

Three Bean Salad

Vegetable

Salads and Salad Dressings

E-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned kidney beans, drained	9 oz	1 ½ cups (½ No. 2-½ can)	1 lb 2 oz	3 cups (1 No. 2-½ 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 ½ oz	1 ½ cups (½ No. 2-½ can)	15 oz	3 cups (1 No. 2-½ can)	
Canned cut green beans, drained	1 lb 2 ¾ oz	3 ¾ cups (1 ¼ No. 2-½ cans)	2 lb 5 ½ oz	1 qt 3 ½ cups (2 ½ No. 2-½ cans)	3. Dressing: Combine vegetable oil, vinegar, sugar, basil, pepper, and granulated garlic. Mix or shake in a jar until well blended. 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).
*Fresh white or red onions, chopped OR Dehydrated onions		¼ cup OR 2 ¼ tsp	3 oz	½ cup OR 1 Tbsp 1 ½ tsp	
*Fresh green pepper, chopped (optional)	3 ¼ oz	½ cup 2 Tbsp	6 ½ oz	1 ¼ cups	
Vegetable oil		⅓ cup		⅔ cup	
White vinegar		⅓ cup		⅔ cup	
Sugar		1 Tbsp 2 tsp		⅓ cup	
Dried basil		1 ½ tsp		1 Tbsp	
Ground black or white pepper		½ tsp		1 tsp	
Granulated garlic		½ tsp		1 tsp	

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 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.	25 Servings: 2 lb 14 ¼ oz	25 Servings: 1 quart 2 ½ cups 1 pan
	50 Servings: 5 lb 12 ½ oz	50 Servings: 3 quarts 1 cup 2 pans
Edited 2014		

Nutrients Per Serving

Calories	47	Saturated Fat	0.42 g	Iron	0.43 mg
Protein	0.92 g	Cholesterol	0 mg	Calcium	12 mg
Carbohydrate	4.60 g	Vitamin A	87 IU	Sodium	110 mg
Total Fat	2.98 g	Vitamin C	1.6 mg	Dietary Fiber	0.9 g