

**GREEN BEANS / WAX BEANS**

serving size = ½ cup vegetable

INGREDIENTS	NUMBER OF SERVINGS		
	12	24	36
Green (Wax) Beans, cooked and drained	1½ qt	3 qt	1 gal + 2 cups
<b>RESOURCE<sup>®</sup> THICKENUP<sup>®</sup></b> Instant Food Thickener	½ cup + 2 Tbsp	1¼ cups	1 ¾ cups + 2 Tbsp

**HOW TO PREPARE:**

1. Puree cooked, drained green beans with hot liquid until smooth in texture.
2. Add **THICKENUP<sup>®</sup>** Instant Food Thickener and process briefly until mixed. (*Scrape sides of blender or food processor bowl as needed to assure that all thickener is incorporated.*)
3. For each serving, portion #16 scoop into mold coated with non-stick cooking spray; spread evenly.
4. Place on tray; cover and freeze until solid.
5. After mixture is frozen (about 2 hours), press shapes out of the mold and place on a sheet pan or steam table pan coated with non-stick cooking spray.
6. Cover tightly with aluminum foil and/or film and heat as directed below, to 165°F.
7. Hold for service at internal temperature of 135°F or higher.  
*Successful holding (over 30 minutes) requires using a broth slurry in the bottom of the steam table pan to protect the molded food from overcooking. After heating, add ⅓ cup slurry per molded food portion in each pan. This slurry also makes acceptable gravy.*
8. Portion one molded shape per serving.

**NOTE:** Measurements of liquid and **THICKENUP<sup>®</sup>** Instant Food Thickener may be adjusted to achieve desired consistency.

	CONVENTIONAL OVEN AT 375°F	CONVECTION OVEN AT 325°F	STEAMER*
MEATS	20 to 25 minutes	15 to 20 minutes	20 minutes
VEGETABLES	20 minutes	15 minutes	15 minutes

*\*Mixture may be left in mold when heating in steamer. Place frozen mold form directly on a sheet pan. Cover with foil and/or film; steam as directed to 165°F. Invert mold over sheet pan and push to remove food shapes. Hold for service at internal temperature of 135°F or higher.*