



Red Beans and Rice

Rice and beans is a staple dish in many South American countries. The popular duo is sometimes called “casamiento” or “matrimonio,” which means wedding or marriage. Rice and beans is also a popular part of Creole cuisine in Louisiana.

CACFP CREDITING INFORMATION

³/₄ cup provides Legume as Meat Alternate: 1½ oz equivalent meat alternate, ¹/₄ cup vegetable and ¹/₂ oz equivalent grains OR Legume as Vegetable: No equivalent meat alternate and ⁵/₈ cup vegetable and ¹/₂ oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil		¼ cup		½ cup	<p>1 Heat oil on medium–high heat in a tilting skillet or stove-top skillet(s).</p> <p>For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets.</p> <p>2 Add onions and peppers. Sauté for about 7-10 minutes, or until onions are soft.</p> <p>3 Reduce heat to medium. Stir in garlic, brown rice, cumin, oregano, salt, and pepper.</p>
*Onion, fresh, peeled, ¼" diced	1 lb 9 oz	1 qt 2¼ cup	3 lb 2 oz	3 qt ½ cup	
*Green bell peppers, fresh, ¼" diced	1 lb 9 oz	1 qt 2¼ cup	3 lb 2 oz	3 qt ½ cup	
*Garlic, fresh, minced		6 cloves OR 1 Tbsp		12 cloves OR 2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Brown rice, instant, uncooked	12½ oz	3 cup 2 Tbsp	1 lb 9 oz	1 qt 2¼ cup	4 Cook for 1–2 minutes or until rice and spices become toasted, stirring constantly.
Cumin, ground		2 Tbsp 2 tsp		⅓ cup	
Oregano, leaves, dried		2 Tbsp 2 tsp		⅓ cup	
Salt, table		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Chicken broth, low-sodium	64 fl oz	2 qt	128 fl oz	1 gal	5 When rice and spices are toasted, immediately add chicken broth. Stir, increase heat to medium-high, and bring to a boil.
Dark red kidney beans, canned, low-sodium, drained and rinsed or kidney beans, dry, cooked	4 lb 6 oz	3 qt ½ cup (1¼ No. 10 can)	8 lb 12 oz	1 gal 2 qt 1 cup (2⅓ No. 10 can)	6 Stir in kidney beans. Reduce heat to medium, and simmer for 10 minutes or until rice becomes tender. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					7 Serve ¾ cup (6 oz spoodle). Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For ¾ cup (6 oz spoodle).

NUTRIENTS	AMOUNT
Calories	173
Total Fat	3 g
Saturated Fat	0 g
Cholesterol	1 mg
Sodium	313 mg
Total Carbohydrate	30 g
Dietary Fiber	7 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	7 g
Vitamin D	N/A
Calcium	41 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

YIELD/VOLUME

25 Servings	50 Servings
9 lb 13 ³ / ₈ oz 1 gal 3 cup	19 lb 14 ³ / ₄ oz 2 gal 1 qt 2 cup

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onion	1 lb 13 oz	3 lb 9 oz
Green bell peppers	2 lb	3 lb 15 oz
Kidney beans, dry	2 lb	4 lb
Garlic	6 cloves	12 cloves

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation in ingredients is available.

1 clove is about ½ teaspoon minced.

Tips for Soaking Dry Beans

1 lb dry kidney beans = about 2½ cups dry or 6¼ cups cooked beans.

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ 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.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point:

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

