

Fiesta Beans - CACFP

General Information

Recipe #	Category	Source
1770087	Vegetables 	Local

Ingredients

Name	Quantity	+	Quantity 2
Peppers, jalapeno, raw	3 tbsp., 2 5/8 tsp. sliced		
Onions, raw	3 tbsp., 2 5/8 tsp. chopped, raw to prepared		
Coriander (cilantro) leaves, raw	2 tbsp., 2 2/3 tsp.		
Beans, pinto, canned, drained solids	3/8 #10 can, drained		
Sauce, salsa, ready-to-serve	1 1/3 oz.		
Catsup, low sodium	1 tbsp., 2 7/8 tsp.		
Spices, pepper, black	1/4 tsp. ground		
Seasoning mix, dry, taco, original	1 1/2 tsp.		

Preparation Instructions

HACCP Process: #2 - Same Day Service

- 1.Wash and chop all produce.
2. Place all ingredients into a 4 inch 1/2 foil pan and stir until all ingredients are fully incorporated.
3. Cover with foil and bake in a 350 degree F oven for 30 minutes or until the 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.

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.

CCP: Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for



Fiesta Beans - CACFP

Serving Size	Yield
0.5 Cup	6.00

Nutrition Facts

Serving Size 0.5 Cup (134 gm)

Amount Per Serving		
Calories		142.332
% Daily Value*		
Total Fat	1.070 gm	1.645%
Saturated Fat	0.189 gm	0.946%
Trans Fat	0.000* gm	
Cholesterol	0.000 mg	
Sodium	369.062 mg	15.378%
Total Carbohydrate	25.943 gm	8.648%
Dietary Fiber	6.726 gm	26.904%
Total Sugars	2.265 gm	
Includes 0.000 * gm of Added Sugars		
Protein	8.280 gm	16.56%
Vitamin A	6.269* mcg RAE	0.697%
Vitamin C	5.087 mg	8.478%
Vitamin D	0.000* mcg	
Calcium	76.779 mg	7.678%
Iron	1.651 mg	9.171%
Potassium	369.340 mg	7.858%
Saturated Fat % of Calories		1.197%
Added Sugar % of Calories		0.000%

* 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.

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.

Remove product from dry storage room using oldest pack date first.

Clean top of can before opening. Ensure that can has no dents or defects. Using clean can opener, open can. Discard lid. Caution: Edges are sharp. Use caution when handling.

Place product in clean pan for heating. Heat product according to manufacturer instructions.

Remove product from steamer, oven or steam kettle. 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: Record time and internal temperature of completed recipe on daily log.

Meal Components

Component	Measurement
Beans, Peas, and Lentils	0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Dates

Last Updated	Created
03-20-2025	03-20-2025

Edit Recipe