



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: 50	
Portion Size: 2/3 cup	
Serving Utensil:	
Servings Per Pan:	

Ingredients	Weight	Measure	Procedure
Oil, Vegetable		2/3 cup 1 1/2 Tbsp	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	2 3/4 lbs		
Peppers, Bell, Green, Frozen, Diced	1 1/2 lbs		
Garlic, Minced		1/2 cup	
Cumin, Ground		1/4 cup	
Broth, Vegetable, Low-Sodium		2 cup	
Beans, Black, Canned, Low-Sodium, Drained Rinsed, USDA #100359		2 - #10 cans	
Salt		1 Tbsp 1 tsp	
Cilantro, Fresh, Minced		3 1/2 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