

GR-273740 · Teriyaki Stir Fried Mushrooms & Green Beans · 0.5 c · 19 servings

 Other Veg: 1/2  Soy

Garlic, raw
1/8 c

Onions, raw
2 oz

Mushrooms, white
1 1/8 lb

Oil, industrial, canola for salads, woks
and light frying
1 c

Spices, ginger, ground
1 tbsp

Beans, snap, green, canned, no salt
added, drained solids
2 1/2 lb

Teriyaki sauce
1 c

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. Sauté onions and garlic with powdered **ginger** in skillet until translucent
4. Add sliced mushrooms to skillet and sauté 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 4 oz. spoodle

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Nutrition Facts

Servings Per Container 1

Serving Size 0.5 c

Amount Per Serving

Calories **147**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 83mg **4%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **7%**

Sugars 6g

Protein 2g **3%**

Vitamin D: 0% DV • Potassium: 4% DV

Calcium: 2% DV • Vitamin A: 2% DV

Iron: 7% DV • Vitamin C: 4% DV

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