

Cookbook for MARTIN PRIMARY

Created by HPS Menu Planner

Table of Contents

Baked Beans

Bacon Green Beans

Ranch Green Beans

Baked Sweet Potatoes

Mashed Potatoes

Baked Beans

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 150.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15297 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---------------------------------|-------------|----------------------|------------|
| BEAN & PORK XFCY 6-10 SHOWBOAT | 6 #10 CAN | Drain Well | 179903 |
| SAUCE BBQ SWEET 6-80FLZ SWTBRAY | 80 Ounce | ADD TO MIXTURE | 212071 |
| brown sugar | 2 Pound | READY_TO_EAT | |
| SALSA 103Z 6-10 REDG | 1 #10 CAN | READY_TO_EAT None | 452841 |

Preparation Instructions

Open pork and beans, drain well. Add bbq sauce, brown sugar and salsa. Mix well. Put into pans. Bake in the oven on 350 degrees for 30 minutes.

CCP: Heat to 165 degrees for at least 15 seconds.

Place on serving line or place into hot holding unit.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.11 |
| OtherVeg | 0.00 |
| Legumes | 0.50 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 150.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 149.69 | | |
| Fat | 1.55g | | |
| SaturatedFat | 0.52g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 745.73mg | | |
| Carbohydrates | 28.72g | | |
| Fiber | 5.17g | | |
| Sugar | 10.99g | | |
| Protein | 6.21g | | |
| Vitamin A | 81.47IU | Vitamin C | 0.92mg |
| Calcium | 49.17mg | Iron | 1.96mg |

Bacon Green Beans

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 96.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15312 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------|--------------|----------------------|------------|
| Green Beans cnd | 4 #10 CAN | Open and drain well. | 100307 |
| Beef Base | 2 Tablespoon | Add to beans. | 16101 |
| BUTTER SUB 24-4Z BTRBUDS | 1 Cup | Add to beans. | 209810 |
| ONION DEHY CHPD 15 P/L | 1 Cup | Add to beans. | 263036 |
| SALT IODIZED 25 CARG | 3 Teaspoon | Add to beans. | 108286 |
| Black Pepper | 1 Teaspoon | Add to beans | 24108 |
| BACON CKD RND 192CT HRML | 1 33/100 Cup | Add to beans. | 433608 |

Preparation Instructions

Spray 2-6" pans with pan spray. Put 2 cans of green beans into each pan, add half of the remaining ingredients into each pan, plus 2 cups of water. 1 cup of water in each pan. Place into steamer for 25 minutes.

CCP: Heat to 165 degrees for 15 seconds

CCP: Hold for service at 140 degrees.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.54 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 96.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|----------|------------------|--------|
| Calories | 20.49 | | |
| Fat | 0.01g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.02mg | | |
| Sodium | 235.93mg | | |
| Carbohydrates | 4.07g | | |
| Fiber | 2.22g | | |
| Sugar | 1.12g | | |
| Protein | 1.14g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |

Calcium 0.95mg **Iron** 0.01mg

Ranch Green Beans

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 120.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15313 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|-----------------------------------|-------------|-----------------------|------------|
| BEAN GREEN CUT MXD SV LO SOD 6-10 | 5 #10 CAN | Open and drain well. | 221990 |
| DRESSING MIX RNCH 18-3.2Z HVALL | 2 Package | Mix with green beans. | 192716 |

Preparation Instructions

Spray pans with pan spray. Add green beans and ranch dressing mix. Steam for 1 hour.

CCP: Heat to 165 degrees for 15 seconds.

CCP: Hold for service at 140 degrees.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.00 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.00 |

Nutrition Facts

Servings Per Recipe: 120.00

Serving Size: 0.50 Cup

| Amount Per Serving | | | |
|----------------------|----------|------------------|--------|
| Calories | 21.56 | | |
| Fat | 0.00g | | |
| SaturatedFat | 0.00g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 421.00mg | | |
| Carbohydrates | 4.31g | | |
| Fiber | 2.16g | | |
| Sugar | 2.16g | | |
| Protein | 1.08g | | |
| Vitamin A | 0.00IU | Vitamin C | 0.00mg |
| Calcium | 32.33mg | Iron | 0.43mg |

Baked Sweet Potatoes

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 50.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15314 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|---|-------------|-----------------------------------|------------|
| Sweet Potatoes, Extra Light Syrup, canned | 2 1/8 Quart | BAKE Open cans, drain and bake | 100317 |
| brown sugar | 3/4 Cup | READY_TO_EAT | |
| cinnamon | 1 Teaspoon | READY_TO_EAT | |
| SPICE NUTMEG GRND 16Z TRDE | 1 Teaspoon | Add to mixture. | 224944 |
| MARGARINE SLD 30-1 GCHC | 1/3 Cup | Melt and add to mixture. | 733061 |

Preparation Instructions

Directions:

Place 1 lb 14 ½ (1 qt ¼ cup) sweet potatoes into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.

