

PINTO BEANS (CANNED) (BEAN/PEA/LEGUME)


MEAL COMPONENT CONTRIBUTION:

½ cup serving bean/pea/legume vegetable

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ½ cup

RECIPE HACCP PROCESS: #2 - Same day service

VEGETABLES (BEANS/PEAS)

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Beans, Pinto, Dry, Low Sodium, #10 Can, #2805	5 #10 cans + 6 1/2 cups
Spice Blend MS, Southwest, No Salt, #2735	1/2 cup
Onions, Chopped, Dehydrated, #2738	2 cups
Salt, Table, #2219	1 tablespoon
Parsley, Dried, Chopped, #2717	1/4 cup
Water, Municipal, Mississippi	3 quarts

DIRECTIONS

- Open the cans of pinto beans and drain off half of the liquid.
- Pour the beans and remaining liquid into a stockpot, braising pan, or steam-jacketed kettle.
- Combine all of the other ingredients and mix well. Then add them to the pinto beans.
- Cover and bake in a 350 degrees F oven for 1½ hours.
 CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
- Serve them immediately, or cover them and place them 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.
- Portion with #8 scoop (½ cup) or a 4 ounce spoodle. Each portion provides ½ cup of bean/pea/legume vegetable.
 Pinto beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components.
 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 products 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 Meal" provides seasoning and serving ideas for entrées.

If using dried beans, they may be covered with cold water and soaked overnight, drained then cooked.

MISCELLANEOUS NOTES

If served as a vegetable, ½ cup provides ½ cup of dried peas/beans vegetables. Pinto beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components.

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NUTRIENTS PER SERVING

Calories	146	Dietary Fiber	7.72 g	Sodium	253.90 mg	Sat. Fat	0.28 g
Carbohydrates	26.17 g	Protein	8.15 g	Total Fat	1.35 g	Trans Fat	0.00 g