

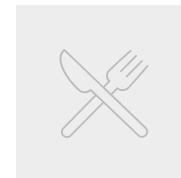


R100414 Black Beans

Category: Hot Vegetable

Serves: 10 (2 oz spoodle)

HACCP Process: Process #2 (Same Day Service)



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

PICKLIST
1 Bag of Bean: Local, Black, Dried, New England Grown

#	INGREDIENTS	INSTRUCTIONS
1	13 tablespoons 1 teaspoon of Bean: Local, Black, Dried, New England Grown 2 cups 8 tablespoons of Water	Combi Oven Method: 1. Set Combi oven to 350 on combi setting. 2. Rinse beans and place in 4" hotel pan, and cover with water. 3. Place in oven and cook until just tender, approx. 45-60 minutes. 4. Remove beans and transfer to new hotel pans, making sure beans are no more than 1" deep. Leave at room temperature for one hour. 5. Chill beans until 41 degrees or below. Cover and keep chilled for service on salad bar. 6. For service: place beans in 1/3'd pan and place on salad bar. *Beans should be firm, but not crunchy. *SERVING UTENSIL: 2-ounce Spoodle Rice Cooker Method: 1. Rinse beans and place in rice cooker; cover with water. 2. Turn Rice cooker on to "Cook." Cover and cook until tender. 3. Remove beans and transfer to new hotel pans, making sure beans are no more than 1" deep. Leave at room temperature for one hour. 4. Chill beans until 41 degrees or below. Cover and keep chilled for service on salad bar. 5. For service: place beans in 1/3'd pan and place on salad bar. *Beans should be firm but not crunchy. *SERVING UTENSIL: 2-ounce Spoodle Control Measures: After Cook Temperature, 165, Start of Service Temperature - Cold, End of Service Temperature - Cold

NUTRIENT	2 OZ SPOODLE
Calories	0.00 kcals
Saturated Fat (grams)	0.00 g
Sodium	1.18 mg
Total Carbohydrate	0.00 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
2 oz spoodle	0.250 cups Vegetables, 0.250 cups Beans/Peas and Lentils (Vegetables)

DS34564 Bean: Local, Black, Dried, New England Grown

Category: Other
Serves: 1 (Cup)
HACCP Process: None



ALLERGENS	DIETARY RESTRICTIONS	RELIGIOUS RESTRICTIONS
None	None	None

#	INGREDIENTS	INSTRUCTIONS
1		One 5lb bag of dry black beans yields approximately 30 cups, or 120 portions of 1/4 cup serving.

NUTRIENT	CUP
Calories ¹	0.00 kcals
Saturated Fat (grams) ¹	0.00 g
Sodium ¹	0.00 mg
Total Carbohydrate ¹	0.00 g

¹ Nutrient components missing

SERVING SIZE	MEAL CONTRIBUTION
Cup	