

Refried Beans

Vegetable

HACCP Process Category 2

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable oil		½ cup			<ol style="list-style-type: none"> Heat the oil in a large skillet over medium heat. Add the onion and cook until tender and onions are translucent, about 3 minutes. Stir in the garlic and chili powder and cook for 1 minute more. Stir in the beans and chicken broth and cook about 5 minutes. Add more chicken broth to moisten, if needed. Stir in chopped cilantro leaves. Portion with No. 16 scoop (1/4 cup). <p style="color: red;">CCP: Heat to 165°F or higher for at least 15 seconds.</p> <p style="color: red;">CCP: Hold above 135°F.</p>
Onions, diced ¼ inch	2 lb	5 ½ cups			
Garlic gloves, minced		20 count			
Chili powder		2 Tbsp			
Refried beans	12 lbs 11 oz	2 No.10 cans			
Chicken broth, low sodium		1 1/2 cups			
Fresh cilantro leaves, chopped		1/2 cup			

Serving Size	1 Serving Provides	Yield
¼ cup (No. 16 scoop)	¾ oz equivalent meat/meat alternate or ¼ c of vegetables.	100 servings

Nutrients Per Serving

Calories	80	Vitamin A	58.8 IU	Iron	1.14 mg
Protein	4 g	Vitamin C	4.6 mg	Calcium	26.12 mg
Carbohydrate	11 g	Dietary Fiber	3.6 g	Cholesterol	5 mg
Fat	2 g	% Fat	22 %	Sodium	200 mg
Saturated Fat	0.5 g	% Saturated Fat	5.6 %		

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