



Three-Bean Salad

USDA Recipe for Schools

This Three-Bean Salad builds on the original, with the addition of red onion, cilantro, jalapeños, tomatoes, and spices.

NSLP/SBP CREDITING INFORMATION

$\frac{1}{2}$ cup (No. 8 scoop) provides $\frac{1}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{8}$ cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil		$\frac{1}{4}$ cup 1 Tbsp		$\frac{1}{2}$ cup 2 Tbsp	1 Dressing: Combine olive oil, vinegar, sugar, salt, pepper, and garlic powder in a small bowl. Stir well. Set aside for step 4.
Red wine vinegar		1 $\frac{1}{2}$ cups		3 cups	
Sugar	3 oz	$\frac{1}{4}$ cup 2 Tbsp	6 oz	$\frac{3}{4}$ cup	
Salt		2 tsp		1 Tbsp 1 tsp	
Black or white pepper, ground		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Kidney beans, canned, low-sodium, chilled, drained OR Kidney beans, dry, cooked (see Notes)	1 lb 2 oz	2 ² / ₃ cups 1 Tbsp 1 tsp (¹ / ₄ No. 10 can)	2 lb 4 oz	1 qt 1 ¹ / ₃ cups 2 Tbsp 2 tsp (¹ / ₂ No. 10 can)	2 Rinse kidney beans in cold water. Drain well.
	1 lb 2 oz	2 ² / ₃ cups 1 Tbsp 1 tsp	2 lb 4 oz	1 qt 1 ¹ / ₃ cups 2 Tbsp 2 tsp	
Wax beans, canned low-sodium, chilled, drained	14 oz	2 ¹ / ₂ cups 2 tsp (approx. ¹ / ₄ No. 10 can)	1 lb 12 oz	1 qt 1 cup 1 Tbsp 1 tsp (approx. ¹ / ₂ No. 10 can)	3 Combine kidney beans, wax beans, green beans, tomatoes, onions, and jalapeños in a large bowl. Toss lightly. Set aside for step 4.
Green beans, canned, low-sodium, cut, chilled, drained	2 lb 4 oz	2 qt 1 Tbsp 1 tsp (approx. ² / ₃ No. 10 can)	4 lb 8 oz	1 gal 2 Tbsp 2 tsp (approx. 1 ¹ / ₃ No. 10 can)	
*Tomatoes, fresh, chopped	5 lb	2 qt 2 ² / ₃ cups	10 lb	1 gal 1 qt 1 ¹ / ₃ cups	
*Red onions, fresh, chopped	8 oz	1 ¹ / ₂ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	
*Jalapeño peppers, fresh, seeded, diced	4 oz	1 cup	8 oz	2 cups	
					4 Pour 1 cup 1 Tbsp (about 10 oz) dressing over 2 qt 2 ² / ₃ cups (about 5 lb 3 oz) vegetable mixture. Stir well.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>5 Transfer 3 qt (about 5 lb 13 oz) three bean salad 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>
Cilantro, fresh, chopped	2 oz	3½ cups	4 oz	1 qt 3 cups	<p>6 Sprinkle cilantro over each pan.</p>
					<p>7 Critical Control Point: Cool to 41 °F or lower within 4 hours.</p>
					<p>8 Critical Control Point: Hold at 41 °F or below.</p>
					<p>9 Portion with No. 8 scoop (½ cup).</p>



NUTRITION INFORMATION

For 1/2 cup.

NUTRIENTS	AMOUNT
Calories	57
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	163 mg
Total Carbohydrate	9 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	0 IU
Calcium	14 mg
Iron	1 mg
Potassium	128 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature red onions	10 oz	1 lb 4 oz
Tomatoes	5 lb 12 oz	11 lb 8 oz
Jalapeño peppers	6 oz	12 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 #1: No Cook.

How to Cook Dry Beans:

Soaking Beans

OVERNIGHT SOAK 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 41 °F or lower within 4 hours.

1 lb dry kidney beans = about 2 1/2 cups dry or 6 1/4 cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 11 lb 10 oz	About 23 lb 4 oz
About 1 gal 1 qt 3 1/4 cups/2 steam table pans (12" x 20" x 2 1/2")	About 2 gal 3 qt 2 1/2 cups/4 steam table pans (12" x 20" x 2 1/2")

