

# Refried Beans

🕒 Cooking time: 10 minutes

HACCP Process #2 Same Day Service



## 1 Serving Provides:

CACFP: 1 ounce Meat/Meat Alternate (or ¼ cup Vegetables)

NSLP: 1 ounce Meat/Meat Alternate (or ¼ cup Beans/Peas)

SFSP: 1 ounce Meat/Meat Alternate (or ¼ cup Vegetables)

Ingredients	64 Servings		128 Servings	
	Weight	Measure	Weight	Measure
Pinto beans, drained, reserve bean liquid	4 pounds	2 quarts + 3 cups	8 pounds	1 gallon + 1 quart + 2 cups
Vegetable oil		¼ cup		½ cup
Yellow onion, minced	2 ounces	½ cup	4 ounces	1 cup
Garlic powder		1 teaspoon		2 teaspoons
Ground cumin		1 teaspoon		2 teaspoons



## Directions

1. Heat oil in a large skillet over medium-high heat. Add the onions, garlic powder, and ground cumin. Sauté until the onion is soft.
2. Add the drained pinto beans and mash into the onion mixture with a potato masher or the back of a spoon. Add the reserved bean liquid or water (1 Tablespoon at a time) until the desired consistency is reached.
3. Cook and stir beans over medium heat until heated through, about 5 minutes.

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

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

Serve ¼ cup portions using a #16 scoop.

Serving	Yield	Volume
¼ cup	64 servings, about 4 pound 8 ounces	64 servings, about 1 gallon
	128 servings, about 9 pounds	128 servings, about 2 gallons

Nutrients Per Serving					
Calories	40	Sodium	68 mg	Vitamin A	0 IU
Total Fat	1.1 g	Carbohydrate	6 g	Vitamin C	0 mg
Saturated Fat	0.2 g	Dietary Fiber	2 g	Iron	0 mg
Cholesterol	0 mg	Protein	2 g	Calcium	18 mg

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.