



Breakfast Black Beans With Eggs

Serve meat alternates at breakfast. These flavorful black beans with eggs make a hearty pairing and add variety to your menu.

Ages: 6–18 years
Makes: 6 servings

Prep time: 10 minutes
Cook time: 35 minutes

the INGREDIENTS

Nonstick cooking spray

3 eggs, fresh, large, whole

3¾ cups black beans, low-sodium, canned, drained (about 2½–15 oz cans; see notes)

¾ cup tomatoes with onions & garlic in juice, canned, petite cut, about ½ of a 14 oz can.

¼ cup water

1 tsp cumin, ground

½ tsp salt, table

¼ cup cilantro, fresh, chopped (gently wash cilantro under running water before cutting)

the DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. Boil eggs: Place eggs in a small pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover and let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs.
3. While eggs are cooking, prepare an ice bath. Place ice and water in a large bowl. Set aside.
4. Remove eggs with a slotted spoon. Place in the ice bath for 10 minutes.
5. Prepare bean mixture: Heat a medium nonstick skillet on medium-high heat. Spray with nonstick cooking spray. Add beans, tomatoes with juice, water, cumin, and salt. Stir. Bring to a boil and reduce heat to medium. Simmer for 5 minutes. Heat to 140 °F or higher for at least 15 seconds.
6. Peel and cut each egg into 4 pieces.
7. Serve ½ cup bean mixture, ½ an egg (2 pieces), and chopped cilantro. Serve immediately, or keep warm at 140 °F or higher.

the NUTRITION INFORMATION

½ cup bean mixture and ½ of an egg

Nutrients	Amount
Calories	130

Total Fat	3 g
Saturated Fat	1 g
Cholesterol	97 mg
Sodium	378 mg*
Total Carbohydrate	17 g
Dietary Fiber	6 g
Total Sugars	0 g
Includes Added Sugars	N/A
Protein	9 g

Vitamin D	N/A
Calcium	57 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

Crediting beans as a meat alternate:

⅛ cup vegetable
 2¼ oz eq meat alternate

Crediting beans as a vegetable:

½ cup vegetable
 1 oz eq meat alternate

the CHEF TIPS

- **Contains eggs.**
- The ice bath will cool the eggs quickly and make them easier to peel.
- To reduce the amount of sodium in this recipe, rinse beans with water and drain.
- Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.

*Data for low-sodium, drained, and rinsed black beans not available. Data calculated using black beans, rinsed, and drained.