

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 Home Childcare Crediting Information

½ cup (No. 4 oz slotted spoodle) provides ½ cup vegetable (⅛ cup additional vegetable, ⅜ cup other vegetable), and 0.5 oz equivalent meat.



Preparation Time: 20 minutes

Cooking Time: 20 minutes

Makes: 6 servings

Ingredients

- ¾ cup or 4 oz Smoked turkey legs, deboned
- 2 cups or 16 oz Water
- 1 cup or 4 oz Fresh red potatoes, unpeeled, diced ½"
- 1 Tbsp Margarine, trans fat-free
- ½ cup or 2 oz Fresh onions, chopped
- 1 ½ tsp Garlic, minced
- ⅛ tsp Ground thyme
- ⅛ tsp Ground black or white pepper
- ⅛ tsp Onion powder
- 2 ¾ cups or 11 oz Frozen green beans, thawed, drained

Directions

- 1 Shred turkey legs into small pieces.
- 2 In a large saucepan, add turkey, water, potatoes, margarine, onions, garlic, thyme, pepper, and onion powder. Cook uncovered over medium heat for 8 minutes. Stir well. About half of water will remain in the saucepan while the rest will cook away.
- 3 Add green beans. Cook uncovered over medium heat for 10-15 minutes. **DO NOT OVERCOOK.** Green beans should be bright green in color. Drain excess liquids if needed.
- 4 **Critical Control Point:** Heat to 165 °F or higher for at least 15 seconds.
- 5 Pour green beans and turkey mixture into a medium size serving bowl.
- 6 **Critical Control Point:** Hold for hot service at 140 °F or higher.
- 7 Portion and serve with 4 oz slotted spoodle (½ cup).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 85, Protein 7 g, Carbohydrates 8 g, Dietary Fiber 2 g, Total Sugars 2 g, Total Fat 3 g, Saturated Fat 1 g, Cholesterol 16 mg, Sodium 209 mg, Vitamin A 10 mcg RAE, Vitamin C 5 mg, Vitamin D 11 IU, Calcium 32 mg, Iron 0 mg, Potassium 245 mg

