

Firecracker Green Beans - CACFP



General Information

Recipe #	Category	Source
1756542	Vegetables 	Local

Ingredients

Name	Quantity	+ Quantity 2
Beans, snap, green, raw	1 lbs., 9 oz.	
Vegetable oil, palm kernel	2 tsp.	
Oil, sesame, salad or cooking	2 tsp.	
Sambal Oelek	3 tbsp.	
Garlic, raw	3 tbsp.	
Salt, table	1 tsp.	
Spices, pepper, black	½ tsp. ground	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. Wash green beans and trim ends off.
2. Stir fry green beans with oil and sambal in wok or saute pan. Add salt, pepper, and garlic after green beans starts to get tender. Hold hot for service.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Vegetables can be steamed from fresh, frozen or canned product. Wash, peel and cut up product into desired size pieces, if needed.

Place product in a clean perforated pan.

Vegetables can be steamed in an oven, steam kettle or steamer. To steam in an oven, place perforated pan in a 4" deep pan that contains at least 2 cups of water. Cover tightly with foil. To steam in a steamer, follow instructions for your particulate steamer. Do not add water to vegetables. To steam in a steam jacketed kettle, follow manufacturer instructions.

CCP: Heat to 135° F or higher for at least 15 seconds.

Remove product from steamer, kettle or oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.



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Serving Size	Yield
0.5 Cup	25.00

Nutrition Facts

Serving Size 0.5 Cup (32 gm)

Amount Per Serving		
Calories		16.738
		% Daily Value*
Total Fat	0.794* gm	1.222%
Saturated Fat	0.363* gm	1.814%
Trans Fat	0.000* gm	
Cholesterol	0.000* mg	
Sodium	95.581 mg	3.983%
Total	2.339* gm	0.78%
Carbohydrate		
Dietary Fiber	0.798* gm	3.193%
Total Sugars	0.935* gm	
Includes 0.000* gm of Added Sugars		
Protein	0.589 gm	1.177%
Vitamin A	9.935* mcg RAE	1.104%
Vitamin C	3.773* mg	6.289%
Vitamin D	0.000* mcg	
Calcium	12.575* mg	1.258%
Iron	0.314* mg	1.747%
Potassium	64.671 mg	1.376%

CCP: Product should be served immediately. Ensure that hot food is held at a temperature above 135° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 135 degrees must be removed from service until such time as they are reheated to 135 degrees. Any food not eaten after reheating must be discarded.

CCP: The quality of vegetables deteriorates quickly after cooking. Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Dates

Last Updated	Created
02-02-2026	02-27-2025

Saturated Fat % of Calories19.507 %

Added Sugar % of Calories0.000 %

* Indicates missing Nutrient Information.

^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Other Vegetables	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Edit Recipe