

Wonderful White Beans & Greens

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Turnip greens, raw, chopped (thick stems removed) OR Turnip greens, frozen, chopped leaves	7 lbs. 12 oz. OR 5 lbs. 4 oz.		15 lbs. 8 oz. OR 10 lbs. 8 oz.	
Great northern beans, canned, drained		1 ½ gallons + 1 cup		3 gallons + 1 pint
Brown rice, dry	6 lbs. 4 oz.		12 lbs. 8 oz.	
Oil, olive or vegetable		¾ cup		1 ½ cups
Cajun seasoning OR Scratch seasoning:		3 Tbsp.		3/8 cup
Salt		2 tsp.		1 Tbsp. + 1 tsp.
Garlic powder		2 tsp.		1 Tbsp. + 1 tsp.
Paprika		1 Tbsp.		2 Tbsp.
Black pepper		1 tsp.		2 tsp.
Onion powder		1 tsp.		2 tsp.
Cayenne pepper		1 tsp.		2 tsp.
Thyme, dried		1 tsp.		2 tsp.
Oregano, dried		1 tsp.		2 tsp.
Tomatoes, canned, diced		1 ½ quarts + 1 cup		3 quarts + 1 pint
Water		3 cups		1 ½ quarts
Balsamic vinegar		½ cup		1 cup
Soy sauce, reduced sodium		½ cup		1 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.



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Continued

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Preparation

1. Prepare rice by combining with water and cook in steamer or oven. Fluff. Place in warmer until service.
2. Heat oil in tilt skillet or steam jacketed kettle.
3. Add the chopped turnip greens and seasoning to skillet, stir and allow greens to wilt for about 3 minutes.
4. Add beans, tomatoes, water, balsamic vinegar, and soy sauce to greens. Reduce heat and simmer for about 15 minutes until mixture reaches 140°F for 15 seconds and greens are tender.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher

Serving Information

Plate $\frac{1}{2}$ cup beans and greens over 1 cup rice.

Each 1 $\frac{1}{2}$ cup serving provides 2 meat/meat alternates, 2 ounce grain equivalents, and $\frac{1}{4}$ dark green vegetable.

OR

Portion $\frac{1}{4}$ cup beans and greens over $\frac{1}{2}$ cup rice.

Each serving provides 1 meat/meat alternate, 1 ounce equivalent grains and $\frac{1}{8}$ cup vegetable serving.

Nutrition Information per 2 m/ma and 2 oz. grain equivalent *From USDA Nutrient Database

Calories: 383 Total Fat: 5g Saturated Fat: 1g Monounsaturated Fat: 3g Polyunsaturated Fat: 1g Trans Fat: 0g

Cholesterol: 0mg Carbohydrate: 71g Fiber: 11g Total Sugar: 3g Protein: 15g Sodium: 442mg Vitamin A:

247 μ g Vitamin C: 14mg Calcium: 181mg Iron: 5mg Folate: 100 μ g

