



Recipe Name: Cuban Black Beans

File No:

Recipe Adapted From:

USDA Recipes



| | |
|----------------------------|---|
| Grade Group (s): K-8, 9-12 | HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 100 | |
| Portion Size: 2/3 cup | |
| Serving Utensil: | |
| Servings Per Pan: | |

| Ingredients | Weight | Measure | Procedure |
|---|-----------|--------------|--|
| Oil, Vegetable | | 3 cups 1 tsp | 1. In a medium stock pot, heat oil over medium-high heat. 2. Add half of the onion and all the bell peppers, cooking 2-3 minutes or until onions become translucent, stirring occasionally. 3. Add garlic, cumin, and beans. Stir constantly for 1-2 minutes. 4. Add salt and broth. Bring to a boil, then reduce heat to medium. 5. Simmer for 5-10 minutes. Add cilantro, stir well. CCP: heat to 135°F or higher. 6. Divide beans equally between 2 steam table pans. 7. Sprinkle the remaining onions on top of each steam table pan evenly. CCP: Hot hold for service at 135°F or higher. |
| Onions, Raw, Diced, Divided | 5 1/2 lbs | | |
| Peppers, Bell, Green, Frozen, Diced | 3 lbs | | |
| Garlic, Minced | | 1 cup | |
| Cumin, Ground | | 1/2 cup | |
| Broth, Vegetable, Low-Sodium | | 1 qt | |
| Beans, Black, Canned, Low-Sodium, Drained, Rinsed, USDA #100359 | | 4 - #10 cans | |
| Salt | | 2 Tbsp 2 tsp | |
| Cilantro, Fresh, Minced | | 7 cups | |

| Meal Component Contribution | | | Total Yield | |
|-------------------------------------|---------|-----|---|--|
| Meat/Meat Alternate: 1 oz eq | | | Weight: 16 3/4 lbs | |
| Vegetable Subgroups | | | Number of Pans: 2 | |
| DG | RO | BPL | Pan size: 12" x 20" x 2 1/2" | |
| | | | Volume: 2 gallons 1 1/2 cup | |
| S | O | A | Nutritional Analysis Based on Portion Size | |
| | 1/8 cup | | Calories: 112 kcal | |
| Fruit: | | | Saturated Fats (g): 0.56 g | |
| Grains: | | | Sodium (mg): 295.46 mg | |
| Based on USDA Food Buying Guide-RAW | | | Calculated using NutriKids | |

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
 S - starchy O - other A - additional