

Sauteed Green Beans

Q-101-54
Vegetables

Color Code: Green
Sodium: Moderate

Yield: 100 Portions
Each Portion: $\frac{3}{4}$ cup (3 oz)
Temperature: 350°F
(177°C)
Time: 12 - 14 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	2- $\frac{1}{4}$ cup	1 lb 1 oz	
GREEN BEANS, TRIMMED	10 gal + 2 cup	21 lb 10 oz	24 lb 10 oz
SALT	2 tbsp + 2 tsp	1- $\frac{3}{4}$ oz	
PEPPER, BLACK, GROUND	1 tsp	0.07 oz	

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Trim green beans.
2. Preheat griddle to 350°F (177°C).
3. Heat oil on griddle.
4. Add beans, salt and pepper. Toss thoroughly to evenly distribute spices.

5. Cook beans for 12 to 14 minutes, tossing occasionally. Beans should be tender and lightly browned. CCP: Internal temperature must reach 135°F (57°C).
6. Serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. This recipe was assembled utilizing batch preparation methods in accordance with equipment and procedures listed. Adjustments may need to be made at your facilities based on available space and equipment.
2. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	73
Carbohydrates	7 g
Sugars*	3 g
Protein	2 g
Fat	5 g
Saturated Fat	0.4 g
Sodium	198 mg
Calcium	37 mg
Fiber	2.7 g



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