

REFRIED BEANS (CANNED)


MEAL COMPONENT CONTRIBUTION:

½ cup bean/pea/legume vegetable

NUMBER OF PORTIONS: 50 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (BEANS/PEAS)

INGREDIENT	MEASURE (FOR 50 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Refried Beans, #10 Can	2 #10 cans + 2 cups
Spice Blend MS, Southwest, No Salt, #2735	1/4 cup
Salsa, #10 Can, USDA Foods #100330	1 quart
Cheese, American, Grated/Shredded, #1306	2 cups

DIRECTIONS

1. Spray a 2 ½" full-size pan with pan release spray.
2. Empty the refried beans into the pan.
3. Mix in the Southwest Spice Blend, then cover the pan with aluminum foil.
4. Bake the beans in a 350 degree F oven for 1 hour and 15 minutes, or until the product reaches the desired temperature.
Uncover during last 15 minutes of baking to allow browning.
CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
5. After removing the beans from the oven, evenly distribute the salsa and cheese over the beans.
6. Serve the refried beans immediately, or cover them and place them in a warmer until ready for service.
CCP: Cover and hold at 135 degrees F or higher until ready for service. Check the temperature every 30 minutes.
7. Portion with #8 scoop per serving. Each portion provides ½ cup of bean/pea/legume vegetable.
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 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

PRODUCTION NOTES

Refried 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.

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 Vegetables" provides seasoning and serving ideas for vegetables.

NUTRIENTS PER SERVING

Calories	149	Dietary Fiber	7.53 g	Sodium	227.35 mg	Sat. Fat	1.51 g
Carbohydrates	22.37 g	Protein	8.56 g	Total Fat	3.09 g	Trans Fat	0.00 g