

# REFRIED BEANS (CANNED)



VEGETABLES (BEANS/PEAS)

**MEAL COMPONENT CONTRIBUTION:**

½ cup beans/peas vegetable

**NUMBER OF PORTIONS:** 50 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	5 gram(s)
Refried Beans, #10 Can	2 #10 can(s)
Spice Blend MS, Southwest, No Salt, #2735	1/4 cup(s)
Salsa, Bulk, #2823	1 quart(s)
Cheese, American, Grated/Shredded, #1307	2 cup(s)

**DIRECTIONS**

- Spray a 2 ½" full size pan with pan release spray.  
Empty refried beans into pan.  
Mix in Southwest Spice Blend, then cover with aluminum foil.
- Bake in a 350 degree F oven for 1 hour and 15 minutes or until product reaches desired temperature.  
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Uncover during last 15 minutes of baking to allow browning.  
After removing from oven, top with salsa and cheese.  
Portion with #8 scoop 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 F or lower.

**PRODUCTION NOTES**

Refried 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.

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 Vegetables" provides seasoning and serving ideas for vegetables.

**NUTRIENTS PER SERVING**

Calories	142	Dietary Fiber	6.94 g	Sodium	304.90 mg	Sat. Fat	1.47 g
Carbohydrates	21.33 g	Protein	8.02 g	Total Fat	2.97 g	Trans Fat	0.00 g