

# RED BEANS AND RICE WITH SAUSAGE (CANNED)

**MEAL COMPONENT CONTRIBUTION:**

2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain

**NUMBER OF PORTIONS:** 100 **SIZE OF PORTION:** 1 serving**RECIPE HACCP PROCESS:** #2 - Same day service

MEAT/MEAT ALTERNATE : WHOLE GRAINS

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Pan Release Spray, Vegetable Oil, #2514	20 second spray
Rice, Long Grain,Brown, Parboiled, #2139	6 pounds + 8 ounces
Water, Hot, Municipal	1 gallon + 2 quarts
Salt, Table, #2723	1 tablespoon + 1 teaspoon
Peppers, Green, Diced, Frozen, #1613	1 3/4 cups
Onions, Yellow, Diced 1/4", Raw, #4009	3 1/4 cups
Beans, Kidney, #10 Canned, Low Sodium, #2802	4 #10 cans
Garlic Powder, #2709	1 tablespoon + 1 teaspoon
Sugar, Granulated, #2027	1/4 cup
Pepper, Black, Ground, #2718	1 tablespoon + 1 teaspoon
Mustard, Prepared, Yellow, Bulk, #2251	1 tablespoon + 1 teaspoon
Spice Blend MS, Creole, No Salt, #2736	1 cup
Tomatoes, Diced, #10 Can, #2828	1 quart + 2 1/2 cups
Sausage, Sliced, Pork and Beef, #1062	8 pounds + 8 ounces

**DIRECTIONS**

- Thaw the frozen green peppers and onions in the refrigerator. Drain the green peppers and onions thoroughly before adding them to the recipe.  
CCP: Hold under refrigeration (41 degrees F or lower) until ready for assembly.
- Spray a braising pan, steam jacketed kettle, or stock pot with pan release spray.
- Sauté the peppers and onions until they are tender (about 5-10 minutes).
- Drain the liquid from half of the cans of beans and reserve in case it is needed in step 5. Leave the liquid in the remaining cans of beans.
- Add the beans, garlic powder, sugar, black pepper, mustard, Creole spice blend, diced tomatoes, and sausage to the onion mixture. Stir the ingredients to combine them.  
Continue to simmer the beans and meat mixture until they begin to get tender (about 1½ hours). If the mixture becomes dry, add some of the reserved bean liquid.  
CCP: Heat to 165 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.

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## DIRECTIONS

6. While the beans are cooking, prepare the rice. Use one 12" x 20" x 4" steam table pan for 50 servings, two 12" x 20" x 4" steam table pans for 100 servings.

### DIRECTIONS FOR RICE:

- Place 3 pounds and 4 ounces of brown rice in each steamtable pan sprayed with pan release spray. Add 3 quarts of hot water to each pan.
- Add 2 teaspoons of salt to each pan and mix it until it is well combined.
- Steam the rice for approximately 45 minutes or until tender and fluffy. Check the rice at 30 minutes of cooking time for water absorption. If needed, add more water.
- Fluff the rice with a fork or spoon when it has finished cooking.
- Place the rice in half-sized steamtable pans. Cover the pans and place them in the warmer until ready to serve.

The pan(s) of rice and water can also be covered with aluminum foil and baked in an oven at 350 degrees F for 45 to 50 minutes. Fluff the rice with a fork or spoon after it has finished cooking.

See MRS #7090 for the rice recipe.

Rice amounts are based on the USDA Food Buying Guide.

Overcooking or hot holding rice for long periods of time will increase the volume and the yield.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check the temperature every 30 minutes.

7. Place the red beans in steamtable pans and serve immediately or cover and place in a warmer until ready for service. If aluminum foil is used as a cover, cut holes in the aluminum foil.

CCP: Cover and hold for service at 135 degrees F or higher.

8. Portion rice with 4 ounce spoodle or #8 scoop (½ cup) serving in soup bowl. Portion #6 scoop (2/3 cup) red beans with sausage over rice. Each portion provides for 2¾ oz. eq. meat/meat alternate and 1 oz. eq. whole grain.

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

Thaw the frozen green peppers and onions in the refrigerator. Drain the green peppers and onions thoroughly before adding to the recipe.

## PURCHASING GUIDE

-Use USDA food products when available.

-Refer to 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.

## MISCELLANEOUS NOTES

-Kidney 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. The beans are credited as part of the meat/meat alternate and are not counted as a vegetable towards the daily meal component in this recipe.

-If menued as a vegetable, ½ cup beans provides a ½ cup of peas/beans vegetables.

-If menued as a meat/meat alternate, ½ cup beans provides 2 oz. eq. of meat alternate.

-If changes are made in ingredients, check the crediting information and re-calculate the nutrition analysis.

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NUTRIENTS PER SERVING

Calories	293	Dietary Fiber	6.30 g	Sodium	554.00 mg	Sat. Fat	3.36 g
Carbohydrates	38.05 g	Protein	12.07 g	Total Fat	10.51 g	Trans Fat	0.00 g

# RED BEANS AND RICE WITH SAUSAGE (CANNED)

## ILLUSTRATED STEPS FOR PREPARATION OF RED BEANS AND RICE WITH SAUSAGE (CANNED)

1.



Sauté pepper and onions until tender.

2.



Add beans, garlic powder, sugar, black pepper, mustard, diced tomatoes and sausage to the onion mixture.

3.



Addition of Creole Spice Blend to the mixture.

4.



Simmer beans and meat mixture for 15 minutes.

5.



1 serving of Red Beans and Rice with Sausage