



Refried Beans

USDA Recipe for Schools

These Refried Beans have pinto beans blended with chicken stock, spices, cheese and cilantro.

NSLP/SBP Crediting Information

1/3 cup (No. 12 scoop) provides

Legume as Meat Alternate: 1.25 oz equivalent meat alternate.

OR

Legume as Vegetable: 0.25 oz equivalent meat alternate and 1/4 cup legume vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned low-sodium pinto beans, undrained OR Dry pinto beans, cooked (see Notes)	12 lb	1 gal 2 qt 2 2/3 cups (approx. 2 2/3 No. 10 cans)	24 lb	3 gal 1 qt 1 1/3 cups (approx. 5 1/3 No. 10 cans)	1 Pour beans into a food processor.
	12 lb	1 gal 2 qt 2 2/3 cups	24 lb	3 gal 1 qt 1 1/3 cups	
Water		2 cups		1 qt	2 Pour water, chicken broth, oregano, ancho chili powder, cumin, cilantro, garlic, chili powder, paprika, onion powder, and oil slowly into processor while beans are pureeing on medium speed for 1–2 minutes, until bean mixture has a smooth consistency.
					3 DO NOT OVERMIX.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-sodium chicken broth		1 cup		2 cups	
Ground oregano		1 tsp		2 tsp	
Ancho chili powder		2 Tbsp		¼ cup	
OR					
Mexican seasoning mix (see Notes)		2 Tbsp		¼ cup	
Ground cumin		1 Tbsp 1½ tsp		3 Tbsp	
Fresh cilantro, chopped	2 oz	3½ cups	4 oz	1 qt 3 cups	
Fresh garlic, minced	3 oz	¼ cup	6 oz	½ cup	
Chili powder		2 Tbsp		¼ cup	
Paprika		1½ tsp		1 Tbsp	
Onion powder		1½ tsp		1 Tbsp	
Canola oil		¼ cup		½ cup	
					<p>4 Transfer 2 qt 2 cups (about 5 lb 1 oz) to a steam table pan (12" x 20" x 2½").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>5 Bake: Conventional oven: 350 °F for 25 minutes. Convection oven: 300 °F for 20 minutes.</p>



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
Low-fat cheddar cheese, shredded	14 oz	3½ cups	1 lb 12 oz	1 qt 3 cups	7 Once refried bean mixture is removed from oven, sprinkle 1¾ cup (about 7 oz) cheese over each pan.
					8 Critical Control Point: Hold for hot service at 135 °F or higher.
					9 Portion with No. 12 scoop (⅓ cup).



NUTRITION INFORMATION

For 1/3 cup (No. 12 scoop).

NUTRIENTS	AMOUNT
Calories	128
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	268 mg
Total Carbohydrate	17 g
Dietary Fiber	5 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	1 IU
Calcium	127 mg
Iron	2 mg
Potassium	320 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

NOTES

Cooking Process #2: Same Day Service.

Mexican Seasoning Mix 3/4 Cup (About 4 1/2 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, 1/4 tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

How to Cook 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 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 pinto beans = about 2 3/8 cup dry or 5 1/4 cup cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 11 lb 1 oz	About 22 lb 2 oz
About 1 gal 1 qt 2 1/8 cups/2 steam table pans (12" x 20" x 2 1/2")	About 2 gal 3 qt 1/4 cup/4 steam table pans (12" x 20" x 2 1/2")

