

ISD #347

500161 - REFRIED BEANS : USDA I-15	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
HACCP Process: #2 Same Day Service Number of Portions: 50 Size of Portion: 1/3 CUP				? - Milk ? - Egg ? - Peanut ? - Tree Nut ? - Fish ? - Shellfish ? - Soy ? - Wheat

Ingredients	Measures	Instructions						
016146 BEANS,PINTO,MATURE,CND,DRND..... 044188 SOUP,CHICKEN BROTH,LO SODIUM,CND.... 004318 OIL,VEG,TYPE B-COMMOD.....	2 1/3 #10 CAN, drained 1 cup 1/2 cup	<p>1. Heat and drain canned pinto beans.</p> <p>2. Place beans, stock, oil, and seasonings (optional) in mixer. Blend for 3-5 minutes on medium speed until smooth or to desired consistency.</p> <p>3. Pour 10 lb 8 oz (approximately 3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 1/2") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.</p> <p>4. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes</p> <p>CCP: Heat to 140° F or higher.</p> <p>OR</p> <p>If using previously cooked and chilled beans or stock: CCP: Heat to 165° F or higher for at least 15 seconds</p>						
001168 CHEESE,LOFAT,CHEDDAR OR COLBY.....	14 ozs	<p>5. Sprinkle 14 oz (3 1/2 cups) of shredded cheese over each pan.</p> <p>6. CCP: Hold for hot service at 135°F or higher.</p> <p>Portion with No. 12 scoop (1/3 cup).</p> <p>Seasonings: Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients.</p> <p>For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.</p>						
		<p>Food as Purchased</p> <table style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">50 Servings</td> <td style="text-align: center;">100 Servings</td> </tr> <tr> <td>Dry pinto beans</td> <td style="text-align: center;">5 lb 1 oz</td> <td style="text-align: center;">10 lb 2 oz</td> </tr> </table>		50 Servings	100 Servings	Dry pinto beans	5 lb 1 oz	10 lb 2 oz
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		<p>Special Tip</p> <p>SOAKING BEANS</p> <p>Overnight method: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.</p> <p>Quick-soak method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.</p> <p>COOKING BEANS</p> <p>Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. CCP: Hold for hot service at 135°F.</p> <p>OR</p> <p>Chill for later use. If chilling: CCP: Cool to 70°F within 2 hours and to 41°F or lower within an additional 4 hours.</p> <p>1 lb dry pinto beans = about 2 3/8 cups dry or 5 1/4 cups cooked pinto beans.</p>
		<p style="text-align: center;">Serving</p> <p>? cup (No. 12 scoop) provides 1 oz equivalent meat/meat alternate</p> <p>OR</p> <p>? cup (No. 12 scoop) provides ¼ cup vegetable.</p>

Calories..... 111	Iron..... 1.61 mg	Protein..... 6.87 g	Protein..... 24.77%
Cholesterol.. 4 mg	Calcium...113.00 mg	Carbohydrates 12.19 g	Carbohydrates. 43.93%
Sodium..... 381 mg	Vitamin A.. 208 IU	Total Fat.... 4.12 g	Total Fat..... 33.37%
Dietary Fiber 2.79 g	Vitamin C.. 0.7 mg	Saturated Fat 1.31 g	Saturated Fat. 10.65%
		Trans Fat.... 0.00* g	Trans Fat..... 0.00%

* - Denotes Missing Nutrient Values