

RANCH-STYLE BLACK BEANS (CANNED)


MEAL COMPONENT CONTRIBUTION:

½ cup bean/pea/legume vegetable

NUMBER OF PORTIONS: 75 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (BEANS/PEAS)

| INGREDIENT | MEASURE (FOR 75 SERVINGS) |
|---|---------------------------|
| Beans, Black, Turtle, Dry, #10 Can, Low Sodium, #2800 | 4 #10 cans |
| Onions, Frozen, Diced, #1610 | 2 cups |
| Tomatoes, Diced, #10 Can, #2828 | 1 #10 can |
| Chili Powder, #2703 | 1/3 cup |
| Pepper, Black, Ground, #2718 | 2 teaspoons |
| Garlic Powder, #2709 | 2 teaspoons |

DIRECTIONS

1. Drain and rinse the black beans.
2. Combine the onions, tomatoes, and spices in a stockpot, braising pan, or steam-jacketed kettle. Simmer them for 15 minutes.
3. Add the beans.
Heat only long enough to bring to serving temperature.
Do not allow to boil.
CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Place the beans in steamtable pans. Serve them immediately, or cover them and place in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in aluminum foil.
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.
5. Portion with #8 scoop or 4 ounce spoodle per serving. Each portion provides ½ cup of beans/pea/legumes vegetables.
CCP: Hold and maintain the product at a minimum 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 within an additional 2 hours.

PRODUCTION NOTES

Use USDA Foods or Department of Defense (DOD) foods 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 Meals: Preparing Dried Beans and Peas" provides seasoning and serving ideas for beans and peas.

MISCELLANEOUS NOTES

Black beans must be counted as either a vegetable or a meat/meat alternate and cannot be counted as meeting both components in the same meal.

RANCH-STYLE BLACK BEANS (CANNED)

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|---------|-----------|-----------|-----------|--------|
| Calories | 158 | Dietary Fiber | 12.01 g | Sodium | 252.63 mg | Sat. Fat | 0.16 g |
| Carbohydrates | 28.77 g | Protein | 10.42 g | Total Fat | 0.63 g | Trans Fat | 0.00 g |