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 1/4 cup Vegetables)

	64 Servings		128 Servings		
Ingredients	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 128 servings, about 9 pounds	64 servings, about 1 gallon 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.