

Three Bean Salad

Vegetable

Salads and Salad Dressings

E-11

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, chilled, drained	1 lb 2 oz	1 ½ cups 1 Tbsp (¼ No. 10 can)	2 lb 4 oz	3 cups 2 Tbsp (½ No. 10 can)	1. Rinse kidney beans in cold water and drain well.
Canned wax beans, chilled, drained	15 oz	2 ¾ cups (¼ No. 10 can)	1 lb 14 oz	1 qt 1 ½ cups (½ No. 10 can)	2. Combine kidney beans, wax beans, green beans, onions, and green peppers (optional).
Canned cut green beans, chilled, drained	2 lb 5 ½ oz	1 qt 3 ½ cups (⅔ No. 10 can)	4 lb 11 oz	1 gal (1 ¼ No. 10 cans)	
*Fresh white or red onions, chopped	3 oz	½ cup	6 oz	1 cup	
*Fresh green peppers, chilled, chopped (optional)	6 ½ oz	1 ¼ cups	13 oz	2 ½ cups	
Vegetable oil		¾ cup		1 ½ cups	3. Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix until well blended.
White vinegar		¾ cup		1 ½ cups	
Sugar	2 ¼ oz	⅓ cup	4 ½ oz	¾ cup	
Dried basil		1 Tbsp		2 Tbsp	
Ground black or white pepper		1 tsp		2 tsp	
Granulated garlic		1 tsp		2 tsp	
					4. Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 5 lb 12 ½ oz (approximately 3 qt 1 cup) into each shallow pan (12" x 20" x 2 ½") 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 (¼ cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	4 oz	8 oz
Green peppers	9 oz	1 lb 2 oz

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SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	50 Servings: about 5 lb 12 ½ oz	50 Servings: about 3 quarts 1 cup 1 pan
	100 Servings: about 11 lb 9 oz	100 Servings: about 1 gallon 2 ½ quarts 2 pans

Edited 2004

Nutrients Per Serving					
Calories	47	Saturated Fat	0.42 g	Iron	0.45 mg
Protein	0.93 g	Cholesterol	0 mg	Calcium	13 mg
Carbohydrate	4.56 g	Vitamin A	92 IU	Sodium	110 mg
Total Fat	2.99 g	Vitamin C	1.6 mg	Dietary Fiber	1.0 g