



825068 - Cuban Black Beans

Source: K12 Culinary

Number of Portions: 26

Size of Portion: 1/2 cup

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Legumes

Attributes:

Legumes

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050555 BEANS, CANNED, BLACK (TURTLE), LOW SODIU...	2 #10 can	Pour black beans into stockpot or kettle. If baking beans in oven, spray full size 2 inch deep pan with pan release prior to adding beans. Note: this recipe should not be prepared in the steamer as the beans must simmer to reduce the liquid and increase flavor.
825024R Seasoning Blend, Mexican..... 011283 ONIONS,CKD,BLD,DRND,WO/SALT..... 011334 PEPPERS,SWT,GRN,CKD,BLD,DRND,WO/SALT..... 799903 GARLIC,GRANULATED.....	2 Tbsp + 1 tsp 1 CUP (fresh, diced) 1/4 CUP (diced) 1/4 tsp	Prepare school made Mexican seasoning according to the recipe. Rinse onions and peppers under running water. Cut onions in half, then chop into 1/8 inch very small dices. Steam onions for 3 to 4 minutes or cook in microware with 1 Tblsp. of water until translucent. Cut peppers into ¼ inch dice.
002053 VINEGAR,DISTILLED..... 002031 PEPPER,RED OR CAYENNE.....	2 Tbsp + 1 tsp 1/4 tsp	Add cooked onions, diced peppers, vinegar, Mexican seasoning, cayenne pepper, and garlic to beans. Stir to combine. Simmer beans for a minimum of 30 minutes until liquid has reduced by half. For baking in convection oven, cook beans uncovered at 350 degrees F. for 60 to 90 minutes until liquid is reduced by half. CCP: Heat to 135° F or higher.
		Place in 2 inch deep full size steamtable pans for service. Serve 1/2 cup using 4 oz. spoodle. CCP: Hold for hot service at 135° F or higher
		Cool leftover beans. Cover, label, date, and store in refrigerator. Reheat for service within 3 days. CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Heat to 165° F or higher for at least 15 seconds

CCP: Hold for hot service at 135° F or higher

*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	225 kcal	Cholesterol	0 mg	Sugars	*0.5* g	Calcium	89.52 mg	3.26%	Calories from Total Fat
Total Fat	0.81 g	Sodium	288 mg	Protein	14.70 g	Iron	4.79 mg	0.83%	Calories from Saturated Fat
Saturated Fat	0.21 g	Carbohydrates	41.11 g	Vitamin A	156.3 IU	Water ¹	*10.32* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	16.91 g	Vitamin C	7.9 mg	Ash ¹	*0.10* g	73.18%	Calories from Carbohydrates
								26.17%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.