

TEX-MEX BEANS (CANNED)

MEAL COMPONENT CONTRIBUTION:

½ cup bean/pea/legume vegetable, 1/8 cup of red/orange vegetables

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** ¾ cup

RECIPE HACCP PROCESS: #2 - Same day service



VEGETABLES (BEANS/PEAS) : VEGETABLES (RED/ORANGE)

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|---|----------------------------|
| Onions, Yellow, Diced 1/4", Raw, #4009 | 2 quarts |
| Peppers, Green, Diced, Frozen, #1613 | 1 quart + 1 1/2 cups |
| Beans, Black, Turtle, Dry, #10 Can, Low Sodium, #2800 | 2 #10 cans |
| Beans, Kidney, #10 Canned, Low Sodium, #2802 | 2 #10 cans |
| Beans, Pinto, Dry, Low Sodium, #10 Can, #2805 | 2 #10 cans |
| Water, Municipal, Mississippi | 2 quarts |
| Tomatoes, Diced, #10 Can, #2828 | 1 #10 can |
| Salsa, Bulk, #2823 | 1 quart |
| Mustard, Prepared, Yellow, Bulk, #2251 | 1 cup |
| Salt, Table, #2723 | 1 tablespoon |
| Liquid Smoke, #2248 | 3/4 cup |
| Spice Blend MS, Southwest, No Salt, #2735 | 1 tablespoon |

DIRECTIONS

- Thaw the peppers in the refrigerator. Drain them thoroughly on the day of the assembly.
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- Cook the onions and green peppers until they are tender in a steamer or small steam-jacketed kettle.
- Drain the canned beans in a colander and rinse them under cool running water to remove all of the starchy liquid.
- Divide beans, onions and green peppers equally among pans (12" x 20" x 4"). For 50 servings, use 1 steamtable pan. For 100 servings, use 2 steamtable pans.
- Combine the water, tomatoes, salsa, mustard, salt, Southwest Spice Blend, and liquid smoke in a container. Divide the mixture equally among the steam table pans and stir gently to combine all of the ingredients
- Cover the pan.
- To bake:
Conventional oven: 350 degrees F for 45 minutes to 1 hour.
Convection oven: 350 degrees F for 45 minutes.
CCP: Heat to 135 degrees F or higher for 15 seconds at the completion of the cooking process.
- Serve the beans immediately, or cover them and place them in a warmer until ready for service.
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes.

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DIRECTIONS

9. Portion with 6 ounce spoodle. Each portion provides ½ cup of bean/pea/legume vegetables and 1/8 cup red/orange vegetables.

Beans must be counted as either a vegetable or as meat/meat alternate and cannot be counted as meeting both components in the same meal.

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 4 hours.

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 Beans and Peas" provides seasoning and serving ideas for beans.

MISCELLANEOUS NOTES

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.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|---------|-----------|-----------|-----------|--------|
| Calories | 159 | Dietary Fiber | 10.56 g | Sodium | 351.00 mg | Sat. Fat | 0.19 g |
| Carbohydrates | 28.76 g | Protein | 9.43 g | Total Fat | 0.98 g | Trans Fat | 0.00 g |

ILLUSTRATED PRESENTATION OF TEX-MEX BEANS (CANNED)

1.



Tex Mex Style Beans in a steamtable pan

2.



1 serving of Tex-Mex Style Beans