

# Refried Beans

Meal Components: Vegetable - Beans / Peas, Meat / Meat Alternate

I-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained, stock reserved	3 lb 2 oz	1 qt 3 cups (7/8 No. 10 can)	6 lb 4 oz	3 qt 2 cups (1 3/4 No. 10 cans)	<ol style="list-style-type: none"> <li>Place beans, chicken broth or bean stock, oil, seasonings (optional), in mixer. Blend on medium speed with paddle attachment for 3-5 minutes until smooth or to desired consistency.</li> <li>Pour 3 lb 8 oz (approximately 1 qt 3 cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25</li> </ol>
OR	OR	OR	OR	OR	
*Cooked dry pinto beans, drained (see preparation note)	3 lb 12 oz	1 qt 3 cups	7 lb 8 oz	3 qt 2 cups	
Chicken or bean stock. non-MSG		1/4 cup 2 Tbsp		3/4 cup	
Vegetable oil		3 Tbsp		1/3 cup	
Chili powder		2 1/2 tsp		1 Tbsp 2 tsp	
Ground cumin		2 tsp		1 Tbsp 1 tsp	
Paprika		1/2 tsp		1 tsp	
Onion powder		1/2 tsp		1 tsp	

3. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes  
CCP not needed if using dry pinto beans and no chicken stock OR if using previously cooked and chilled beans or stock.

4. CCP: Hold at 140° F or warmer. Portion with No. 16 scoop (¼ cup).

Reduced fat cheddar cheese, 5 1/2 oz shredded

1 1/2 cups 2 Tbsp 11 oz

3 1/4 cups

5. Sprinkle 5 ½ oz (1 ½ cups 2 Tbsp) cheese over each pan.

## Notes

\* See Marketing Guide

### PREPARATION NOTE:

#### SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

#### COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,

CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling: CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ½ cups dry or 5 ¼ cups cooked pinto beans.

Marketing Guide		
Food as Purchased for	25 Servings	25 Servings
Pinto beans, dry	1 lb 4 oz	2 lb 8 oz

Serving	Yield	Volume
¼ cup (No. 16 scoop) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat.	<b>25 Servings:</b> 3 lb 5 oz	<b>25 Servings:</b> 1 quart 2 ¼ cups
	<b>50 Servings:</b> 6 lb 10 oz	<b>50 Servings:</b> 3 quarts ½ cup

Nutrients Per Serving					
Calories	81	Saturated Fat	1 g	Calcium	85 mg
Protein	5 g	Cholesterol	4 mg	Sodium	286 mg
Carbohydrate	9 g	Vitamin A	46 IU	Dietary Fiber	2 g
Total Fat	3 g	Iron	1 mg		