



Green Beans with Potatoes and Smoked Turkey

Green Beans with Potatoes and Smoked Turkey is an excellent side dish with a smoky flavor that pairs frozen green beans, potatoes, and onions with smoked turkey.

CACFP Adult Portion Crediting Information

$\frac{3}{4}$ cup (6 oz slotted spoodle) provides $\frac{1}{2}$ cup vegetable ($\frac{1}{2}$ cup other vegetable), and 1 oz equivalent meat.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Smoked turkey drumsticks, deboned, shredded	1 lb 12 oz	1 qt	3 lb 8 oz	2 qt	<ol style="list-style-type: none"> Shred turkey meat into small pieces. In a large stock pot, add turkey, water, potatoes, margarine, onions, garlic, thyme, pepper, and onion powder. Cook uncovered over medium heat for 16 minutes. Stir well. About half of water (about 1 qt 2 cups) will remain in the pot while the rest will cook away.
Water		2 qt		1 gal	
*Fresh red potatoes, unpeeled, diced $\frac{1}{2}$ "	1 lb	1 qt $\frac{1}{8}$ cup	2 lb	2 qt $\frac{1}{4}$ cup	
Margarine, trans fat-free	2 oz	$\frac{1}{4}$ cup	4 oz	$\frac{1}{2}$ cup	
*Fresh onions, chopped	12 oz	3 $\frac{1}{2}$ cups	1 lb 8 oz	1 qt 3 cups	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic, minced		2 Tbsp	3 oz	¼ cup	
Ground thyme		¼ tsp		½ tsp	
Ground black or white pepper		½ tsp		1 tsp	
Onion powder		½ tsp		1 tsp	
Frozen green beans, thawed, drained	3 lb 12 oz	1 gal	7 lb 8 oz	2 gal	<p>3 Add green beans. Cook uncovered over medium heat for 10-15 minutes. DO NOT OVERCOOK. Green beans should be bright green.</p>
					<p>4 Drain excess liquid (up to 1 qt 2 cups per batch of 25).</p>
					<p>5 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>6 Pour 9 lb 2 oz (1 gal 2 cups) green bean, potato, and turkey mixture into a large steam table pan (12" x 20" x 2 ½"). For 25 servings use 1 pan. For 50 servings use 2 pans</p>
					<p>7 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>8 Serve ¾ cup (portion with 6 oz slotted spoodle).</p>

NUTRITION INFORMATION

For ¾ cup (6 oz slotted spoodle)

NUTRIENTS	AMOUNT
Calories	113
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	27 mg
Sodium	337 mg
Total Carbohydrate	8 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	10 g
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Vitamin A	13 mcg RAE
Vitamin C	5 mg
Vitamin D	11 IU
Calcium	43 mg
Iron	1 mg
Potassium	289 mg
N/A= data not available	

MARKETING GUIDE		
Food as Purchased for	25 Servings	50 Servings
Fresh red potatoes	1 lb 1 oz	2 lb 2 oz
Fresh Onion	14 oz	1 lb 12 oz

NOTES
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.
Cooking Process #2: Same Day Service.

YIELD/VOLUME	
25 Servings	50 Servings
About 9 lb 2 oz	About 18 lb 4 oz
About 1 gal 2 cups/1 steam table pan (12" x 20" x 2 ½").	About 2 gal 1 qt/2 steam table pans (12" x 20" x 2 ½").

SOURCE:
CACFP Adult Portion Recipe Project