



Savory Black Beans



Vegetable

HACCP Process Category 2

USDA Foods Recipe

Ingredients	100 Servings		___ Servings		Directions
	Weight	Measure	Weight	Measure	
Black beans, canned, low sodium 	7 #10 cans				<ol style="list-style-type: none"> 1. Pre-heat oven to 350°. 2. Open cans of beans, drain well, and rinse under cool running water. 3. Combine chicken stock, beans, and rest of ingredients. Mix well together with a spoon. 4. Pour into 2, 4-inch sized steam table pans. 5. Cover each pan with foil. 6. Bake in oven at 350° for 1 hour, stirring after 30 minutes. Cover and continue to bake until internal temperature reaches 135°. <p>CCP: Internal temp. reaches 135°. CCP: Hold the beans at 135° or higher for hot service.</p>
Chicken base, low sodium		3 cup			
Onion, minced, dried		2/3 cup			
Black pepper, ground		6 tsp			
Garlic powder		5 tsp			
Salt		3 tsp			
Garlic, minced		½ cup			
Cumin, ground		6 Tbsp			
Red pepper flakes, dried		5 tsp			

Serving Size	1 Serving Provides	Yield
½ cup	½ cup vegetable beans/legumes	100 servings; 3 gallons, 2 cups

Nutrients Per Serving

Calories	108	Sodium	213 mg	Vitamin A	24.94 IU
Total Fat	0.36 g	Carbohydrates	22.12 g	Vitamin C	3.16 mg
Saturated Fat	0.10 g	Dietary Fiber	8.20 g	Calcium	41.7 mg
Trans Fat	0 g	Protein	7.18 g	Iron	2.25 mg
Cholesterol	0.09 mg	Calories from Total Fat	3.03 %	Calories from Saturated Fat	0.83 %

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

