

Refried Beans

Meat Alternate-Vegetable

Vegetables

I-13

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans, drained, stock reserved	3 lb 2 oz	1 qt 3 cups (7/8 No. 10 can)	6 lb 4 oz	3 qt 2 cups (1 3/4 No. 10 cans)	<ol style="list-style-type: none"> Place beans, chicken broth or bean stock, oil, seasonings (optional), in mixer. Blend on medium speed with paddle attachment for 3-5 minutes until smooth or to desired consistency. Pour 3 lb 8 oz (approximately 1 qt 3 cups) mixture into each pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. Bake: <ul style="list-style-type: none"> Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes (CCP not needed if using dry pinto beans and no chicken stock.) OR If using previously cooked and chilled beans or stock: <ul style="list-style-type: none"> CCP: Heat to 165° F or higher. Sprinkle 5 1/2 oz (1 1/2 cups 2 Tbsp) cheese over each pan. CCP: Hold at 140° F or warmer. <p>Portion with No. 16 scoop (1/4 cup).</p>
OR *Cooked dry pinto beans, drained (see preparation note)	OR 3 lb 12 oz	OR 1 qt 3 cups	OR 7 lb 8 oz	OR 3 qt 2 cups	
Chicken or bean stock, non-MSG		1/4 cup 2 Tbsp		3/4 cup	
Vegetable oil		3 Tbsp		1/3 cup	
Seasonings (optional):					
Chili powder		2 1/2 tsp		1 Tbsp 2 tsp	
Ground cumin		2 tsp		1 Tbsp 1 tsp	
Paprika		1/2 tsp		1 tsp	
Onion powder		1/2 tsp		1 tsp	
Reduced fat Cheddar cheese, shredded	5 1/2 oz	1 1/2 cups 2 Tbsp	11 oz	3 1/4 cups	

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servinas
Pinto beans, dry	1 lb 4 oz	2 lb 8 oz

SERVING:	YIELD:	VOLUME:
¼ cup (No. 16 scoop) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat.	25 Servings: 3 lb 5 oz	25 Servings: 1 quart 2 ¼ cups
	50 Servings: 6 lb 10 oz	50 Servings: 3 quarts ½ cup
Tested 2004, Edited 2007		

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans=about 2 ¾ cups dry or 5 ¼ cups cooked pinto beans.

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Nutrients Per Serving

Calories	81	Saturated Fat	0.99 g	Iron	1.07 mg
Protein	5.17 g	Cholesterol	4 mg	Calcium	85 mg
Carbohydrate	8.88 g	Vitamin A	46 IU	Sodium	286 mg
Total Fat	2.88 g	Vitamin C	0.3 mg	Dietary Fiber	2.0 g