

RED BEANS AND RICE WITH SAUSAGE (DRIED)

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)
Beans, Kidney, Dried, #2803	5 pounds + 8 ounces
Pan Release Spray, Vegetable Oil, #2514	10 second spray
Peppers, Green, Diced, Frozen, #1613	1 3/4 cups
Garlic Powder, #2709	1 tablespoon + 1 teaspoon
Onions, Yellow, Diced 1/4", Raw, #4009	3 1/4 cups
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	12 pounds + 8 ounces
Rice, Long Grain, Brown, Parboiled, #2139	6 pounds + 8 ounces
Water, Hot, Municipal	1 gallon + 2 quarts
Salt, Table, #2723	1 tablespoon + 1 teaspoon

DIRECTIONS

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

CCP: Cover and refrigerate at 41 degrees F or lower until ready for assembly.

2. Sort, rinse, and soak the beans. See the production note at the end of this recipe for instructions.
3. Drain the water from the beans. Replace the water with enough fresh water to cover them in a braising pan, steam jacketed kettle, or stock pot.
4. Spray a sauté skillet or stock pot with food release spray.
5. Sauté the peppers and onions until they are tender, 5 to 10 minutes.
6. Add the pepper and onion mixture, garlic powder, sugar, black pepper, mustard, Creole Spice Blend, diced tomatoes, and the sausage to the beans. Stir the ingredients to combine them. Continue to simmer the beans and meat mixture until they begin to get tender, or 1½-2 hours.

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

7. 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.
- Place the rice in half-sized steamtable pans. Cover the pans and place them in the warmer until ready to serve.

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.

8. 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.

9. Portion rice with 4 oz spoodle or #8 scoop ($\frac{1}{2}$ cup serving) in a soup bowl. Portion $\frac{2}{3}$ cup (#6 scoop) of red beans with sausage over $\frac{1}{2}$ cup of rice. Each portion provides 2 oz. eq. meat/meat alternate and 1 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F or higher. Check the 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

-1 pound dry beans = about $2\frac{1}{2}$ cups dry or $6\frac{1}{4}$ cups cooked beans.

PREPARATION NOTES FOR DRIED BEANS:

Rinse and sort the beans (pull out debris and beans that are shriveled, have holes in them, or look unnatural).

SOAKING BEANS:

Overnight method:

A. Add $1\frac{3}{4}$ quarts of cold water to every pound of dry beans. Cover the pot of beans and water. Let them soak overnight in the refrigerator.

B. Quick-soak method:

- Boil $1\frac{3}{4}$ quarts of water for each pound of dry beans. Pour the beans into the boiling water and boil them for 2 minutes.

- Remove the beans from the heat and allow them to soak for 1 hour.

COOKING DRIED BEANS:

A. Once the beans have been soaked, add $\frac{1}{2}$ teaspoon salt for every pound of dry beans. Boil gently with lid tilted until tender, about $1\frac{1}{2}$ -2 hours.

B. Use hot beans immediately or, cover them and hold at 135 degrees F until ready for service.

SERVING NOTES

-If menued as a vegetable, $\frac{1}{2}$ cup beans provides a $\frac{1}{2}$ cup of peas/beans vegetables.

-If menued as a meat/meat alternate, $\frac{1}{2}$ cup beans provides 2 oz. eq. of meat alternate.

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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

- The beans are credited as part of the meat/meat alternate and are not counted as a vegetable in this recipe.
- 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 meal pattern requirements.
- If changes are made in the ingredients, check the crediting information and re-calculate the nutrition analysis.

Yield: 100 servings: about 4 2/3 gallons of red bean mixture and 3 gallons of rice.

NUTRIENTS PER SERVING

Calories	409	Dietary Fiber	7.30 g	Sodium	626.00 mg	Sat. Fat	9.00 g
Carbohydrates	40.00 g	Protein	15.60 g	Total Fat	22.00 g	Trans Fat	0.00 g

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

1.



Sauté pepper and onions until tender.

2.



Addition of the pepper and onion mixture, garlic powder, sugar, black pepper, mustard, diced tomatoes and sausage to the

3.



Addition of Creole Spice Blend to the mixture.

4.



Simmering the bean and meat mixture for an additional 15 minutes.

5.



1 serving of Red Beans and Rice with Sausage