



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Three Bean Salad

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Canned low-sodium kidney beans, chilled, drained	1 lb 2 oz	1 1/2 cups 1 Tbsp (1/4 No. 10 can)	2 lb 4 oz	3 cups 2 Tbsp (1/2 No. 10 can)
Canned low-sodium wax beans, chilled, drained	15 oz	2 3/4 cups (1/4 No. 10 can)	1 lb 14 oz 1 qt 1 1/2 cups (1/2 No. 10 can)	
Canned low-sodium canned cut green beans, chilled, drained	2 lb 5 1/2 oz	1 qt 3 1/2 cups (2/3 No. 10 can)	4 lb 11 oz 1 gal (1 1/4 No. 10 cans)	
*Fresh white or red onions, chopped	3 oz	1/2 cup	6 oz	1 cup
*Fresh green peppers, chilled, chipped (optional)	6 1/2 oz	1 1/4 cups	13 oz	2 1/2 cups
Vegetable oil		2/3 cup		1 1/3 cups
White vinegar		2/3 cup		1 1/3 cups
Sugar	2 1/4 oz	1/3 cup	4 1/2 oz	2/3 cup
Dried basil		1 Tbsp		2 Tbsp
Ground black or white pepper		1 tsp		2 tsp
Granulated garlic		1 tsp		2 tsp

Directions

1. Rinse kidney beans in cold water and drain well.
2. Combine kidney beans, wax beans, green beans, onions, and green peppers (optional).
3. Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix until well blended.
4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 5 lb 12 1/2 oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
5. CCP: Cool to 41° F or lower within 4 hours. Refrigerate until ready to serve.
6. Mix lightly before serving. Portion with No. 16 scoop (1/4 cup).

Notes

Comments:

*See Marketing Guide.

A new nutrient analysis will be coming.

Updated July 2014. Restandardization in progress.

My Notes

Source: USDA Recipes for Schools

Nutrition Information

Nutrients	Amount	Meal Components
Calories	47	Vegetables
Total Fat	3 g	Other 1/4 cup
Saturated Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	0 mg	
Sodium	110 mg	
Total Carbohydrate	5 g	
Dietary Fiber	1 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	N/A	
Calcium	13 mg	
Iron	0 mg	
Potassium	N/A	
N/A - data is not available		