

Refried Beans

Meat/Meat Alternate or Vegetable

Vegetables

I-15

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned pinto beans OR *Cooked dry pinto beans, drained (see Special Tip)	13 lb 6 oz OR 10 lb	2 gal (2 ⅓ No. 10 cans) OR 1 gal 2 qt	26 lb 12 oz OR 20 lb	4 gal (4 ⅔ No. 10 cans) OR 3 gal	1. Heat and drain canned pinto beans.
Chicken or bean stock, non-MSG		1 cup		2 cups	2. Place beans, stock, oil, and seasonings (optional) in mixer. Blend for 3-5 minutes on medium speed until smooth or to desired consistency.
Vegetable oil		½ cup		1 cup	
†Seasonings (optional) Chili powder Ground cumin Paprika Onion powder		2 Tbsp 1 Tbsp 1 ½ tsp 1 ½ tsp 1 ½ tsp		¼ cup 3 Tbsp 1 Tbsp 1 Tbsp	
					3. Pour 10 lb 8 oz (approximately 3 qt 2 cups) mixture into each steamtable pan (12" x 20" x 2 ½") which has been lightly coated with pan release spray. For 50 servings, use 1 pan. For 100 servings, use 2 pans.
					4. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes CCP: Heat to 140° F or higher. OR If using previously cooked and chilled beans or stock: CCP: Heat to 165° F or higher for at least 15 seconds.
Reduced fat Cheddar cheese, shredded	14 oz	3 ½ cups	1 lb 12 oz	1 qt 3 cups	5. Sprinkle 14 oz (3 ½ cups) cheese over each pan.
					6. CCP: Hold for hot service at 135° F or higher. Portion with No. 12 scoop (⅓ cup).

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Comments:
*See Marketing Guide.

†Mexican Seasoning Mix (see G-01A, Sauces, Gravies, and Seasoning Mixes) may be used to replace these ingredients. For 50 servings, use ¼ cup 1 ½ tsp Mexican Seasoning Mix. For 100 servings, use ½ cup 1 Tbsp Mexican Seasoning Mix.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Dry pinto beans	5 lb 1 oz	10 lb 2 oz

SERVING:	YIELD:	VOLUME:
½ cup (No. 12 scoop) provides 1 oz equivalent meat/meat alternate OR ⅓ cup (No. 12 scoop) provides ¼ cup vegetable.	50 Servings: about 12 lb 100 Servings: about 24 lb	50 Servings: about 1 gallon ½ cup 100 Servings: about 2 gallons 1 cup

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Special Tip:
SOAKING BEANS

Overnight method: Add 1 ¾ 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 ¾ 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 ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.
CCP: Hold for hot service at 135° F.
OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ⅔ cups dry or 5 ¼ cups cooked pinto beans.

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Nutrients Per Serving					
Calories	111	Saturated Fat	1.32 g	Iron	1.61 mg
Protein	6.88 g	Cholesterol	4 mg	Calcium	113 mg
Carbohydrate	12.19 g	Vitamin A	208 IU	Sodium	381 mg
Total Fat	4.12 g	Vitamin C	0.7 mg	Dietary Fiber	2.8 g