

KIDNEY BEANS (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|--|----------------------------|
| Beans, Kidney, #10 Canned, Low Sodium, #2802 | 5 #10 cans + 4 1/3 cups |
| Spice Blend MS, Creole, No Salt, #2736 | 1/4 cup |
| Onion Powder, #2714 | 1 tablespoon |

DIRECTIONS

1. Open the #10 cans of beans and drain the liquid from half of the cans.
2. Pour the beans and remaining liquid into a braising pan, steam jacketed kettle, or large stock pot.
3. Add the Creole Spice Blend and onion powder to the kidney beans. Cook the beans slowly, until vegetables are tender, about 45 minutes to 1 hour. Add more water if needed.

CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations

4. You may need to drain some liquids from beans, then place the beans in serving pans. Serve the Kidney Beans immediately, or cover and place in warmer until ready for service.

CCP: Cover and hold for service at 135 degrees F or higher.

5. Portion ½ cup with #8 scoop or 4 ounce spoodle. A ½ cup portion provides 2 oz. eq. meat/meat alternate. If menued as a vegetable, ½ cup provides a ½ cup of peas/beans/legumes vegetables. Kidney beans must be counted as either a meat/meat alternate or a vegetable component and cannot be counted as meeting both components.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

PRODUCTION NOTES

Use USDA Foods products when available.

Canned or frozen vegetables may be used instead of canned. Refer to the Food Buying Guide for School Meal Programs for appropriate measurements if recipe is altered.

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

"Culinary Techniques for Healthy School Meal" provides seasoning and serving ideas for entrées.

Batch cook: Prepare only what can be served in a 30 minute period to maintain maximum quality.

MISCELLANEOUS NOTES

Yield: 100 servings = 3 gallons.

If menued as a vegetable, ½ cup provides a ½ cup of peas/beans vegetables. Kidney beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 97 | Dietary Fiber | 7.26 g | Sodium | 123.80 mg | Sat. Fat | 0.06 g |
| Carbohydrates | 17.70 g | Protein | 5.94 g | Total Fat | 0.38 g | Trans Fat | 0.00 g |