

BAKED BEANS (CANNED) - USDA FOODS



VEGETABLES (BEANS/PEAS)

MEAL COMPONENT CONTRIBUTION:

1/2 cup of beans/peas vegetable

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

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|---|-----------------------------|
| Beans, Baked, Vegetarian, Low Sodium, USDA, #A091 | 4 #10 can(s) + 3 1/4 cup(s) |
| Pan Release Spray, Vegetable Oil, #2514 | 5 gram(s) |
| Onions, Chopped, Dehydrated, #2738 | 5 1/4 ounce(s) |
| Mustard, Powder, Dry, #2712 | 1/4 cup(s) |
| Sugar, Brown, #2024 | 3 cup(s) , packed |
| Water, Municipal, Mississippi | 1 quart(s) |
| Paste, Tomato, #10 Can, #2825 | 2 cup(s) |
| Ham, Cooked, Diced, Water Added, USDA | 8 pound(s) |
| Sauce, Worcestershire, Bulk, #2258 | 1/2 cup(s) |

DIRECTIONS

- Pour canned beans into 12" x 20" x 4" steamtable pans that have been sprayed with pan release spray. For 100 servings, use 2 half-size steamtable pans.
- Combine onions, dry mustard, brown sugar, water, tomato paste, ham and worchestershire sauce. Blend well.
- Pour 2 pounds and 11 ounces of mixture over beans in each steamtable pan. Stir to combine, then cover pans.
- To bake:
 - Conventional oven: 350 degrees F for 2 1/4 hours.
 - Convection oven: 325 degrees F for 1 1/4 hours.

Remove cover during last half hour of baking to brown beans.

CCP: Heat to 155 degrees F or higher for 15 seconds at the completion of the cooking process.

- Portion with 4 ounce ladle or 4 ounce spoodle per serving. Each portion provides 1/2 cup of beans/peas 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 6 hours to 41 degrees F or lower.

PRODUCTION NOTES

Use USDA 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.

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MISCELLANEOUS NOTES

3 pounds of fresh, chopped onions may be substituted for dehydrated onions.

Baked 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.

Please see recipes "Baked Beans with Spice Blend" (MRS 1002) for a baked beans recipe using the MS Creole Spice Blend and "Baked Beans (Vegetarian)" (MRS 918) for a recipe using the MS Southwest Spice Blend.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|---------|-----------|-----------|-----------|--------|
| Calories | 199 | Dietary Fiber | 5.77 g | Sodium | 414.00 mg | Sat. Fat | 1.15 g |
| Carbohydrates | 38.86 g | Protein | 11.93 g | Total Fat | 2.74 g | Trans Fat | 0.00 g |