

# PINTO 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

MEAT/MEAT ALTERNATE

| INGREDIENT                                    | MEASURE (FOR 100 SERVINGS) |
|---|----------------------------|
| Beans, Pinto, Dry, Low Sodium, #10 Can, #2805 | 5 #10 cans + 7 cups        |
| Pan Release Spray, Vegetable Oil, #2514       | 10 second spray            |
| Spice Blend MS, Southwest, No Salt, #2735     | 1/2 cup                    |
| Onions, Chopped, Dehydrated, #2738            | 2 cups                     |
| Salt, Table, #2723                            | 1 tablespoon               |
| Parsley, Dried, Chopped, #2717                | 1/4 cup                    |
| Water, Municipal, Mississippi                 | 3 quarts                   |

## DIRECTIONS

1. Drain liquid from half of the cans of beans. Divide the beans between two steamtable pans (12" x 24" x 2½") that have been sprayed with pan release spray.
2. Combine all of the other ingredients and mix well. Divide the mixture between the two pans and stir gently to mix all of the ingredients.
3. Cover and bake in a 350 degrees F oven for 45 minutes to 1 hour, or until the desired temperature is reached.  
CCP: Heat to 135 degrees F or higher for 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. Serve 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 with #8 scoop (½ cup) or a 4 ounce spoodle. If served as a meat/meat alternate, each ½ cup portion provides 2 oz. eq. meat/meat alternate.  
Pinto beans must be counted as either a meat/meat alternate or a vegetable 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

If using dried beans, they may be covered with cold water and soaked overnight, drained, and then cooked.

## PURCHASING GUIDE

- Use USDA Foods products when available.
- Refer to the USDA FNS Food Buying Guide for School Meal Programs and/or the item's product formulation statement for quantities to purchase if the recipe is altered.

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## MISCELLANEOUS NOTES

-If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.  
- If menued as a vegetable, ½ cup beans provides a ½ cup of peas/beans/lentils vegetables. If menued as a meat/meat alternate, ½ cup beans provides 2 oz. eq. of meat alternate. Pinto Beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components in the daily requirements. If this recipe is used as a meat/meat alternate use recipe MRS #5003.1

## NUTRIENTS PER SERVING

|               |         |               |        |           |           |           |        |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories      | 148     | Dietary Fiber | 7.72 g | Sodium    | 256.00 mg | Sat. Fat  | 0.28 g |
| Carbohydrates | 26.17 g | Protein       | 8.15 g | Total Fat | 1.35 g    | Trans Fat | 0.00 g |