



# Refried Beans

## USDA Recipe for CACFP

These Refried Beans have pinto beans blended with chicken stock, spices, cheese and cilantro.

### CACFP CREDITING INFORMATION

1/3 cup (No. 12 scoop) provides

**Legume as Meat Alternate: 1.25 oz equivalent meat alternate.**

OR

**Legume as Vegetable: 0.25 oz equivalent meat alternate and 1/4 cup vegetable.**

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned low-sodium pinto beans, undrained	6 lb	3 qt 1 1/3 cups	12 lb	1 gal 2 qt 2 2/3 cups	<b>1</b> Pour beans into a food processor.
OR					
Dry pinto beans, cooked (see Notes)	6 lb	3 qt 1 1/3 cups	12 lb	1 gal 2 qt 2 2/3 cups	<b>2</b> Pour water, chicken broth, oregano, ancho chili powder, cumin, cilantro, garlic, chili powder, paprika, onion powder, and oil slowly into processor while beans are pureeing on medium speed for 1–2 minutes, until bean mixture has a smooth consistency.
Water		1 cup		2 cups	
					<b>3</b> DO NOT OVERMIX.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-sodium chicken broth		½ cup		1 cup	
Ground oregano		½ tsp		1 tsp	
Ancho chili powder		1 Tbsp		2 Tbsp	
OR					
Mexican seasoning mix (see Notes)		1 Tbsp		2 Tbsp	
Ground cumin		2¼ tsp		1 Tbsp 1½ tsp	
Fresh cilantro, chopped		1¾ cups	2 oz	3½ cups	
Fresh garlic, minced		2 Tbsp	3 oz	¼ cup	
Chili powder		1 Tbsp		2 Tbsp	
Paprika		¾ tsp		1½ tsp	
Onion powder		¾ tsp		1½ tsp	
Canola oil		2 Tbsp		¼ cup	
					<p><b>4</b> Transfer 2 qt 2 cups (about 5 lb 1 oz) 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>
					<p><b>5</b> Bake: Conventional oven: 350 °F for 25 minutes. Convection oven: 300 °F for 20 minutes.</p>



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p><b>6</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
Low-fat cheddar cheese, shredded	7 oz	1¾ cups	14 oz	3½ cups	<p><b>7</b> Once refried bean mixture is removed from oven, sprinkle 1¾ cup (about 7 oz) cheese over each pan.</p>
					<p><b>8</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p><b>9</b> Portion with No. 12 scoop (⅓ cup).</p>



**NUTRITION INFORMATION**

For 1/3 cup (No. 12 scoop).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>128</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	4 mg
<b>Sodium</b>	<b>268 mg</b>
<b>Total Carbohydrate</b>	<b>17 g</b>
Dietary Fiber	5 g
Total Sugars	1 g
Added Sugars included	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	1 IU
Calcium	127 mg
Iron	2 mg
Potassium	320 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**NOTES**

Cooking Process #2: Same Day Service.

**Mexican Seasoning Mix 3/4 Cup (About 4 1/2 oz)**

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 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**

**SOAKING BEANS**

**OVERNIGHT METHOD:** Add 1 3/4 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 3/4 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 1 3/4 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 2 3/8 cups dry or 5 1/4 cups cooked beans.

**YIELD/VOLUME**

25 Servings	50 Servings
About 5 lb 8 1/2 oz	About 11 lb 1 oz
About 2 qt 3 1/8 cups/1 steam table pan (12" x 20" x 2 1/2")	About 1 gal 1 qt 2 1/8 cups/2 steam table pans (12" x 20" x 2 1/2")

