

Black Beans

Component: Meat Alternate or Vegetable

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Black beans, dry OR Black beans, canned, no added salt (undrained)	5 lb 8 oz OR 24 lbs 12 oz	3.6 No. 10 cans			<p>1. For dried beans, boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Add fresh water and boil gently with lid until tender, about 2 hours. Beans should mash easily with a fork. Continue to step 3.</p> <p>2. For canned beans, drain and rinse. Place beans in large pot, add just enough water to cover beans, and simmer for 15 minutes.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <p>3. Remove from heat and drain most of the liquid, but not all.</p> <p>4. Sprinkle olive oil over beans and toss lightly.</p> <p>5. In separate bowl, mix paprika, garlic powder, onion powder, oregano, and salt.</p> <p>6. Sprinkle seasoning mixture over beans and toss lightly. Serve.</p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>
Olive oil		1/4 cup			
Paprika		3 Tbsp			
Garlic powder (adjust if needed)		1 Tbsp			
Onion powder		2 tsp			
Oregano		2 tsp			
Salt (omit if no added salt or low sodium canned beans are not available)		1 tsp			

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Notes:

Nutrient information from Food Processor.

Serving: 1/2 cup provides 2 oz equivalent meat/meat alternate or 1/2 cup vegetable.

1-2 years: 1/4 cup for meat alternate; 1/8 cup for vegetable at lunch

3-5 years: 3/8 cup for meat alternate; 1/4 cup for vegetable at lunch

6-18 years: 1/2 cup for meat alternate; 1/2 cup for vegetable at lunch

Nutrients Per Serving

Calories	121	Saturated Fat	0.25 g	Iron	2.41 mg
Protein	7.34 g	Cholesterol	0 mg	Calcium	44.26 mg
Carbohydrate	20.34 g	Vitamin A	10.50 RAE	Sodium	212.61 mg
Total Fat	1.49 g	Vitamin C	3.27 mg	Dietary Fiber (2016)	8.49 g