

Pinto Beans (912)

(Pinto Beans MC912)

Meat/Meat Alternate

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry Pinto Beans	4 lb 13 oz		9 lb 10 oz			<ol style="list-style-type: none"> 1. Sort beans, discarding any stones, other foreign material and shriveled vegetables. Rinse with cold water. 2. Heat water to boiling in a braising pan, steam-jacketed kettle, or large stock pot. 3. Add dry beans. 4. Return to rolling boil. Allow to boil for 3 minutes. 5. Turn off steam and allow to stand for 1 hour. 6. Add seasoning packet. Cook slowly until vegetables are tender (1½ hours). Add more water if needed. 7. Drain some liquid from beans and place in serving pans. Serve immediately or cover and place in warmer until ready for service. 8. Portion with No. 8 scoop (1/2 cup). <p><i>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</i></p>
Water		1½ gal.		3 gal.		
Pinto Bean Seasoning Mix		½ package		1 package		

Serving: ½ cup (4 oz spoodle or No. 8 scoop) provides 2 oz meat/meat alternate and ½ cup vegetable.

**Yield: 50 servings: about 1½ gallons
100 servings: about 3 gallons**

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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Pinto Beans (Continued)

Nutrients Per Serving:

* Denotes Missing Nutrient Values

Calories	160		Iron	2.99	Mg	Protein	9.12	G	Percent ⇒	Protein	22.82%
Cholesterol	0	Mg	Calcium	55.10	Mg	Carbohydrates	29.95	G	Of ⇒	Carbohydrates	74.98%
Sodium	337	Mg	Vitamin A	0	RE	Total Fat	0.49	G	Calories ⇒	Total Fat	2.78%
Dietary Fiber	10.65	G	Vitamin C	3.19	Mg	Saturated Fat	0.10	G	From ⇒	Saturated Fat	0.58%

Production Notes:

Serving Notes:

Presentation Ideas: Culinary Techniques provides excellent ideas for seasoning peas and beans.

Purchasing Guide:

Use commodity products when available

Canned or frozen vegetables may be used instead of dried. Refer to the Food Buying Guide Pyramid for appropriate measures to meet the vegetable component.

Miscellaneous Notes:

Dried beans may be covered with cold water and soaked overnight, drained, then cooked.