

Refried Beans

Meat Alternate-Vegetable

Vegetables

I-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained stock reserved OR	3 lb 10 oz	1 qt 3 1/2 cups	7 lb 3 oz	1 No. 10 can + 3 cups	<p>1. Place beans, chicken broth or bean stock, oil, and seasonings (optional) in mixer. Blend on medium speed for 3 to 5 minutes until smooth or to desired consistency.</p> <p>2. For 25 servings, pour 1 qt 3 cups bean mixture into a lightly oiled half-steamtable pan (12" x 10" x 2 1/2"). For 50 servings, pour 3 qt 2 cups bean mixture into a lightly oiled steamtable pan (12" x 20" x 2 1/2").</p> <p>3. CCP Heat to 165 degrees F for at least 15 seconds.</p> <p>To Bake: Conventional Oven: 350 degrees F, 30 minutes Convection Oven: 300 degrees F, 20 minutes</p> <p>4. For 25 servings, sprinkle 5 1/2 oz (1 1/2 cups 2 Tbsp) cheese over each half-steamtable pan. For 50 servings, sprinkle 11 oz (3 1/4 cups) cheese over each steamtable pan.</p> <p>5. CCP Hold for hot service at 140 degrees F or higher.</p> <p>Portion with No. 16 scoop (1/4 cup).</p>
*Cooked dry pinto beans, drained (see Special Tip)	2 lb 7 oz	1 qt 2 1/2 cups	4 lb 13 oz	3 qt 1 cup	
Chicken or bean stock		1/2 cup		1 cup	
Vegetable oil		1/4 cup		1/2 cup	
Seasonings (optional): Chili powder		1 Tbsp		2 Tbsp	
Ground cumin		2 1/4 tsp		1 Tbsp 1 1/2 tsp	
Paprika		3/4 tsp		1 1/2 tsp	
Onion powder		3/4 tsp		1 1/2 tsp	
Cheddar cheese, shredded	5 1/2 oz	1 1/2 cups 2 Tbsp	11 oz	3 1/4 cups	

*See Marketing Guide

Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Pinto beans, dry	1 lb	2 lb 1/2 oz

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SERVING:	YIELD:	VOLUME:
1/4 cup (No. 16 scoop) provides 1/4 cup of cooked dry beans	25 Servings: 1 half-steamtable pan 50 Servings: 1 steamtable pan	25 Servings: 50 Servings:

SOAKING BEANS

Overnight method: Add 1 qt 3 cups cold water to every lb of dry beans. Cover. Let stand overnight in refrigerator

Quick-soak method: Boil 1 qt 3 cups of water for each lb of dry beans. Pour beans in and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F within an additional 4 hours.

1 lb dry beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

Nutrients Per Serving			
Calories	103	Saturated Fat	1.7 g
Protein	6 g	Cholesterol	7 mg
Carbohydrate	10 g	Vitamin A	20 RE/68 IU
Total Fat	4.6 g	Vitamin C	0 mg
		Iron	1.3 mg
		Calcium	78 mg
		Sodium	344 mg
		Dietary Fiber	2 g