



Three-Bean Salad

USDA Recipe for CACFP

This Three-Bean Salad builds on the original, with the addition of red onion, cilantro, jalapeños, tomatoes, and spices.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ¾ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	1 Dressing: Combine olive oil, vinegar, sugar, salt, pepper, and garlic powder in a small bowl. Stir well. Set aside for step 4.
Red wine vinegar		¾ cup		1 ½ cups	
Sugar		3 Tbsp	3 oz	¼ cup 2 Tbsp	
Salt		1 tsp		2 tsp	
Black or white pepper, ground		½ tsp		1 tsp	
Garlic powder		½ tsp		1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Kidney beans, canned low-sodium, chilled, drained OR Kidney beans, dry, cooked (see Notes)	9 oz	1⅓ cups 2 tsp (⅛ No. 10 can)	1 lb 2 oz	2⅔ cups 1 Tbsp 1 tsp (¼ No. 10 can)	2 Rinse kidney beans in cold water. Drain well.
	9 oz	1⅓ cups 2 tsp	1 lb 2 oz	2⅔ cups 1 Tbsp 1 tsp	
Wax beans, canned low-sodium, chilled, drained	7 oz	1¼ cups 1 tsp (about ⅛ No. 10 can)	14 oz	2½ cups 2 tsp (about ¼ No. 10 can)	3 Combine kidney beans, wax beans, green beans, tomatoes, onions, and jalapeños in a large bowl. Toss lightly. Set aside for step 4.
Green beans, canned, low-sodium, cut, chilled, drained	1 lb 2 oz	1 qt 2 tsp (about ⅓ No. 10 can)	2 lb 4 oz	2 qt 1 Tbsp 1 tsp (about ⅔ No. 10 can)	
*Tomatoes, fresh, chopped	2 lb 8 oz	1 qt 1⅓ cups	5 lb	2 qt 2⅔ cups	
*Red onions, fresh, chopped	4 oz	¾ cup 1½ tsp	8 oz	1½ cups 1 Tbsp	
*Jalapeño peppers, fresh, seeded, diced	2 oz	½ cup	4 oz	1 cup	
					4 Pour 1 cup 1 Tbsp (about 10 oz) dressing over 2 qt 2⅔ cups (about 5 lb 3 oz) vegetable mixture. Stir well.
					5 Transfer 3 qt (about 5 lb 13 oz) three bean salad to a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Fresh cilantro chopped	1 oz	1¾ cups	2 oz	3½ cups	6 Sprinkle cilantro over each pan.





INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					7 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					8 Critical Control Point: Hold at 40 °F or below.
					9 Portion with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For 1/2 cup.

NUTRIENTS	AMOUNT
Calories	57
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	163 mg
Total Carbohydrate	9 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	0 IU
Calcium	14 mg
Iron	1 mg
Potassium	128 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature red onions	5 oz	10 oz
Tomatoes	2 lb 14 oz	5 lb 12 oz
Jalapeño peppers	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 #1: No Cook.

How to Cook Dry Beans:

Soaking Beans

OVERNIGHT SOAK 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 kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

YIELD/VOLUME

25 Servings	50 Servings
About 5 lb 13 oz	About 11 lb 10 oz
About 2 qt 3 2/3 cups/1 steam table pan (12" x 20" x 2 1/2")	About 1 gal 1 qt 3 1/4 cups/2 steam table pans (12" x 20" x 2 1/2")

