

Pinto or Black Beans

Component: Meat Alternate or Vegetable

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Pinto or black beans, dry OR Pinto or black beans, canned, no added salt (undrained)	4 lb 13 oz 18 lbs 4 oz	 2.7 No. 10 cans			<ol style="list-style-type: none"> 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. 2. For canned beans, drain and rinse. Place beans in large pot, add just enough water to cover beans, and simmer for 15 minutes. 3. Remove from heat and drain most of the liquid, but not all. 4. Sprinkle olive oil over beans and toss lightly. 5. In separate bowl, mix cumin(for pinto beans), paprika, garlic powder, onion powder, oregano, and salt. 6. Sprinkle seasoning mixture over beans and toss lightly. 7. Serve. 8. CCP: Hold at 135° F or warmer. .
Cumin (for pinto beans, omit for black beans)		2 Tbsp			
Paprika		3 Tbsp			
Garlic Powder (adjust if needed)		1 Tbsp			
Onion Powder		2 tsp			
Oregano		2 tsp			
Salt (omit if no added or low sodium canned beans are not available)		1 tsp			
Olive oil		1/4 cup			

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Notes:
Nutrient information in progress.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1/2 cup provides 2 oz equivalent meat/meat alternate	Yield:	Volume:
1-2 years: 1/4 cup	50 Servings:	50 Servings:
3-5 years: 3/8 cup		
6-18 years: 1/2 cup	100 Servings:	100 Servings:

Nutrients Per Serving			
Calories		Saturated Fat	g
Protein	g	Cholesterol	mg
Carbohydrate	g	Vitamin A	RAE
Total Fat	g	Vitamin C	mg
		Iron	mg
		Calcium	mg
		Sodium	mg
		Dietary Fiber	g