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

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)

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.


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.
**Nutrition Information**

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>130</td>
</tr>
<tr>
<td><strong>Total Fat</strong></td>
<td>3 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1 g</td>
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<tr>
<td>Cholesterol</td>
<td>97 mg</td>
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<tr>
<td><strong>Sodium</strong></td>
<td>378 mg*</td>
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<tr>
<td><strong>Total Carbohydrate</strong></td>
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<tr>
<td>Dietary Fiber</td>
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<tr>
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<tr>
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<tr>
<td>Potassium</td>
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</tr>
</tbody>
</table>

N/A = Data not available

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

**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

**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.

**Source:** Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov