



Breakfast Black Beans With Eggs

This dish provides a great opportunity to serve meat alternates at breakfast. These flavorful black beans with eggs make a hearty pairing and add variety to your menu.

AGES: 3–5 years

PREP TIME: 45 minutes

COOK TIME: 1 hour 20 minutes

CACFP CREDITING INFORMATION

Crediting beans as a meat alternate:

1/8 cup of vegetable

2 oz eq meat alternate

Crediting beans as a meat alternate:

1/2 cup vegetable

1/2 oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
Nonstick cooking spray		1 spray		2 sprays	
Eggs, fresh, large, whole		9		17	<ol style="list-style-type: none"> 2 Boil eggs: Place eggs in a large 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.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					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.
Black beans, low-sodium, canned, drained (see notes)	5 lb 5 oz (about 1½ - #10 cans)	3 qt + 3⅔ cups	10 lb 10 oz (about 3 - #10 cans)	1 gal + 3 qt + ¾ cups	5 Prepare bean mixture: Heat on an extra-large 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 30–35 minutes. Heat to 140 °F or higher for at least 15 seconds.
Tomatoes with onions & garlic in juice, canned, petite cut	1 lb 10 oz (about ¼ - #10 can)	3⅔ cups	3 lb 4 oz (about ½ #10 can)	1 qt + 2¼ cups	
Water		1 cup		2 cups	
Cumin, ground		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
Salt, table		2 tsp		1 Tbsp + 1 tsp	
Cilantro, fresh, chopped (gently wash cilantro under running water before cutting)		1 cup		2 cups	
					6 Peel and cut each egg into 3 pieces.
					7 Serve ½ cup (#8 scoop) bean mixture, ⅓ of an egg (1 piece), and chopped cilantro. Serve immediately, or keep warm at 140 °F or higher.

NUTRITION INFORMATION

½ cup bean mixture and ⅓ of an egg

Nutrients	Amount
Calories	117
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Total Fat	2 g
Saturated Fat	1 g
Cholesterol	67 mg
Sodium	368 mg*
Total Carbohydrate	17 g
Dietary Fiber	6 g
Total Sugars	0 g
Includes Added Sugars	N/A
Protein	8 g
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Vitamin D	N/A
Calcium	53 mg
Iron	3 mg
Potassium	N/A

N/A = Data not available

NOTES

- **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.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 7 lb 5 oz	Weight: 14 lb 11 oz
Yield: 1 qt ½ cup bean mixture + 9 eggs	Yield: 2 qt 1 cup bean mixture + 17 eggs

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

