



RECIPE NAME: Refried Beans (Vegetarian)

File No:

Grade Group: 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: 1/3 cup	
Serving Utensil: #12 scoop	
Servings per Pan:	

Recipe Adapted From:

Child Nutrition
Recipe Box



Ingredients	Weight	Measure	Procedure
Pinto Beans, Canned, Drained Water Vegetable Broth, Low-Sodium Cumin, Ground Cilantro, Fresh, Chopped Garlic, Fresh, Minced Chili Powder Paprika Onion Powder Vegetable Oil Cheese, Shredded, Cheddar, Reduced Fat	1 lb 12 oz	5 1/3 #10 can 1 qt 2 cups 2 Tbsp 6 cups 1/2 cup 1/4 cup 1 Tbsp 1 Tbsp 1/2 cup	<ol style="list-style-type: none"> 1. Drain and rinse the beans. 2. Place beans, water, broth, spices and oil in mixer. Blend for 3-5 minutes on medium speed until smooth or to desired consistency. 3. Pour mixture into steamtable pans which have been lightly coated with pan release spray. 4. Bake: Conventional oven: 350°F for 30 minutes. Convectional oven: 300°F for 20 minutes. CCP: Heat to 140°F or higher. 5. Sprinkle cheese over beans, evenly distributed among pans. <p>CCP: Hold for hot service at 135°F or higher.</p>
Total Yield:	Number of Pans:		
Weight:	Measure (volume):	Pan Size:	

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12					Equipment (if not specified in procedures above): DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange S=Starchy O=Other
Meat/Meat Alternate	0.25 oz eq					
Vegetable Subgroups	DG	B/P	R/O	S	O	
		1/4 c.				
Fruits						
Grains						
Calories:	125					
Saturated Fat (g):	1.42 g					
Sodium (mg):	505.14 mg					