Place 1 lb 13 ½ oz (1 qt) apples over sweet potatoes in each pan.

Combine brown sugar, cinnamon, and nutmeg (optional).

Sprinkle 3 Tbsp sugar mixture over the apples in each pan.

Dot each pan with 2 Tbsp 2 tsp margarine.

Add 1/4 cup 2 Tbsp water per pan.

Bake: Conventional oven: 350° F for 25-30 minutes Convection oven: 300° F for 15-20 minutes. CCP not needed.

CCP: Hold 140° F or warmer. Portion with No. 16 scoop (1/4 cup).

Notes:

1: A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.00 |
| Fruit | 0.00 |
| GreenVeg | 0.00 |
| RedVeg | 0.04 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |

Starch

0.00

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 Cup

Amount Per Serving

| | | | |
|----------------------|---------|------------------|--------|
| Calories | 14.93 | | |
| Fat | 1.16g | | |
| SaturatedFat | 0.48g | | |
| Trans Fat | 0.00g | | |
| Cholesterol | 0.00mg | | |
| Sodium | 12.93mg | | |
| Carbohydrates | 1.12g | | |
| Fiber | 0.08g | | |
| Sugar | 0.65g | | |
| Protein | 0.00g | | |
| Vitamin A | 79.20IU | Vitamin C | 0.00mg |
| Calcium | 0.00mg | Iron | 0.00mg |

Mashed Potatoes

| | | | |
|----------------------|----------|-----------------------|------------------|
| Servings: | 500.00 | Category: | Vegetable |
| Serving Size: | 0.50 Cup | HACCP Process: | Same Day Service |
| Meal Type: | Lunch | Recipe ID: | R-15325 |

Ingredients

| Description | Measurement | Prep Instructions | DistPart # |
|--------------------------------------|-------------|--|------------|
| BASE CHIX LO SOD 12-1 LEGO | 2 Pound | Add to mixture. | 130869 |
| MARGARINE SLD 30-1 GCHC | 6 Package | Melt and add to mixture. | 733061 |
| BUTTER SUB 24-4Z BTRBUDS | 2 Package | Add to mixture. | 209810 |
| 1 % White Milk | 48 Ounce | Add to mixture. | |
| POTATO GRANULES W/MLK 6-5.31 GCHC | 5 Serving | 1. Pour 11.5 quarts boiling water in mixer bowl. (Optional: add butter, salt, or other ingredients.) 2. Add potatoes and mix using whip attachment. Mix on low and slowly add potatoes. Mix for one minute. Scrape bowl, whip on high until fluffy (3-5 minutes). 3. Serve. Add more boiling water to make potatoes thinner or more potatoes to make thicker. For varying quantities add 1 part potatoes to 2 parts boiling water. | 118516 |

Preparation Instructions

Split ingredients into 2 batches and mix in the mixing bowl until all ingredients are well blended. Dip into pans. Place onto serving line or put into the hot holding unit.

CCP: Heat to 165 degrees for at least 15 seconds.

SLE Components

Amount Per Serving

| | |
|-----------------|------|
| Meat | 0.00 |
| Grain | 0.02 |
| Fruit | 0.01 |
| GreenVeg | 0.00 |
| RedVeg | 0.06 |
| OtherVeg | 0.00 |
| Legumes | 0.00 |
| Starch | 0.01 |

Nutrition Facts

Servings Per Recipe: 500.00

Serving Size: 0.50 Cup

| | |
|---------------------------|---------|
| Amount Per Serving | |
| Calories | 8.39 |
| Fat | 0.31g |
| SaturatedFat | 0.07g |
| Trans Fat | 0.00g |
| Cholesterol | 1.66mg |
| Sodium | 43.03mg |
| Carbohydrates | 1.09g |
| Fiber | 0.02g |
| Sugar | 0.43g |

| | | | |
|------------------|--------|------------------|--------|
| Protein | 0.41g | | |
| Vitamin A | 9.12IU | Vitamin C | 0.02mg |
| Calcium | 0.47mg | Iron | 0.00mg |