

Orfalea Foundation- SFI

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Recipe Sizing Report

Sep 13, 2013

000115 - School Food Pinto Beans :

HACCP Process: #3 Complex Food Preparation

Number of Portions: 24

Size of Portions: Cup

016042 BEANS,PINTO,MATURE SEEDS,RAW..	3 lbs
011282 ONIONS,RAW.....	2 CUPS (chopped)
011215 GARLIC,RAW.....	1/4 cup
002004 SPICES,BAY LEAF.....	1 LEAF(s)
002047 SALT.....	1 Tbsp
002030 PEPPER.....	2 tsp

Prepare the day before:

Sort beans and remove any pebbles and rinse well. Soak beans with enough water to cover by 4 inches, cover and store under refrigeration overnight.

Mince garlic

1. Drain the soaking water. Rinse the beans and put in a large pot.
2. Add enough water to cover the beans by several inches, cover and bring to a boil. Add the minced garlic, chopped onions and bay leaf(ves) (optional)
3. When the beans come to a boil, reduce heat to medium and cook uncovered until beans are tender. Skim the foam that rises to the top.
4. Add more water as needed.
5. After 30 minutes of cooking, season with salt and pepper.
6. Remove bay leaf. Serve immediately or hold according to HAACP SOP. If cooking for next day service, chill according to HAACP SOP and store beans in enough cooking liquid to cover.

CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours

CCP: Hold for hot service at 135° F or higher

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EQUIPMENT:

1-Liquid measuring cups, quart

1-Container for collecting produce

1-Chef's knife, cutting board and non-slip mat

1-Stockpot

1-Metal kitchen spoon

1-Colander

*Nutrients are based upon 1 Portion Size (Cup)

Calories	205	kcal	Cholesterol	0	mg	Protein	12.40	g	Calcium	70.74	mg	3.19%	Calories from Total Fat
Total Fat	0.72	g	Sodium	302	mg	Vitamin A	0.1	RE	Iron	2.95	mg	0.63%	Calories from Sat Fat
Sat Fat	0.14	g	Carbs	37.30	g	Vitamin A	1.9	IU	Water ¹	19.16	g	*N/A%*	Calories from Trans Fat
Trans Fat ¹	*N/A*	g	D. Fiber	9.09	g	Vitamin C	5.0	mg	Ash ¹	2.80	g	72.90%	Calories from Carbs
												24.24%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.