

Refried Beans - NSLP

General Information

Recipe #	Category	Source
1898970	Vegetables 	Local

Ingredients

Name	Quantity	+Quantity 2
Beans, Refried, Low-sodium, Canned, 6/#10, USDA, 100362	15 lbs., 2 oz.	
Sauce, salsa, ready-to-serve	2 lbs., 2 oz.	
Cheese, cheddar, nonfat or fat free	10 oz.	

Preparation Instructions

HACCP Process: #4 - Non Potentially Hazardous

1. Place beans in a 4 inch hotel pan with salsa and mix until fully incorporated.
2. Cover with foil and place in a 350 degree oven for 30 minutes or until the internal temperature reaches 165 degrees F. Remove from the oven and garnish with cheese. 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 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.

Dates

Last Updated	Created
08-05-2025	08-05-2025



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Serving Size	Yield
0.75 Cup	50.00

Nutrition Facts

Serving Size 0.75 Cup (162 gm)

Amount Per Serving	% Daily Value*
Calories	172.813
	% Daily Value*
Total Fat 2.144 gm	3.298%
Saturated Fat 0.004 gm	0.02%
Trans Fat 0.000* gm	
Cholesterol 1.021 mg	0.34%
Sodium 341.530 mg	14.23%
Total Carbohydrate 28.072 gm	9.357%
Dietary Fiber 4.588 gm	18.353%
Total Sugars 1.829 gm	
Includes 0.000 * gm of Added Sugars	
Protein 8.448 gm	16.896%
Vitamin A 7.836* mcg RAE	0.871%
Vitamin C 0.366* mg	0.61%
Vitamin D 0.006* mcg	0.028%
Calcium 56.416* mg	5.642%
Iron 0.081* mg	0.45%
Potassium 56.756* mg	1.208%
Saturated Fat % of Calories	0.021%
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.

Meal Components

Component	Measurement
Beans, Peas, and Lentils	0.5 cups

Added Sugar Limitations

Not applicable.

Vendors

USDA Foods in Schools 

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