

KIDNEY BEANS (CANNED)

MEAT/MEAT ALTERNATE

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

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

DIRECTIONS

- Open #10 cans and pour into braising pan.
- Add Creole Spice Blend. Cook slowly until vegetables are tender, about ½ hour. Add more water if needed.
CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.
- Drain some liquids from beans and place in serving pans. Serve immediately or cover and place in warmer until ready for service.
- Portion ½ cup with #8 scoop or 4 ounce spoodle. A ½ cup portion provides 2 oz. eq. meat/meat alternate.
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

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	96	Dietary Fiber	7.25 g	Sodium	123.76 mg	Sat. Fat	0.06 g
Carbohydrates	17.64 g	Protein	5.94 g	Total Fat	0.38 g	Trans Fat	0.00 g