



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	Open 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	CCP: No bare hand contact with ready to eat food. 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. CCP: Heat to 135° F or higher.
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. CCP: Hold at 135° F or higher.
		Cool leftovers properly, cover and store in refrigerator. Heat and re-serve 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. CCP: Hold for hot service at 135° F or higher.

*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 ¹	*0.03* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.48 g	Vitamin C	*10.0* mg	Ash ¹	*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 ¹ - denotes optional nutrient values ² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.									