

Green Beans in Cheese Sauce

Meat/Meat Alternate-Vegetable

Vegetables

I-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Instant nonfat dry milk, reconstituted		1 ½ cups		3 cups	1. Combine milk, cheese, margarine or butter, onion powder, granulated garlic, dry mustard, thyme, and pepper. Stir over medium heat until cheese is melted and mixture is smooth, approximately 15 minutes.
Cheese blend of American and skim milk cheeses, shredded	1 lb 9 ½ oz	1 qt 2 ½ cups	3 lb 3 oz	3 qt 1 cup	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	
Onion powder		1 tsp		2 tsp	
Granulated garlic		1 tsp		2 tsp	
Dry mustard		1 tsp		2 tsp	
Dried thyme		½ tsp		1 tsp	
Ground black or white pepper		1 tsp		2 tsp	
Canned cut green beans, drained	4 lb 9 oz	1 gal ¼ cup (1 ¼ No. 10 cans)	9 lb 2 oz	2 gal ½ cups (2 ½ No. 10 cans)	2. Add green beans and stir gently. Cook over low heat.
					CCP: Heat to 135° F or higher.
					3. Pour approximately 6 lb 8 oz (3 qt 2 cups) into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					4. CCP: Hold for hot service at 135° F or higher.
					Portion with No. 16 scoop (¼ cup).

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ½ oz equivalent meat/meat alternate and ¼ cup of vegetable.	50 Servings: 1 steamtable pan	50 Servings: about 3 quarts 2 cups
	100 Servings: 2 steamtable pans	100 Servings: about 1 gallon 3 quarts

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Nutrients Per Serving					
Calories	56	Saturated Fat	1.73 g	Iron	0.41 mg
Protein	4.38 g	Cholesterol	8 mg	Calcium	123 mg
Carbohydrate	3.41 g	Vitamin A	318 IU	Sodium	327 mg
Total Fat	3.00 g	Vitamin C	1.9 mg	Dietary Fiber	0.8 g