

Bean Medley - CACFP



General Information

Recipe #	Category	Source
1756032	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Onions, raw	1 tbsp., 1 ½ tsp. chopped, raw to prepared		
Garlic, raw	1 tbsp., 1 ½ tsp.		
Beverages, water, tap, municipal	1 pt., ½ c., 2 tbsp., 1 ¾ tsp.		
Soup, vegetable chicken, canned, prepared with water, low sodium	2 tbsp.		
Beans, black, mature seeds, canned, low sodium	¾ #10 can, undrained		
Beans, black, mature seeds, canned, low sodium	¾ #10 can, undrained		
Spices, pepper, black	½ tsp. ground		
Spices, garlic powder	2 tsp.		
Spices, onion powder	2 tsp.		
Seasoning mix, dry, sazón, coriander & annatto	2 tbsp.		

Preparation Instructions

HACCP Process: #2 - Same Day Service

- 1.Pre-heat oven to 350 degrees F.
2. Chop onions and mince garlic. Rinse and drain black beans and pinto beans.
3. In a deep 10 x12 inch pan, combine all ingredients and mix until everything is incorporated.
4. Cover with foil and bake for 30-40 minutes until internal temperature reaches 165 degrees F. Hold hot for service.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.



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Serving Size	Yield
0.5 Cup	25.00

Nutrition Facts

Serving Size 0.5 Cup (216 gm)

Amount Per Serving		
Calories		173.580
% Daily Value*		
Total Fat	0.575 gm	0.884%
Saturated Fat	0.150 gm	0.749%
Trans Fat	0.000* gm	
Cholesterol	0.084 mg	0.028%
Sodium	422.984 mg	17.624%
Total	31.633 gm	10.544%
Carbohydrate		
Dietary Fiber	12.995 gm	51.978%
Total Sugars	0.485 gm	
Includes 0.000 * gm of Added Sugars		
Protein	11.446 gm	22.892%
Vitamin A, RAE	1.675* mcg	0.186%
Vitamin C	5.311 mg	8.851%
Vitamin D	0.000* mcg	
Calcium	68.512 mg	6.851%
Iron	3.598 mg	19.987%
Potassium	586.368* mg	12.476%
Saturated Fat % of Calories		0.777 %
* Indicates missing Nutrient Information.		
^ Indicates user added nutrient.		

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

Place product in a single layer on a clean pan.

Preheat oven.

Place in oven and bake.

CCP: Heat to 165° F or higher for at least 15 seconds.

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Record time and internal temperature of completed recipe on daily log.

Component	Measurement
Beans, Peas, and Lentils	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
02-26-2025	02-26-2025

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