

PINTO BEANS (CANNED) (MEAT/MEAT ALTERNATE)



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)
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Beans, Pinto, Dry, Low Sodium, #10 Can, #2805	5 #10 cans + 7 cups
Spice Blend MS, Southwest, No Salt, #2735	1/2 cup
Onions, Chopped, Dehydrated, #2738	2 cups
Salt, Table, #2219	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 2 1/2") that have been sprayed with food release spray.
2. Combine all of the other ingredients and mix well. Divide the mixture between the two pans and gently mix all of the ingredients well.
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

Use USDA Foods products 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 Meal" provides seasoning and serving ideas for entrées.

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

MISCELLANEOUS NOTES

If served as a vegetable, ½ cup provides ½ cup of dried peas/beans vegetables. Pinto beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components.

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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