



**RECIPE NAME:** Refried Beans (Vegetarian)

**File No:**

Grade Group: K-8, 9-12	<b>HACCP Process:</b> <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: 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	14 oz	2 2/3 #10 cans 2 cups 1 cup 1 Tbsp 3 cups 1/4 cup 2 Tbsp 1 1/2 tsp 1 1/2 tsp 1/4 cup 3 1/2 cups	<ol style="list-style-type: none"> <li>1. Drain and rinse the beans.</li> <li>2. Place beans, water, broth, spices and oil in mixer. Blend for 3-5 minutes on medium speed until smooth or to desired consistency.</li> <li>3. Pour mixture into steamtable pans which have been lightly coated with pan release spray.</li> <li>4. Bake:                Conventional oven: 350°F for 30 minutes.                Convectional oven: 300°F for 20 minutes.                CCP: Heat to 140°F or higher.</li> <li>5. Sprinkle cheese over beans, evenly distributed among pans.</li> </ol> <p>CCP: Hold for hot service at 135°F or higher.</p>
<b>Total Yield:</b>	<b>Number of Pans:</b>		
<b>Weight:</b>	<b>Measure (volume):</b>	<b>Pan Size:</b>	

**Meal Component Contribution/Nutrition Analysis Based on Portion Size**

Specify the grade group in the columns:	Grade Group: K-8, 9-12					<b>Equipment (if not specified in procedures above):</b>  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):	505.94 mg					