

RANCH-STYLE BLACK BEANS (CANNED)



VEGETABLES (BEANS/PEAS)

MEAL COMPONENT CONTRIBUTION:

½ cup beans/peas vegetable

NUMBER OF PORTIONS: 75 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 75 SERVINGS)
Beans, Black, Turtle, Dry, #10 Can, #2800	4 #10 can(s)
Onions, Frozen, Diced, #1610	2 cup(s)
Tomatoes, Diced, #10 Can, #2828	1 #10 can(s)
Chili Powder, #2703	1/3 cup(s)
Pepper, Black, Ground, #2718	1 1/2 teaspoon(s)
Garlic Powder, #2709	2 teaspoon(s)

DIRECTIONS

1. Drain and rinse black beans.
2. Combine onions, tomatoes, and spices.
Simmer 15 minutes.
3. Add beans.
Heat only long enough to bring to serving temperature.
Do not allow to boil.
CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Pour into serving pans. Serve immediately or cover and place in warmer until ready for service.
Portion with #8 scoop or 4 ounce spoodle per serving. Each portion provides ½ cup of beans/peas vegetables.
CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees or lower.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) foods when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if recipe is altered.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals: Preparing Dried Beans and Peas" provides seasoning and serving ideas for beans and peas.

MISCELLANEOUS NOTES

Black beans must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

Calories	158	Dietary Fiber	12.01 g	Sodium	252.63 mg	Sat. Fat	0.16 g
Carbohydrates	28.77 g	Protein	10.42 g	Total Fat	0.63 g	Trans Fat	0.00 g