



825032 - Seasoned Black Beans

Source: K12 Culinary

Number of Portions: 13

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...	1 #10 can	Place undrained black beans in stockpot or kettle. If baking beans in oven, spray full size 2 inch pan with pan release prior to adding beans.
050540 SALSA, LOW-SODIUM, CANNED..... 825022R Seasoning Blend, Bean..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	2 cups 2 Tbsp 1/2 cup	Add salsa and Bean Blend and stir gently to blend. Simmer for at least 30 minutes or until liquid has reduced by half. For baking in convection oven, cook beans uncovered for 60 to 90 minutes until liquid is reduced by half.
		Rinse fresh cilantro under running water. Using the chiffonade cutting method, roll the cilantro tightly and use a chef's knife to cut into very thin strips. Add cut cilantro during the last 5 minutes of cooking. For stockpot or kettle beans, place in full size 2 inch steamtable pans for service. Serve with a 4 oz spoodle. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
		Cool leftovers, label, and store in cooler. Reheat and use within 72 hours. 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

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

Calories	235 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	93.42 mg	3.59%	Calories from Total Fat
Total Fat	0.94 g	Sodium	324 mg	Protein	15.21 g	Iron	5.77 mg	0.86%	Calories from Saturated Fat

Saturated Fat	0.22 g	Carbohydrates	42.94 g	Vitamin A	619.3 IU	Water ¹	*0.67* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	17.42 g	Vitamin C	8.1 mg	Ash ¹	*0.09* g	73.10%	Calories from Carbohydrates
								25.89%	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.									