

Mexican Black Bean Soup




1 Serving Provides:

CACFP: 1 ounce Meat/Meat Alternate, ¼ cup Vegetables

NSLP: 1 ounce Meat/Meat Alternate (or ¼ cup Beans/Peas), ⅛ cup Red/Orange Vegetables, ⅛ cup Starchy Vegetables

SFSP: 1 ounce Meat/Meat Alternate, ¼ cup Vegetables

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

Ingredients	10 Servings		20 Servings	
	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
Lime juice		3 Tablespoons		¼ cup + 2 Tablespoons
Garlic powder		1 teaspoon		2 teaspoons
Salt		1 teaspoon		2 teaspoons
Hot sauce		to taste		to taste



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.

continues

Mexican Black Bean Soup, continued

Serving	Yield	Volume
1 cup	10 servings, about 5 pounds 8 ounces 20 servings, about 11 pounds	10 servings, about 2 quarts + 2 cups 20 servings, about 5 quarts

Nutrients Per Serving					
Calories	131	Sodium	359 mg	Vitamin A	56 IU
Total Fat	1.7 g	Carbohydrate	24 g	Vitamin C	11 mg
Saturated Fat	0.3 g	Dietary Fiber	7 g	Iron	2 mg
Cholesterol	0 mg	Protein	6 g	Calcium	78 mg