

Refried Beans

Meal Components: Meat / Meat Alternate

I-15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium canned pinto beans (undrained)	13 lb 6 oz	2 gal (2 1/3 No. 10 cans)	26 lb 12 oz	4 gal (4 2/3 No. 10 cans)	<ol style="list-style-type: none"> Heat canned pinto beans. Drain Place beans, stock, oil, and seasonings (optional) in mixer. Blend for 3-5 minutes on medium speed until smooth or to desired consistency.
OR	OR	OR	OR	OR	
*Cooked dry pinto beans, drained (see Special Tip)	10 lb	1 gal 2 qt	20 lb	3 gal	
Low-sodium chicken or bean stock, non-MSG		1 cup		2 cups	
Vegetable oil		1/2 cup		1 cup	
Chili powder		2 Tbsp		1/4 cup	
Ground cumin		1 Tbsp 1 1/2 tsp		3 Tbsp	
Paprika		1 1/2 tsp		1 Tbsp	

3. Pour 10 lb 8 oz (approximately 3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.

4. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes CCP: Heat to 140° F or higher. OR If using previously cooked and chilled beans or stock: CCP: Heat to 165° F or higher for at least 15 seconds.

Reduced fat cheddar cheese,
shredded

14 oz

3 1/2 cups

1 lb 12 oz

1 qt 3 cups

5. Sprinkle 14 oz (3 ½ cups) cheese over each pan.

6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (? cup).

Notes

Comments:

*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) maybe used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Special Tip:

SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ 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. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and 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.

A new nutrient analysis will be coming. Updated July 2014.

Restandarization in progress.

Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Dry pinto beans	5 lb 1 oz	10 lb 2 oz

Serving	Yield	Volume
1/3 cup (No. 12 scoop) provides: Legume as meat alternate: 1 3/4 oz equivalent meat alternate	50 Servings: about 12 lb	50 Servings: about 1 gallon ½ cup
OR Legume as vegetable: 1/4 oz equivalent meat alternate and 1/4 cup legume vegetable.	100 Servings: about 24 lb	100 Servings: about 2 gallons 1 cup

Nutrients Per Serving					
Calories	111	Saturated Fat	1.32 g	Calcium	113 mg
Protein	6.88 g	Cholesterol	4 mg	Sodium	381 mg
Carbohydrate	12.19 g	Vitamin A	208 IU	Dietary Fiber	2.8 g
Total Fat	4.12 g	Iron	1.61 mg		