



825033 - Seasoned Pinto Beans

Source: K12 Culinary

Number of Portions: 18

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
825965 Beans, Pinto, Low Sodium Bush's 1819...	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.
825022R Seasoning Blend, Bean.....	2 Tbsp	Add school-made Bean Blend Seasoning 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.
		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	137 kcal	Cholesterol	0 mg	Sugars	*0.1* g	Calcium	57.02 mg	0.77%	Calories from Total Fat
Total Fat	0.12 g	Sodium	189 mg	Protein	8.18 g	Iron	2.19 mg	0.10%	Calories from Saturated Fat
Saturated Fat	0.01 g	Carbohydrates	24.59 g	Vitamin A	258.8 IU	Water ¹	102.82 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	9.62 g	Vitamin C	0.0 mg	Ash ¹	2.42 g	71.90%	Calories from Carbohydrates
								23.92%	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.