

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

Savory Style Beans & Rice (vegan)(Entrée Portion)

Yield 100 Portions

Temp 350°F (177°C)

Each Portion 1 cup beans + ½ cup rice

Time .

Calories	Carbohydrates	Protein	Sugars*	Fat	Saturated Fat	Sodium	Calcium	Fiber
		16 g						

Ingredients

Weight

Measure

Approx. Issue

RICE, BROWN, LONG GRAIN

5-3/4 lbs

3 qts 2 cups

BEANS, KIDNEY

41 lbs 4 oz

ONIONS, FRESH, YELLOW, ½-INCH DICE

2 lb 4 oz

CELERY, FRESH

2 lb 4 oz

SPICE, GARLIC

3/8 oz

1 tbs + 1/4 tsp

SPICE, CUMIN

3/8 oz

1 tbs + 2 tsp

PEPPER, BLACK, GROUND

3/8 oz

4 5/8 tsp

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. Combine beans, onions, celery, garlic powder, cumin, and black pepper in a steam jacketed kettle. Heat beans to boiling and then reduce heat. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service. Transfer to serving containers. CP: Hold for hot service at 135°F (57°C).
4. 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 “Savory Style 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. See Q00503 for a similar dish to be used as a side dish.
5. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

