

# Three Bean Salad

Meal Components: Vegetable

Salads, Sauces, Condiments & Dressings, E-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, drained	9 oz	1 1/2 cups (1/2 No. 2-1/2 can)	1 lb 2 oz	3 cups (1 No. 2-1/2 can)	1. Rinse kidney beans in cold water and drain well. 2. Combine kidney beans, wax beans, green beans, onions, and green pepper (optional)
Canned wax beans, drained	7 1/2 oz	1 1/2 cups (1/2 No. 2-1/2 can)	15 oz	3 cups (1 No. 2-1/2 can)	
Canned cut green beans, drained	1 lb 2 3/4 oz	3 3/4 cups (1 1/4 No. 2-1/2 cans)	2 lb 5 1/2 oz	1 qt 3 1/2 cups (2 1/2 No. 2-1/2 cans)	
*Fresh white or red onions, chopped		1/4 cup	3 oz	1/2 cup	
OR		OR		OR	
Dehydrated onions		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
*Fresh green pepper, chopped (optional)	3 1/4 oz	1/2 cup 2 Tbsp	6 1/2 oz	1 1/4 cups	
Vegetable oil		1/3 cup		2/3 cup	3. Dressing: Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix or shake in a jar until well blended.
White vinegar		1/3 cup		2/3 cup	

Dried basil	1 1/2 tsp	1 Tbsp
Ground black or white pepper	1/2 tsp	1 tsp
Granulated garlic	1/2 tsp	1 tsp

**4.** Pour dressing over beans. Toss lightly to combine and coat evenly. Spread 2 lb 14 ¼ oz (approximately 1 qt 2 ½ cups) into each pan (9" x 13" x 2"). For 25 servings, use 1 pan. For 50 servings use 2 pans.

**5.** CCP: Refrigerate within 1 hour. Hold at 40° F or colder. Cover. Refrigerate until ready to serve.

**6.** Mix lightly before serving. Portion with No. 16 scoop (¼ cup).

#### Notes

\* See Marketing Guide

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Mature onions	2 oz	4 oz
Green pepper (optional)	4 oz	8 oz

Serving	Yield	Volume
¼ cup (No. 16 scoop) provides ¼ cup of vegetable.	<b>25 Servings:</b> 2 lb 14 ¼ oz	<b>25 Servings:</b> 1 quart 2 ½ cups 1 pan
	<b>50 Servings:</b> 5 lb 12 ½ oz	
		<b>50 Servings:</b> 3 quarts 1 cup 2 pans

Nutrients Per Serving			
Calories	47	Saturated Fat	Iron
Protein	1 g	Cholesterol	Calcium 12 mg
Carbohydrate	5 g	Vitamin A	87 IU
Total Fat	3 g	Vitamin C	2 mg
			Sodium 110 mg
			Dietary Fiber 1 g