

# Green Beans, Stir Fry, Asian, Mushrooms 24-25 (TR2398) - (Teriyaki Stir Fried Green Beans & Mushrooms)

Marketing Description: Green beans and fresh sliced mushrooms cooked in a teriyaki glaze.  
 HACCP Process: Process 2: Same day service  
 Allergens: Contains Gluten, Rice, Soy, Wheat;  
 Meal Contribution: 1/2 Veg-O  
 Number of Servings: 19.00      Serving Size: 1/2 Cup  
 Moisture gain/loss%: 0.0000      Yield: 5 Pound, 1.842 Ounce  
 Waste gain/loss%: 0.0000      Fat gain/loss% : 0.0000  
 Total Recipe Cost: \$9.1892      Cost Per Serving: \$0.4836

Step #	Stock Item#	Stock Item	Stock Quantity	Cost (\$)	Ingredient	Quantity
1	610791	Beans, Green, Cut, Mixed Sieve, Grade A, Frozen, 4 lb. Bag, 6/Case , Cooked	2 Pound, 8 Ounce	3.2635	Green Beans, Regular Cut Frozen LI100267	2 Pound, 8 Ounce
2	71210	Mushrooms, Whole, Medium, 10 lbs./Case, Hardie's , As Purchased	1 Pound, 3 Ounce	3.4295	Whole Mushroom LI101079	1 Pound, 3 Ounce
3	02377	Onion, Yellow, Jumbo, 5 lbs, 6-8 Count, Hardie's , As Purchased	1/2 Each	0.4375	Onions, Raw LI101044	1/2 Each
4	393843	Oil, Canola, Liquid, No Trans Fat, 1 Gal, 6/Case , As Purchased	1 Cup	0.6567	Oil, Canola LI100313	1 Cup
5	11153	Garlic, Peeled, 5 lb Jar, Hardie's , As Purchased	1/8 Cup	0.1312	Garlic, Head, Raw, Peeled LI100637	1/8 Cup
6	513695	Spice, Ginger, Ground, 16 oz. Bottle , As Purchased	1 tablespoon	0.1798	Spices, ginger, ground 2021	1 tablespoon
7	319032	Glaze, Teriyaki, Low-Sodium, 4.9 Lb. Bottle, 6/Case , As Purchased	1 Cup	1.0910	Sauce, Teriyaki LI101124	1 Cup

**Preparation Instructions**

- 1. Mince garlic, dice onions, and slice the mushrooms.

Prepare this recipe in Braiser/Tilt Skillet OR Oven

Cooking method #1 (best quality): Braiser/Tilt Skillet

- 2. Heat oil on medium high heat

- 3. Saute onions and garlic with powdered ginger in skillet until translucent

- 4. Add sliced mushrooms to skillet and saute until browned

- 5. Mix in green beans; cook until heated through.

- 6. Turn off braiser/tilt skillet

- 7. Mix in teriyaki glaze

- 8. Transfer to hotel pans

Cooking method #2: Oven

- 2. Preheat oven to 350 F

- 3. Grease a hotel pan with oil and mix in powdered ginger. Dice the onions. Add the diced onion and garlic to the sheet pan and mix to coat with ginger oil. Bake in the oven for 5 mins until onion mix is translucent.

- 4. Slice mushrooms add stir into the onion mix to combine; cook for another 5 minutes.

- 5. Add the frozen green beans to the mushroom and onion mix and cook for another 10 minutes or until the green beans reaches the correct internal temperature.

- 6. Remove from oven.

- 7. Mix in teriyaki glaze

- 8. Transfer to hotel pans

**Serving Instructions**

- Portion 1/2 cup using a 4oz spoodle.

CCP Name	CCP Description	Critical Temperature (F)	Corrective Action
Hot Hold	Hot Holding	135.00	Discard the food if it cannot be determined how long the food temperature was below 135 °F
Reheat	Reheating	165.00	Continue reheating/heating food if the internal temperature does not reach the required temperature
Cook	Cooking	165.00	Continue cooking food until the internal temperature reaches the required temperature.

**Nutritional Information**

	Total Fat	Sat Fat	Carb	Protein	Total Sugars
<b>% of Calories</b>	78.14	5.62	27.00	4.45	16.028

**Nutrients per 100 g**

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
111.934	9.719	0.699	0.043(M)	4.138(M)	257.381 (M)	7.557	1.363(M)	4.485(M)	3.448(M)	1.245	0.286(M)	15.853 (M)	40.959 (M)	0.592(M)	0(M)	155.738 (M)	4.807(M)	0.244(M)

**Nutrients per serving (122.117 g)**

Calories (Kcal)	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Chol (mg)	Sodium (mg)	Carb (g)	Total Fiber (g)	Total Sugars (g)	Added Sugars (g)	Protein (g)	Iron (mg)	Calcium (mg)	VitA (IU)	VitC (mg)	VitD (mcg)	Potassium (mg)	Mois (g)	Ash (g)
136.69	11.868	0.853	0.053(M)	5.053(M)	314.306 (M)	9.228	1.664(M)	5.477(M)	4.211(M)	1.52	0.349(M)	19.359 (M)	50.018 (M)	0.723(M)	0(M)	190.183 (M)	5.87(M)	0.298(M)

(M) Indicates missing nutrient values.