



Cuban Black Beans and Rice

Filled with brown rice, beans, onions, cilantro and flavors of the Islands, Cuban Black Beans and Rice is a great meatless choice!

CACFP Adult Portion Crediting Information

1 cup rice and 1 cup beans (8 oz spoodle each) provides:

Legume as Meat Alternate

1/8 cup vegetable (1/8 cup other vegetable), 2 oz equivalent meat alternate, and 2 oz equivalent grains.

OR

Legume as a Vegetable

5/8 cup vegetable (1/2 cup legume vegetable, 1/8 other vegetable), and 2 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> Preheat Oven: Conventional oven: 350 °F. Convection oven: 325 °F.
Water		3 qt		1 gal 2 qt	<ol style="list-style-type: none"> Bring water (3 qt) to a boil in a large stock pot.
Salt		1 tsp		2 tsp	<ol style="list-style-type: none"> Add salt.
Brown rice, long-grain, regular, dry, parboiled	3 lb 2 oz	2 qt	6 lb 4 oz	1 gal	<ol style="list-style-type: none"> Place 3 lb 2 oz brown rice (2 qt) in each steam table pan (12"x 20"x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<ol style="list-style-type: none"> Pour boiling water (3 qt per steam table pan) over brown rice. Stir. Cover pans tightly.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					6 Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes.
					7 Remove cooked rice from oven and let stand covered for 5 minutes. Stir rice.
					8 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					9 Critical Control Point: Hold for hot service at 140 °F or higher.
					10 Set aside for step 20.
Canola oil		½ cup		1 cup	11 Heat oil in a medium stock pot uncovered over medium high heat.
*Fresh onions, diced	10 oz	2 cups	1 lb 4 oz	1 qt	12 Add onions and bell peppers. Cook for 2-3 minutes or until onions become translucent, stirring occasionally.
*Fresh green bell peppers, diced	10 oz	1 ¾ cups 2 Tbsp	1 lb 4 oz	3 ¾ cups	
Garlic, minced	3 oz	¼ cup	6 oz	½ cup	13 Add garlic, cumin, vegetable base, and beans. Stir constantly for 1-2 minutes.
Ground cumin		2 Tbsp		¼ cup	
Vegetable base powder, low-sodium		1 Tbsp 1 ½ tsp		3 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canned low-sodium black beans, drained, rinsed OR Dry black beans, cooked (See Notes Section)	7 lb OR 7 lb	1 gal 1 cup (approx. 1 No. 10 can and 1 -15 oz can) OR 1 gal 1 cup	14 lb OR 14 lb	2 gal 2 cups (approx. 2 No. 10 can and 1-15 oz can) OR 2 gal 2 cups	
Water		1 qt		2 qt	14 Add water and salt.
Salt		1 tsp		2 tsp	15 Bring to a boil. Reduce heat to medium. Simmer for 5-10 minutes.
Fresh cilantro, minced	1 oz	½ cup	2 oz	1 cup	16 Add cilantro. Stir well.
					17 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					18 Critical Control Point: Hold for hot service at 140 °F or higher.
					19 Pour about 10 lb (1 gal 2 cups) black bean mixture into a steam table pan (12" x 20" x 2 ½"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					20 Serve 1 cup (portion rice with 8 oz spoodle).
*Fresh onions, minced	12 oz	2 ⅓ cups	1 lb 8 oz	1 qt ⅔ cup	21 Serve 1 cup (portion black beans with 8 oz spoodle) on top of rice.
					22 Garnish with onions.

NUTRITION INFORMATION

For rice 1 cup (8 oz spoodle)
For beans 1 cup (8 oz spoodle)

NUTRIENTS	AMOUNT
Calories	395
Total Fat	7 g
Saturated Fat	0.8 g
Cholesterol	0 mg
Sodium	448 mg
Total Carbohydrate	69 g
Dietary Fiber	9 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	12 g
Vitamin A	6 mcg RAE
Vitamin C	10 mg
Vitamin D	0 IU
Calcium	88 mg
Iron	3 mg
Potassium	470 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh onions	1 lb 13 oz	3 lb 10 oz
Fresh green bell peppers	14 oz	1 lb 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 #2: Same Day Service.

How to Cook Dry Beans

Special tip for preparing dry beans:

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 cooking beans.

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 cooking beans.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ 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 140 °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 black beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

YIELD/VOLUME

25 Servings

50 Servings

About 10 lb beans
About 8 lb 6 oz rice

About 20 lb beans
About 16 lb 12 oz rice

About 1 gal 2 cups beans/ 1 steam table pan (12" x 20" x 2 ½")
About 1 gal 2 qt rice/ 1 steam table pan (12" x 20" x 2 ½")

About 2 gal 1 qt beans/2 steam table pans (12" x 20" x 2 ½")
About 3 gal rice/2 steam table pans (12" x 20" x 2 ½")

SOURCE:

CACFP Adult Portion Recipe Project