

Go For Green® Color and Sodium Level: Green and Moderate

**Caribbean Black Beans & Rice (vegan)(Entrée Portion)**

**Yield** 100 Portions

**Temp** 350°F (177°C)

**Each Portion** 1 cup beans + ½ cup rice

**Time** 18 min.

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Calcium	Fiber
		18 g						18.8 g

**Ingredients**

Ingredients	Weight	Measure	Approx. Issue
RICE, BROWN, LONG GRAIN	5-3/4 lbs	3 qts 2 cups	
OIL, CANOLA	20 oz	2-2/3 cup	
WATER, COLD	6 lb 4 oz	12 cups	
JUICE, ORANGE, 3/1, CONCENTRATE	2 lb 8 oz	6 cups	
ONIONS, FRESH, YELLOW, ½-INCH DICE	10 lb 12 oz	9 qt	6 lbs
GARLIC, FRESH, PEELED, MINCED	11.22 oz	2 cups	6-1/2 oz
GINGER, FRESH, MINCED	8.24 oz	1-1/3 cup	
THYME, FRESH	.64 oz	7 tbsp + 1 tsp	
ALLSPICE, GROUND	.96 oz	5 tbsp + 1 tsp	
SALT	2.56 oz	¼ cup	
PEPPER, BLACK, GROUND	.64 oz	2 tbsp + 2 tsp	
BLACK BEANS, CANNED, DRAINED, RINSED	39 lbs	6 gal	

**Methods**

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. 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.
3. Rehydrate orange juice by mixing orange juice concentrate with the cold water; stir well. Set aside for use in step 5.
4. Sweat onions with garlic, ginger, thyme, allspice, salt and pepper in oil in a steam-jacketed kettle or stock pot for 5 minutes; stir occasionally.
5. Stir in the orange juice and the beans. Cook on medium heat for 8 minutes, stirring occasionally, until the mixture thickens slightly. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
6. Transfer to serving containers. CP: Hold for hot service at 135°F (57°C).
7. Serve 1 cup of beans over 1/2 cup of rice.

**Notes**

1. If facility prepares this recipe as written, facility may choose to list item on Go For Green card as “Caribbean Black Beans & Rice (vegan)”. Note that vegan items contain no meat, poultry, fish, shellfish, dairy, eggs, insects, or by-products of slaughter or insects such as gelatin or honey.
2. Rice preparation method options, 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.
3. Alternatives: If brown rice is not available can substitute with equal amounts of white rice or quinoa.
4. In step 3, dispensed orange juice may be substituted for the reconstituted orange juice.
5. In step 4, 2-¾ oz (7 tbsp + 1 tsp) granulated garlic, per 50 portions, may be substituted for the fresh, minced garlic. ½ oz (¾ cup) ground ginger, per 50 portions, may be substituted for the fresh, minced ginger. ½ oz (4 tsp) thyme leaves, per 50 portions, may be substituted for fresh thyme.
6. See Q-301-00 for a similar dish to be used as a side dish.



7. \*Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

