



Black Bean Patty With Crema Sauce USDA Recipe for CACFP

Black Bean Patty With Crema Sauce is a puréed blend of black beans, corn, onions, peppers, spices, and breadcrumbs, which is then baked and topped with a crema sauce.

CACFP CREDITING INFORMATION

One patty provides

Legume as Meat Alternate: 1 oz equivalent meat alternate and ⅛ cup vegetable.

OR

Legume as Vegetable: ⅜ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil		¼ cup		½ cup	1 In a large stock pot, add oil, bell peppers, green onions, corn, and garlic. Heat uncovered over medium–high for 2–3 minutes or until vegetables are tender.
*Fresh red bell pepper, diced	1 lb 1½ oz	3¼ cups	2 lb 3 oz	1 qt 2½ cups	
*Fresh green onions, top and bottom, diced	3 oz	1 cup	6 oz	2 cups	
Frozen corn, thawed, drained	5 oz	1 cup	10 oz	2 cups	
Garlic, minced		2 Tbsp	3 oz	¼ cup	2 Critical Control Point: Heat to 140 °F or higher.

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					3 Remove from heat. Allow cooked vegetables to cool. Cover and refrigerate at 40 °F for 30 minutes. Set aside for step 6.
Canned low-sodium black beans, drained, rinsed OR Dry black beans, cooked (see Notes)	4 lb 4 lb	1 qt 3 cups 1 Tbsp (approx. 1 No. 10 can) 1 qt 3 cups 1 Tbsp	8 lb 8 lb	3 qt 2 cups 2 Tbsp (approx. 2 No. 10 cans) 3 qt 2 cups 2 Tbsp	4 Pour beans into a food processor.
					5 Purée on medium speed until beans have a smooth consistency. DO NOT OVERMIX. For 25 servings, purée for 1–2 minutes. For 50 servings, purée for 2–3 minutes.
Frozen whole eggs, thawed	4 oz	½ cup	8 oz	1 cup	6 Combine cooked vegetables, puréed beans, eggs, cumin, red pepper flakes, and 1¼ cups (about 5 oz) bread crumbs in a large bowl. Set remaining bread crumbs aside for step 9. Recommended to cook in batches of 25.
Ground cumin		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Crushed red pepper flakes		1 tsp		2 tsp	
Bread crumbs	8 oz	2 cups	1 lb	1 qt	

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					<p>7 Using a No. 12 scoop, portion $\frac{1}{3}$ cup 1 Tbsp 2 tsp (about 4 oz) black bean patties on a sheet pan (18" x 26" x 1") lined with parchment paper and heavily coated with pan-release spray. Place 25 patties on each pan.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>8 Cover and refrigerate at 40 °F for at least 1 hour.</p>
					<p>9 Spread 1½ tsp (about $\frac{1}{8}$ oz) bread crumbs evenly over each patty.</p>
					<p>10 Lightly coat the top of each patty with pan-release spray.</p>
					<p>11 Bake: Conventional oven: 350 °F for 8–10 minutes. Convection oven: 325 °F for 5–6 minutes.</p>
Salt		1½ tsp		1 Tbsp	<p>12 Crema sauce: Combine salt, pepper, cilantro, and mayonnaise in a large bowl. Stir well.</p>
Black pepper		½ tsp		1 tsp	
*Fresh cilantro	2 oz	3½ cups	4 oz	1 qt 3 cups	
Low-fat mayonnaise	2 oz	3 Tbsp	4 oz	$\frac{1}{4}$ cup 2 Tbsp	<p>13 Spread 1 Tbsp 1 tsp (about $\frac{1}{2}$ oz) sauce on top of each patty.</p>
					<p>14 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>15 Serve 1 patty.</p>

NUTRITION INFORMATION

For 1 patty.

NUTRIENTS	AMOUNT
Calories	146
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	17 mg
Sodium	335 mg
Total Carbohydrate	22 g
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	5 IU
Calcium	49 mg
Iron	2 mg
Potassium	297 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature green onions	4 oz	8 oz
Red bell peppers	1 lb 6 oz	2 lb 12 oz
Cilantro	3 oz	6 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ 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.

YIELD/VOLUME

25 Servings	50 Servings
About 6 lb 2 oz	About 12 lb 4 oz
About 3 qt ¼ cup/25 patties	About 1 gal 2 qt ½ cup/50 patties