



# Marinated Black Bean Salad

## USDA Recipe for CACFP

This flavorful side, Marinated Black Bean Salad, combines black beans, corn, green peppers, red peppers, and salsa with a variety of spices.

### CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) portion provides

**Legume as Meat Alternate:** 1 oz equivalent meat alternate and ¼ cup vegetable.

OR

**Legume as Vegetable:** 0.25 oz equivalent meat alternate and ⅜ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Lime juice		¼ cup		½ cup	<b>1</b> Dressing: Combine lime juice, parsley, cumin, garlic, ancho chili powder, cilantro, olive oil, honey, and apple cider vinegar. Stir well. Set aside for step 3.
Parsley, dried		1 Tbsp		2 Tbsp	
Cumin, ground		1½ tsp		1 Tbsp	
Garlic cloves, fresh		3 Tbsp 1½ tsp	2 oz	¼ cup 3 Tbsp	
Ancho chili powder		1 Tbsp		2 Tbsp	
OR					
Mexican seasoning mix (see Notes)		1 Tbsp		2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cilantro, fresh, minced	1½ oz	2½ cups 2 Tbsp	3 oz	1 qt 1¼ cups	
Olive oil		⅛ cup		¼ cup	
Honey		½ cup		1 cup	
Apple cider vinegar		¼ cup		½ cup	
Black beans, canned, low-sodium, drained, rinsed  OR Black beans, dry, cooked (see Notes)	2 lb 8 oz	1 qt ¼ cup 3 Tbsp (about ⅔ No. 10 can)	5 lb	2 qt ¾ cup 2 Tbsp (about 1 ⅓ No. 10 cans)	<b>2</b> Combine black beans, corn, green peppers, red peppers, salsa, onions, and jalapeños in a large bowl. Stir well. Set aside for step 3.
	2 lb 8 oz	1 qt ¼ cup 3 Tbsp	5 lb	2 qt ¾ cup 2 Tbsp	
Frozen whole-kernel corn, thawed	1 lb 12 oz	¾ cup 1 Tbsp	3 lb 8 oz	1½ cup 2 Tbsp	
*Green peppers, fresh, diced	6 oz	1⅛ cup	12 oz	2¼ cups	
*Red peppers, fresh, diced	8 oz	1½ cup	1 lb	3 cups	
Salsa, canned, low-sodium	14 oz	1½ cups 2 Tbsp (about ⅓ No. 10 can)	1 lb 12 oz	3¼ cups (about ¼ No. 10 can)	
*Fresh red onions, diced	2 oz	⅓ cup 2¾ tsp	4 oz	⅔ cup 1 Tbsp 2½ tsp	
Jalapeños, diced, seeded		¼ cup	2 oz	½ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>3</b> Pour 1½ cups (about 14 oz) dressing over 3 qt (about 5 lb 3 oz) vegetables. Stir well.</p>
					<p><b>4</b> Transfer 3 qt 1½ cups (about 5 lb 13 oz) bean salad to a steam table pan (12" x 20" x 2½").</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
Low-fat cheddar cheese, shredded	8 oz	2 cups	1 lb	1 qt	<p><b>5</b> Sprinkle 2 cups (about 8 oz) cheese over each pan.</p>
					<p><b>6</b> Critical Control Point: Cool to 40 °F or lower within 4 hours.</p>
					<p><b>7</b> Critical Control Point: Hold at 40 °F or below.</p>
					<p><b>8</b> Portion with No. 8 scoop (½ cup).</p>



**NUTRITION INFORMATION**

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>136</b>
<hr/>	
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	5 mg
<b>Sodium</b>	<b>198 mg</b>
<b>Total Carbohydrate</b>	<b>21 g</b>
Dietary Fiber	3 g
Total Sugars	7 g
Added Sugars included	N/A
<b>Protein</b>	<b>6 g</b>
<hr/>	
Vitamin D	1 IU
Calcium	118 mg
Iron	2 mg
Potassium	280 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature red onions	3 oz	6 oz
Red bell peppers	10 oz	1 lb 4 oz
Green bell peppers	8 oz	1 lb

**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 #1: No Cook

Mexican Seasoning Mix ¾ Cup (About 4½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

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.

**COOKING BEANS**

Once beans are 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 & to 40 °F or lower within 4 hours.**

1 lb dry black beans = about 2¼ cups dry or 4½ cups cooked beans.

**YIELD/VOLUME**

25 Servings	50 Servings
About 5 lb 13 oz	About 11 lb 10 oz
About 2 qt 3⅓ cups/1 steam table pan (12" x 20" x 2½")	About 1 gal 1 qt ¾ cups/2 steam table pans (12" x 20" x 2½")

