



Cuban Black Beans and Rice USDA Recipe for Schools

Cuban Black Beans and Rice is slow simmered black beans infused with cumin, cilantro, and chipotle spices served over brown rice.

NSLP/SBP CREDITING INFORMATION

$\frac{2}{3}$ cup (No. 6 scoop) serving of black beans and $\frac{1}{2}$ cup (No. 8 scoop) serving of rice provides

Legume as Meat Alternate: 1 oz equivalent meat alternate, $\frac{1}{8}$ cup other vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: $\frac{1}{4}$ cup legume vegetable, $\frac{1}{8}$ cup other vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		3 qt		1 gal 2 qt	1 Boil water.
Salt		1 $\frac{1}{2}$ tsp		1 Tbsp	2 Add salt.
Brown rice, long-grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	3 Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 $\frac{1}{2}$ "). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					4 Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
					5 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Remove cooked rice from the oven, and let stand covered for 5 minutes. Stir rice.
					7 Critical Control Point: Heat to 135 °F or higher.
					8 Critical Control Point: Hold for hot service at 135 °F or higher.
					9 Set aside for step 21.
Canola oil		2/3 cup 1 Tbsp 1 tsp		1 1/3 cups 2 Tbsp 2 tsp	10 Heat oil in a medium stock pot uncovered over medium-high heat.
*Onions, fresh, diced	1 lb 4 oz	3 3/4 cups 2 Tbsp 1 1/2 tsp	2 lb 8 oz	1 qt 3 3/4 cups 1 Tbsp	11 Add onions and bell peppers. Cook for 2–3 minutes or until onions become translucent, stirring occasionally.
*Green bell peppers, fresh, diced	1 lb 4 oz	3 3/4 cups	2 lb 8 oz	1 qt 3 1/2 cups	
Garlic, minced	6 oz	1/2 cup	12 oz	1 cup	12 Add garlic, cumin, vegetable base, and beans. Stir constantly for 1–2 minutes.
Cumin, ground		1/4 cup	2 oz	1/2 cup	
Vegetable base powder		3 Tbsp	3 oz	1/4 cup 2 Tbsp	
Black beans, low-sodium, canned, drained, rinsed	7 lb	3 qt 1/4 cup 3 Tbsp (about 2 No. 10 cans)	14 lb	1 gal 2 qt 3/4 cup 2 Tbsp (about 4 No. 10 cans)	
OR					



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Black beans, dry, cooked (See Notes Section)	7 lb	3 qt ¼ cup 3 Tbsp	14 lb	1 gal 2 qt ¾ cup 2 Tbsp	
Water		2 cups		1 qt	13 Add water and salt.
Salt		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
					14 Bring to a boil. Reduce heat to medium. Simmer for 5–10 minutes.
Cilantro, fresh, minced	2 oz	3 ½ cups	4 oz	1 qt 3 cups	15 Add cilantro. Stir well.
					16 Critical Control Point: Heat to 135 °F or higher.
					17 Critical Control Point: Hold for hot service at 135 °F or higher.
					18 Pour 3 qt 2 cups (about 8 lb 6 oz) black bean mixture into a steam table pan (12" x 20" x 2 ½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					19 Serve black beans on top of rice.
*Onions, fresh, minced	1 lb 8 oz	1 qt ⅔ cup 1 tsp	3 lb	2 qt 1 ⅓ cups 2 tsp	20 Garnish with onions.
					21 Portion black beans with No. 6 scoop (⅔ cup). Portion rice with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For 2/3 cup (No. 6 scoop) black beans and 1/2 cup (No. 8 scoop) rice.

NUTRIENTS	AMOUNT
Calories	207
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	438 mg
Total Carbohydrate	34 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	0 IU
Calcium	59 mg
Iron	1 mg
Potassium	229 mg

N/A = data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	3 lb 2 oz	6 lb 4 oz
Green bell peppers	1 lb 10 oz	3 lb 4 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 #2: Same-Day Service.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

Overnight 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 135 °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 black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 16 lb 12 oz black beans and about 7 lb 8 oz rice	About 33 lb 8 oz black beans and about 15 lb rice
About 2 gal 1 1/2 cups black beans and about 3 qt 3 cups rice/4 steam table pans (12" x 20" x 2 1/2") 2 pans for black beans and 2 pans for rice	About 4 gal 3 cups black beans and 1 gal 3 qt 2 cups rice/8 steam table pans (12" x 20" x 2 1/2") 4 pans for black beans and 4 pans for rice

