

Wonderful White Beans & Greens with Rice



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM CHAPEL HILL-CARRBORO CITY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

Process # 2 – Same Day Service

YIELD:

50 Servings

100 Servings

Ingredients	Weight	Measure	Weight	Measure
Turnip greens, raw, chopped (thick stems removed) OR Turnip greens, frozen, chopped leaves	7 lbs. 12 oz. OR 5 lbs. 4 oz.		15 lbs. 8 oz. OR 10 lbs. 8 oz.	
Great northern beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Brown rice, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		¾ cup		1 ½ cups
Cajun seasoning OR Scratch seasoning:		3 Tbsp.		3/8 cup
Salt		2 tsp.		1 Tbsp. + 1 tsp.
Garlic powder		2 tsp.		1 Tbsp. + 1 tsp.
Paprika		1 Tbsp.		2 Tbsp.
Black pepper		1 tsp.		2 tsp.
Onion powder		1 tsp.		2 tsp.
Cayenne pepper		1 tsp.		2 tsp.
Thyme, dried		1 tsp.		2 tsp.
Oregano, dried		1 tsp.		2 tsp.
Tomatoes, canned, diced		1 ½ quarts + 1 cup		3 quarts + 1 pint
Water		3 cups		1 ½ quarts
Balsamic vinegar		½ cup		1 cup
Soy sauce, reduced sodium		½ cup		1 cup

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

Preparation

1. Prepare rice by combining with water and cook in steamer or oven. Fluff. Place in warmer until service.
2. Heat oil in tilt skillet or steam jacketed kettle.
3. Add the chopped turnip greens and seasoning to skillet, stir and allow greens to wilt for about 3 minutes.



Wonderful White Beans & Greens with Rice



THE HUMANE SOCIETY
OF THE UNITED STATES

ADAPTED FROM CHAPEL HILL-CARRBORO CITY SCHOOLS
HEALTHY, DELICIOUS, MEAT-FREE RECIPE FOR K-12 SCHOOLS

3. Add beans, tomatoes, water, balsamic vinegar, and soy sauce to greens. Reduce heat and simmer for about 15 minutes until mixture reaches 140°F for 15 seconds and greens are tender.

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

Kathy Milani/The HSUS

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

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

Serving Information

Plate ½ cup (4 ounce spoodle or #8 scoop) beans and greens over 1 cup (8 ounce spoodle or 2-#8 scoops) rice. Each 1 ½ cup serving provides 2 meat/meat alternates, 2 ounce grain equivalents, and ¼ dark green vegetable.

Nutrition Information

 *From USDA Nutrient Database

Calories: 410 Total Fat: 6g Saturated Fat: 1g Carbohydrate: 75g (12g fiber) Protein: 16g Sodium: 367mg