



825139 - Charro Beans

Source: K12 Culinary

Number of Portions: 36

Size of Portion: 1/2 cup

Alternate Recipe Name: Vegetarian Charro Beans

Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

Recipe Subgroups:

Vegetable, Legumes

Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011283 ONIONS,CKD,BLD,DRND,WO/SALT..... 011165 CORIANDER (CILANTRO) LEAVES,RAW.....	1 lb + 4 OZS (fresh, diced) 1/4 cup	Rinse onions and cilantro under running water and drain in a colander. Cut onion in half, then cut into ¼ inch dices. Steam or sauté the diced onions for 4 minutes until onions are soft. Roll cilantro tightly and chop.
826894 BEANS, CANNED, VEGETARIAN, LOW-SODIUM, B... 826420 Tomatoes, Diced, Red Gold RPKBQ99..... 900670 CUMIN,GROUND..... 799903 GARLIC,GRANULATED..... 901058 OREGANO LEAVES,DRIED..... 002036 ROSEMARY,DRIED..... 002031 PEPPER,RED OR CAYENNE.....	2 #10 can 2 cups 2 tsp 2 tsp 2 TSP (leaves) 1/2 Tbsp 1 tsp	Preheat oven to 350°F. Spray 4-inch full size pan(s) lightly with food release spray. Pour 2 #10 cans of undrained vegetarian beans into each of the prepared pan(s). Add steamed onions, cilantro, diced tomatoes, cumin, garlic, oregano, rosemary, and cayenne pepper and stir to combine.
		Bake uncovered for approximately 60 minutes or until liquid has reduced to a slightly thickened sauce. Alternately, beans may be prepared in a steam jacketed kettle. If using a kettle, cook the beans uncovered, stirring occasionally, for approximately 30 minutes, or until the liquid has reduced to a slightly thickened sauce. Serve 1/2 cup using a 4 oz perforated spoodle. CCP: Heat to 135° F or higher. CCP: Hold at 135° F or higher.
		Cool leftover beans properly, label, store in refrigerator, and reheat for service 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	169 kcal	Cholesterol	0 mg	Sugars	*0.9* g	Calcium	65.39 mg	3.74%	Calories from Total Fat
Total Fat	0.70 g	Sodium	213 mg	Protein	8.42 g	Iron	2.22 mg	0.70%	Calories from Saturated Fat
Saturated Fat	0.13 g	Carbohydrates	38.03 g	Vitamin A	274.5 IU	Water ¹	*10.93* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.33 g	Vitamin C	1.8 mg	Ash ¹	*0.08* g	89.98%	Calories from Carbohydrates
								19.93%	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.