

# PINTO BEANS (CANNED)



MEAT/MEAT ALTERNATE

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meal alternate

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** ½ cup

**RECIPE HACCP PROCESS:** #2 - Same day service

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Pinto, Dry, Low Sodium, #10 Can, #2805	5 1/2 #10 cans
Spice Blend MS, Southwest, No Salt, #2735	1/2 cups
Onions, Chopped, Dehydrated, #2738	2 cups
Salt, Table, #2219	1 tablespoons
Parsley, Dried, Chopped, #2717	1/4 cups
Water, Municipal, Mississippi	3 quarts

**DIRECTIONS**

1. Drain beans and divide among two 4" half-size steamtable pans.
2. Combine all other ingredients and mix well. Divide between two pans and mix well.
3. Cover and bake in a 350 degrees F oven for 1½ hours.  
 CCP: Heat to 145 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Serve immediately or cover and place in warmer until ready for service.
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.  
 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.  
 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.

**NUTRIENTS PER SERVING**

Calories	146	Dietary Fiber	7.72 g	Sodium	253.90 mg	Sat. Fat	0.28 g
Carbohydrates	26.17 g	Protein	8.15 g	Total Fat	1.35 g	Trans Fat	0.00 g