots

ADAPTED FROM CHEF JOHN MERCER  
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS



**THE HUMANE SOCIETY**  
OF THE UNITED STATES

## Process # 2 – Same Day Service

### YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Green Beans, fresh, trimmed	10 lbs.		20 lbs.	
Carrots, fresh, julienned	1 lb. 4 oz.		2 lb. 8 oz.	
Oil, olive or cooking		½ cup		1 cup
Salt		1 Tbsp.		2 Tbsp.
Black Pepper, ground		1 tsp		2 tsp
Garlic, granulated		1 tsp		2 tsp

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

HACCP- Standard Operating Procedure- Wash all produce before starting this recipe.

## Preparation

1. Rinse beans in large colander.
2. Distribute beans and carrots evenly in steamtable pans (½ pan size).
3. Steam uncovered for 5-7 minutes until bright green and al dente.
4. Chill beans completely in ice bath.
5. Combine oil and seasonings with whisk.
6. In a large bowl, combine green beans, carrots, and seasoned oil. Mix thoroughly.
7. Transfer to appropriate serving pans and serve cool.

HACCP Critical Control Point: Hold at 40°F or below.



## Serving Information

Use a 4 ounce spoodle or portion approximately 15 beans with tongs, to provide ½ cup other vegetable serving.

## Nutrition Information \* From USDA Nutrient Database

Calories: 68 Total Fat: 5g Saturated Fat: 1g Carbohydrate: 6g (2g Fiber) Protein: 1.5g Sodium: 11mg