

Red Beans & Rice (vegan)

HEALTHY, DELICIOUS, MEAT-FREE RECIPE E 01002 PROPOSED



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 100 Servings

PORTION: 1 cup

Ingredients	Weight	Measure
RICE, LONG GRAIN	5-3/4 lbs	3 qts 2 cups
WATER, COLD	15-1/8 lbs	1 gal 3-1/4 qts
OIL, SALAD	1 oz	2 tbsp.
SALT	1-1/4 oz	2 tbsp.
ONIONS, FRESH, CHOPPED	2-1/8 lbs	1 qts 2 cups
BEANS, KIDNEY, DARK RED, CANNED, INCL LIQUIDS	27-1/8 lbs	3 gal
PEPPER, BLACK, GROUND	1/4 oz	1 tbsp.
PEPPER, BLACK, RED	<1/16th oz	1/8 tsp
GARLIC POWDER	1-1/8 oz	¼ cup

Preparation

1. Prepare rice by combining with water and cooking. See AFRS E-005-00 or E-005-01 or E-005-05 or E-005-06 or E-005-10 or E-005-11 or E-005-15. Hold cooked rice in warmer, covered, for use in last step.
2. Saute onions in salad oil about 1 to 2 minutes or until lightly browned.
3. Combine sauteed onions with undrained kidney beans, peppers and garlic powder.
4. Using a convection oven, bake at 325 F. for 30 minutes on high fan, closed vent. CCP: Internal temperature must reach 145 F. or higher for 15 seconds.
5. Serve 1/2 cup of beans over 1/2 cup of rice. CCP: Hold for service at 140 F. or higher

Alternatives: If Green or color Bell peppers need to be used to prevent food spoilage, chop and cook in the oil with the onions and the proceed with recipe.

Alternatives: If brown rice is not available can substitute with equal amounts of white rice or quinoa.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Use spatula to serve one burrito.

Nutrition Information *Nutrihand Pro