



Perfect Pinto Beans



Vegetable

HACCP Process Category 2

USDA Foods Recipe

Ingredients	90 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Beans, pinto, canned, low-sodium 	5 #10 cans				<ol style="list-style-type: none"> 1. Pre-heat oven to 350°. 2. Open all of the cans of beans and drain them, reserving 3 cups of liquid from the beans. 3. Mix beans, reserved liquid, and seasonings together then add the prepared salsa. 4. Blend well and pour into 2, 4-inch full size steam table pans. 5. Cover pan with foil. 6. Bake in oven at 350° for 1 hour, removing the foil during the last 20 minutes of cooking time to brown the beans a little. <p style="color: red;">CCP: Hold the beans at 135° or higher for hot service.</p>
Worcestershire sauce		¼ cup			
Onion, minced, dried		¼ cup			
Black pepper, ground		4 tsp			
Garlic powder		4 tsp			
Salt		4 tsp			
Salsa, Red Gold 	1 #10 can				
Chili powder		¼ cup			

Serving Size	1 Serving Provides	Yield
3/4 cup	1/2 cup vegetable, beans/legumes	90 servings

Nutrients Per Serving

Calories	136	Sodium	436 mg	Vitamin A	658.2 IU
Total Fat	1.07 g	Carbohydrates	25.04 g	Vitamin C	7.09 mg
Saturated Fat	0.20 g	Dietary Fiber	6.23 g	Calcium	90.8 mg
Trans Fat	0 g	Protein	7.49 g	Iron	2.06 mg
Cholesterol	0.0 mg	Calories from Total Fat	7.07 %	Calories from Saturated Fat	1.30 %

This recipe utilizing USDA Foods was developed by Chef Dee Dee Olson as part of a USDA Team Nutrition grant in 2014.

