

# 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	16 Servings		32 Servings	
	Weight	Measure	Weight	Measure
Pinto beans, drained, reserve bean liquid	1 pound	2¾ cups	2 pounds	1 quart + 1½ cups
Vegetable oil		1 Tablespoon		2 Tablespoons
Yellow onion, minced	½ ounce	2 Tablespoons	1 ounce	¼ cup
Garlic powder		¼ teaspoon		½ teaspoon
Ground cumin		¼ teaspoon		½ teaspoon



## 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	16 servings, about 1 pound 2 ounces	16 servings, about 1 quart
	32 servings, about 2 pounds 4 ounces	32 servings, about 2 quarts

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