



## 825115 - Refried Beans

Source: K12 Culinary  
 Number of Portions: 49  
 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
826866 BEANS, CANNED, REFRIED, LOW-SODIUM...	2 #10 can	<b>Open</b> cans of refried beans, cover, and place in steamer for 5 minutes to soften beans making them easy to remove from the can. Spray 2 inch full size pan with food release. Transfer 2 #10 cans of beans to each prepared pan. (Note: If using refried beans which are not low sodium, omit the salsa and adjust the recipe.)
825022R Seasoning Blend, Bean.....	2 Tbsp	<b>CCP: No bare hand contact with ready to eat food.</b> Prepare Bean Seasoning Blend according to recipe 825022. Measure required amount and store any additional seasoning in a tightly covered spice bottle for use in other recipes.
051495 Salsa, Low-sodium, Canned.....	2 cups	Add 2 Tbsp of Bean Blend Seasoning and 2 cups of salsa to each pan of softened beans. Stir to combine well. Cover and place in steamer. <b>CCP: Heat to 135° F or higher.</b>
051558 Cheese, Mozzarella, Lite, Shredded.....	1 CUP (shredded)	Top each pan with 1 cup shredded mozzarella cheese. Hold covered with film wrap until service. Note: Cheese will melt in hot holding cabinet within 5 minutes. Serve 1/2 cup using no. 8 disher. <b>CCP: Hold at 135° F or higher.</b>
		Cool leftovers properly, cover and store in refrigerator. Heat and re-serve within 3 days. <b>CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours.</b> <b>CCP: Heat to 165° F or higher.</b> <b>CCP: Hold for hot service at 135° F or higher.</b>

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

Calories	134 kcal	Cholesterol	11 mg	Sugars	*0.3* g	Calcium	*49.29* mg	13.33%	Calories from Total Fat
Total Fat	1.98 g	Sodium	174 mg	Protein	7.93 g	Iron	*2.39* mg	5.45%	Calories from Saturated Fat
Saturated Fat	0.81 g	Carbohydrates	21.54 g	Vitamin A	*176.7* IU	Water <sup>1</sup>	*0.03* g	*0.00%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	7.48 g	Vitamin C	*10.0* mg	Ash <sup>1</sup>	*0.02* g	64.45%	Calories from Carbohydrates
								23.71%	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

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.