

# Rice with Black Beans and Sausage

 Cooking time: 30 minutes

HACCP Process #2 Same Day Service

1 Serving Provides:

CACFP: 1 ounce Meat/Meat Alternate and 0.75 ounce equivalents Grains

NSLP: 1 ounce Meat/Meat Alternate and 0.75 ounce equivalents Grains

SFSP: 1 ounce Meat/Meat Alternate and 0.75 ounce equivalents Grains

Ingredients	32 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		2 Tablespoons + 2 teaspoons		¼ cup + 1 Tablespoon + 1 teaspoon
Low-fat Polish kielbasa sausage, cut into small pieces	3 pounds		6 pounds	
Yellow onion	2 pounds 8 ounces	2 quarts	5 pounds	1 gallon
Garlic powder		1 teaspoon		2 teaspoons
Red bell pepper, chopped	1 pound 8 ounces	1 quart + 2 cups	3 pounds	3 quarts
Ground cumin		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Uncooked brown rice, long grain	1 pound 8.8 ounces	1 quart	3 pounds 1.6 ounces	2 quarts
Canned black beans, with liquid	3 pounds 12 ounces	1 quart + 3 cups	7 pounds 8 ounces	3 quarts + 2 cups
Water		2 quarts		1 gallon



## Directions

- Heat oil over medium-high heat in a large sauce pan, small steam kettle, or small tilt skillet. Add sausage and onions and cook until the onion is tender and opaque.
- Add the remaining ingredients. Bring to a boil over high heat, reduce heat to low, cover, and simmer for 30 minutes.

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.

Serving	Yield	Volume
1 cup	32 servings, about 14 pounds 8 ounces	32 servings, about 2 gallons
	64 servings, about 29 pounds	64 servings, about 4 gallons

Nutrients Per Serving					
Calories	286	Sodium	439 mg	Vitamin A	3 IU
Total Fat	13 g	Carbohydrate	31 g	Vitamin C	4 mg
Saturated Fat	4 g	Dietary Fiber	5 g	Iron	2 mg
Cholesterol	30 mg	Protein	11 g	Calcium	36 mg