



825115 - Refried Beans

Source: K12 Culinary
 Number of Portions: 49
 Size of Portion: 1/2 cup

Components:

Meat/Alt:
 Grains:
 Fruit:
 Vegetable:
 Milk:

Recipe Subgroups:

Vegetable, Legumes

Attributes:

Vegetables

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
050551 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. Spray 2 inch deep full size steamtable pan with pan release. Transfer 2 #10 cans of beans to each prepared pan. (Note: If using refried beans that 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 Blend Seasoning according to the recipe. Measure required amount and store any additional seasononig in a tightly covered spice bottle for use in other recipes.
050540 SALSA, LOW-SODIUM, CANNED.....	2 cups	Add 2 Tbsp. of Bean Blend 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.
050339 CHEESE, MOZZARELLA, LITE, FROZEN, SHREDD....	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 for at least 15 seconds CCP: Hold for hot service at 135° F or higher

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

Calories	135 kcal	Cholesterol	12 mg	Sugars	*0.0* g	Calcium	65.40 mg	14.00%	Calories from Total Fat
Total Fat	2.10 g	Sodium	163 mg	Protein	8.04 g	Iron	2.54 mg	5.95%	Calories from Saturated Fat
Saturated Fat	0.90 g	Carbohydrates	21.55 g	Vitamin A	167.2 IU	Water ¹	*0.03* g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	7.29 g	Vitamin C	8.4 mg	Ash ¹	*0.02* g	63.72%	Calories from Carbohydrates
								23.76%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p>¹ - denotes optional nutrient values</p> <p>² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									