



IDDSI Level 4 Pureed Green Bean Casserole





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IDDSI LEVELS 4 5 6 7



NUTRITION

Serving Size:
1/3 cup (#12 Scoop)

Calories: 180

Total Fat: 8g

Saturated Fat: 4g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 410mg

Total Carbs: 15g

Dietary Fiber: 1g

Total Sugars: 2g

Added Sugars: 1g

Protein: 1g

Vitamin D: 0% DV

Calcium: 2% DV

Iron: 2% DV

Potassium: 2% DV

INGREDIENTS

	6 Servings	12 Servings
Recommended Pan Size	8x8 square or 1/4 steam pan	9x13 or 1/3 steam pan
Approximate Bake Time	20-30 minutes	35-45 minutes
Thick & Easy® Bulk Pureed Green Beans - IDDSI Level 4 (thawed) Item: 45076	1/2 bag (about 5 1/2 - 1/3 cup servings)	1 bag (11 - 1/3 cups serving)
Cream of Mushroom Soup	1/2 - 10.5 oz can	1 - 10.5 oz can
Salt	1/4 tsp	1/2 tsp
Black Pepper	1/4 tsp	1/2 tsp
French Fried Onions	1 1/2 cups	3 cups
Milk or Water	1-2 Tbsp	2-3 Tbsp

DIRECTIONS

1. Grind or puree French fried onions in food processor until smooth. (A small amount of milk or water may be added to achieve proper consistency.) Divide in half and set aside.
2. Combine half the onions with the thawed **Thick & Easy® Bulk Pureed Green Beans**, salt, pepper, and half the cream of mushroom soup. Stir well to combine.
3. Spread mixture into pan coated with cooking spray.
4. Evenly spread remaining half of cream of mushroom soup over top of green beans.
5. Add milk or water to remaining fried onions to achieve a smooth but spreadable consistency.
6. Spread, dollop or pipe onions on top of casserole.
7. Cover and bake at 350°F until temperature reaches 165°F.
8. Portion one #12 scoop (about 1/3 cup) per serving.