Breakfast Black Beans With Eggs

Serve meat alternates at breakfast. These flavorful black beans with Eggs make a hearty pairing and add variety to your menu.

Ages: 3–5 years
Makes: 6 servings
Prep time: 10 minutes
Cook time: 35 minutes

INGREDIENTS

Nonstick cooking spray

2 eggs, fresh, large, whole

3¾ cups black beans, low-sodium, canned, drained (about 2½–15 oz cans; see notes)

¾ cup tomatoes with onions & garlic in juice, canned, petite cut, about ½ of a 14 oz can

¼ cup water

1 tsp cumin, ground

½ tsp salt, table

¼ cup cilantro, fresh, chopped (gently wash cilantro under running water before cutting)

DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.

2. Boil eggs: Place eggs in a small pot. Add water until there is 1” of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.

3. While eggs are cooking, prepare an ice bath. Place ice and water in a large bowl. Set aside.

4. Remove eggs with a slotted spoon. Place in the ice bath for 10 minutes.


6. Peel and cut each egg into 3 pieces.

7. Serve ½ cup bean mixture, ⅓ of an egg (1 piece), and chopped cilantro. Serve immediately, or keep warm at 140 °F or higher.
½ cup bean mixture and ⅓ of an egg

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>117</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>67 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>368 mg*</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>17 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>6 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>0 g</td>
</tr>
<tr>
<td>Includes Added Sugars</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>8 g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>N/A</td>
</tr>
<tr>
<td>Calcium</td>
<td>53 mg</td>
</tr>
<tr>
<td>Iron</td>
<td>3 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>N/A</td>
</tr>
</tbody>
</table>

N/A = Data not available

*Data for low-sodium, drained, and rinsed black beans not available. Data calculated using black beans, rinsed, and drained.

**Source:** Team Nutrition CACFP Easy Recipe Project

[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

---

**CACFP CREDITING INFORMATION**

Crediting beans as a meat alternate:
⅛ cup vegetable
2 oz eq meat alternate

Crediting beans as a vegetable:
½ cup vegetable
½ oz eq meat alternate

---

**CHEF TIPS**

- Contains eggs.
- The ice bath will cool the eggs quickly and make them easier to peel.
- To reduce the amount of sodium in this recipe, rinse beans with water and drain.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.