



Black Bean Hummus

USDA Recipe for CACFP

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides

Legume as Meat Alternate: 2 oz equivalent meat alternate.

OR

Legume as Vegetable: ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black beans, canned, low-sodium, rinsed, drained OR Black beans, dry	3 lb	1 qt 1 ⅓ cups (about ¾ No. 10 can)	6 lb	2 qt 2 ⅔ cups (about 1 ½ No.10 cans)	1 Combine black beans, garbanzo beans, lemon juice, garlic, oil, salt, cumin, and pepper in a food processor. Purée on medium speed for 1–2 minutes until beans have a smooth consistency. DO NOT OVERMIX.
Garbanzo beans or chickpeas, canned, low-sodium, rinsed, drained OR Garbanzo beans or chickpeas, dry	3 lb	1 qt 3 ⅓ cups 2 tsp (about ¾ No. 10 can)	6 lb	2 qt 2 ⅔ cups	
	3 lb	1 qt 3 ⅓ cups 2 tsp	6 lb	3 qt 2 ⅔ cups 1 Tbsp 1 tsp (1 ½ No. 10 cans)	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lemon juice		2 ¼ cups		1 qt ½ cup	
Garlic cloves, fresh, peeled	6 oz	1 ⅓ cups	12 oz	2 ⅔ cups	
Olive oil		3 Tbsp		¼ cup 2 Tbsp	
Salt		¾ tsp		1 ½ tsp	
Cumin, ground		1 Tbsp		2 Tbsp	
White pepper, ground		1 ½ tsp		1 Tbsp	
					2 Using a rubber spatula, scrape black bean mixture into a large bowl
Cilantro, fresh, diced	1 ½ oz	2 ½ cups 2 Tbsp	3 oz	1 qt 1 ¼ cups	3 Add cilantro. Stir well.
					4 Transfer 3 qt ½ cup (about 7 lb 5 oz) black bean hummus to each steam table pan (12" x 20" x 2 ½"). Cover pans tightly. Refrigerate. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					5 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					6 Critical Control Point: Hold at 40 °F or lower
(Optional) Whole-grain tortilla chips	1 lbs 10 oz	250 chips	3 lbs 4 oz	500 chips	7 (Optional) Serve with 10 chips.
					8 Portion with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	126
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	199 mg
Total Carbohydrate	19g
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	0 IU
Calcium	64 mg
Iron	1 mg
Potassium	210 mg

N/A = data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same-Day Service.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry pinto beans = about 2⅔ cups dry or 5¼ cups cooked beans.

YIELD/VOLUME

25 Servings

About 7 lb 5 oz

About 3 qt 2 ⅔ cups/1 steam table pan (12" x 20" x 2 ½")

50 Servings

About 14 lb 10 oz

About 1 gal 3 qt 1 ¼ cups/2 steam table pans (12" x 20" x 2 ½")

