



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:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
826811 BEANS, CANNED, BLACK (TURTLE), LOW SODIUM...	2 #10 can	Pour black beans into stockpot or kettle. If baking beans in oven, spray full size 2 inch deep pan with food 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 CUP (fresh, diced) 1/4 CUP (diced) 1/4 tsp	Prepare school made Mexican Seasoning according to recipe # 825024. Rinse onions and peppers under running water. Cut onions in half, then mince finely. Steam onions for 3 to 4 minutes or cook in microware with 1 tablespoon of water until translucent. Cut peppers into 1/4 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, garlic, and cayenne pepper 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° F for 60-90 minutes until liquid is reduced by half. CCP: Heat to 135° F or higher.
		Transfer to 2 inch deep full size pans for service. Serve 1/2 cup using perforated 4 oz spoodle. CCP: Hold for hot service at 135° F or higher.

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

Calories	224	kcal	Cholesterol	0	mg	Sugars	*0.5*	g	Calcium	88.88	mg	3.20%	Calories from Total Fat
Total Fat	0.80	g	Sodium	287	mg	Protein	14.67	g	Iron	4.75	mg	0.82%	Calories from Saturated Fat
Saturated Fat	0.21	g	Carbohydrates	40.95	g	Vitamin A	125.7	IU	Water ¹	*9.11*	g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00*	g	Dietary Fiber	16.87	g	Vitamin C	6.9	mg	Ash ¹	*0.09*	g	73.14%	Calories from Carbohydrates

	26.21% Calories from Protein
<div>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</div> <div>* - denotes combined nutrient totals with either missing or incomplete nutrient data</div> <div>¹ - denotes optional nutrient values</div> <div>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</div>	