

# **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: 6–18 years PREP TIME: 45 minutes COOK TIME: 1 hour 30 minutes

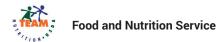
#### **CACFP CREDITING INFORMATION**

**Crediting beans as a meat alternate:** <sup>1</sup>/<sub>8</sub> cup of vegetable 2<sup>1</sup>/<sub>4</sub> oz eq meat alternate **Crediting beans as a meat alternate:** <sup>1</sup>/<sub>2</sub> cup vegetable 1 oz eq meat alternate

#### SOURCE

Team Nutrition CACFP Easy Recipe Project **TeamNutrition.USDA.gov** 

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONO
	Weight	Measure	Weight	Measure	DIRECTIONS
					<ol> <li>Wash hands with soap and water for at least 20 seconds.</li> </ol>
Nonstick cooking spray		1 spray		2 sprays	
Eggs, fresh, large, whole		13		25	2 Boil eggs: Place eggs in an extra-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.





	25 SERVINGS		50 SERVINGS			
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
					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 + 3¼ cups	5 Prepare bean mixture: Heat 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 35–40 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)	3¼ 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 4 pieces.	
					<ul> <li>Serve ½ cup (#8 scoop) bean mixture, ½ an egg (2 pieces), and chopped cilantro. Serve immediately, or keep warm at 140 °F or higher.</li> </ul>	





### NUTRITION INFORMATION

<sup>1</sup>/<sub>2</sub> cup bean mixture and <sup>1</sup>/<sub>2</sub> 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

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

## NOTES

• Contains eggs.

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- 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 13 oz Yield: 1 qt ½ cup bean mixture + 13 eggs	Weight: 15 lb 13 oz Yield: 2 qt 1 cup bean mixture + 25 eggs					

