



Italian "Try Me" Beans



Vegetable

HACCP Process Category 2

USDA Foods Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Kidney beans, canned, low sodium 	4 #10 can				<ol style="list-style-type: none"> 1. Drain beans and rinse well. Reserve liquid. 2. Add onions and celery flakes and oil. 3. Take liquid from beans and add water to make one gallon. Combine parsley, thyme, oregano, salt, pepper, sugar, tomato paste, garlic powder, and basil together. 4. Bring mixture to a boil for 5 minutes. 5. Pour liquid mixture over the beans and place in steam table pans. 6. Sprinkle with parmesan cheese. 7. Bake at 325° for 45 minutes.
Onions, minced, dry		1 cup			
Celery flakes		1 cup			
Vegetable oil		½ cup			
Parsley, dried		2/3 cup			
Thyme, dried		1 tsp			
Oregano, dried, ground		2 tsp			
Salt		3 tsp			
Black pepper, ground		1 tsp			
Sugar		2 tsp			
Tomato Paste, canned, low-sodium 		2 qt, 2 cup			

Garlic powder		1 Tbsp			<p>CCP: Heat to 135° for 15 seconds. CCP: Hold the beans at 135° or higher for hot service</p>
Basil		2 tsp			
Parmesan cheese, grated		2 cup			
					

Serving Size	1 Serving Provides	Yield
2/3 cup	½ serving of beans/legumes	4 gallons

Nutrients Per Serving

Calories	135	Sodium	225 mg	Vitamin A	413.2 IU
Total Fat	2.69 g	Carbohydrates	22.91 g	Vitamin C	5.83 mg
Saturated Fat	0.68 g	Dietary Fiber	5.15 g	Calcium	55.5 mg
Trans Fat	0 g	Protein	7.99 g	Iron	1.51 mg
Cholesterol	2.40 mg	Calories from Total Fat	17.95 %	Calories from Saturated Fat	4.50 %

This recipe utilizing USDA Foods was developed by Chef Dee Dee Olson as part of a USDA Team Nutrition grant in 2014.

