## **Mexican Black Bean Soup**

Cooking time: 40 minutes HACCP Process #2 Same Day Service



CACFP: 1 ounce Meat/Meat Alternate, ¼ cup Vegetables NSLP: 1 ounce Meat/Meat Alternate (or ¼ cup Beans/Peas), ¼ cup Red/Orange Vegetables, ¼ cup Starchy Vegetables SFSP: 1 ounce Meat/Meat Alternate, ¼ cup Vegetables

	10 Servings		20 Servings		
Ingredients	Weight	Measure	Weight	Measure	
Vegetable oil		1 Tablespoon		2 Tablespoons	
Onion, chopped	5.2 ounces	1 cup	10.4 ounces	2 cups	
Canned diced tomatoes	15 ounces		1 pound 14 ounces		
Low sodium black beans, canned, with liquid	1 pound 14 ounces	1 quart	3 pound 12 ounces	2 quarts	
Potatoes, peeled and diced	12 ounces		1 pound 8 ounces		
Water		1 quart		2 quarts	
Fresh cilantro, chopped		½ cup		1 cup	
Cumin		1 Tablespoon		2 Tablespoons	
Limejuice		3 Tablespoons		¼ cup + 2 Tablespoons	
Garlic powder		1 teaspoon		2 teaspoons	
Salt		1 teaspoon		2 teaspoons	
Hot sauce		to taste		to taste	



1 Serving Provides:

## Directions

1. Heat oil in a large pot over medium-high heat. Sauté the onion in the oil for 2 minutes. Add the tomatoes and cook, stirring, for 2 more minutes.

2. Add the beans with liquid, potatoes, and water. Bring to a boil, then reduce heat to a simmer. Cover and cook for 20 minutes.

3. Add the cilantro, cumin, lime juice, and optional hot pepper sauce. Stir and cook for 10 minutes more.

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

CCP: Hold for hot service at 135°F or higher.

Serve 1 cup portions using an 8 ounce ladle or spoodle.

## Mexican Black Bean Soup, continued

Serving	Yield	Volume	Nutrients Per Serving						
1 cup	10 servings, about 5 pounds 8 ounces	10 servings, about 2 quarts + 2 cups	Calories	131	Sodium	359 mg	Vitamin A	56 IU	
	20 servings, about 11 pounds	20 servings, about 5 quarts	Total Fat	1.7 g	Carbohydrate	24 g	Vitamin C	11 mg	
20 301 11 90 000 11 90 0100	20 501 111 90, 00000 11 poullas		Saturated Fat	0.3 g	<b>Dietary Fiber</b>	7 g	Iron	2 mg	
			Cholesterol	0 mg	Protein	6 g	Calcium	78 mg	

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