

Black Beans

Component: Meat Alternate or Vegetable

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Black beans, dry	5 lb 8 oz				<ol style="list-style-type: none"> 1. For dried beans, boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Add fresh water and boil gently with lid until tender, about 2 hours. Beans should mash easily with a fork. Continue to step 3. 2. For canned beans, drain and rinse. Place beans in large pot, add just enough water to cover beans, and simmer for 15 minutes. 3. Remove from heat and drain most of the liquid, but not all. 4. Sprinkle olive oil over beans and toss lightly. 5. In separate bowl, mix paprika, garlic powder, onion powder, oregano, and salt. 6. Sprinkle seasoning mixture over beans and toss lightly. 7. Serve. 8. CCP: Hold at 135° F or warmer. .
OR					
Black beans, canned, no added salt (undrained)	24 lbs 12 oz	3.6 No. 10 cans			
Olive oil		1/4 cup			
Paprika		3 Tbsp			
Garlic powder (adjust if needed)		1 Tbsp			
Onion powder		2 tsp			
Oregano		2 tsp			
Salt (omit if no added or low sodium canned beans are not available)		1 tsp			

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Notes:
Nutrient information from Food Processor.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings

Serving: 1/2 cup provides 2 oz equivalent meat/meat alternate or 1/2 cup vegetable.
1-2 years: 1/4 cup for meat alternate; 1/8 cup for vegetable at lunch
3-5 years: 3/8 cup for meat alternate; 1/4 cup for vegetable at lunch
6-18 years: 1/2 cup for meat alternate; 1/2 cup for vegetable at lunch

Nutrients Per Serving			
Calories	121	Saturated Fat	0.25 g
Protein	7.33g	Cholesterol	0 mg
Carbohydrate	20.27 g	Vitamin A	10.50 RAE
Total Fat	1.49 g	Vitamin C	3.25 mg
		Iron	2.41 mg
		Calcium	44.26 mg
		Sodium	166.03 mg
		Dietary Fiber	8.47 g