

# 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	8 Servings		16 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		2 teaspoons		1 Tablespoon + 1 teaspoon
Low-fat Polish kielbasa sausage, cut into small pieces	12 ounces		1 pound 8 ounces	
Yellow onion, chopped	10 ounces	2 cups	1 pound 4 ounces	1 quart
Garlic powder		¼ teaspoon		½ teaspoon
Red bell pepper, chopped	6 ounces	1½ cups	12 ounces	3 cups
Ground cumin		1 teaspoon		2 teaspoons
Uncooked brown rice, long grain	6.2 ounces	1 cup	12.4 ounces	2 cups
Canned black beans, with liquid	15 ounces	1¾ cups	1 pound 14 ounces	3½ cups
Water		2 cups		1 quart



## 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	8 servings, about 3 pounds 10 ounces 16 servings, about 7 pounds 4 ounces	8 servings, about 2 quarts 16 servings, about 1 gallon

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

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