



Bean Tostada

USDA Recipe for Schools

Creamy pinto beans combine with tomatoes, fresh bell peppers, cheese, and Mexican spices served on a crispy tostada.

NSLP/SBP CREDITING INFORMATION

2 tostadas provide

Legume as Meat Alternate: 2 oz equivalent meat/meat alternate, 1/8 cup red/orange vegetable, 1/4 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 0.5 oz equivalent meat/meat alternate, 3/8 cup legume vegetable, 1/8 cup red/orange vegetable, 1/4 cup other vegetable, 1/8 cup additional vegetable, and 1 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pinto beans, canned, low-sodium drained, rinsed	8 lb 8 oz	1 gal 2 2/3 cups (2 No. 10 cans)	17 lb	2 gal 1 qt 1 1/3 cups (4 No. 10 cans)	1 Pour beans, onions, peppers, and spices into a large food processor.
OR Pinto beans, dry, cooked (see Notes)	8 lb 8 oz	1 gal 2 2/3 cups	17 lb	2 gal 1 qt 1 1/3 cups (4 No. 10 cans)	
*Onions, fresh, chopped	2 lb 6 oz	1 qt 3 1/2 cups	4 lb 12 oz	3 qt 3 cups	
*Fresh green bell peppers, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
Chili powder		2 Tbsp		1/4 cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cumin, ground		1 Tbsp 1½ tsp		3 Tbsp	
Paprika		1½ tsp		1 Tbsp	
Onion powder		1½ tsp		1 Tbsp	
Salt		1 tsp		2 tsp	
Garlic powder		1 Tbsp 1½ tsp		3 Tbsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	
Water		1 qt		2 qt	2 Pour water slowly in processor while bean mixture is puréeing on medium speed for 1–2 minutes until beans have a smooth consistency.
Tomato paste, canned, no-salt-added	14 oz	1½ cups (⅛ No. 10 can)	1 lb 12 oz	3 cups (¼ No. 10 can)	3 Place puréed bean mixture and tomato paste in a large stock pot. Cook over medium heat covered for 15 minutes. Stir occasionally.
					4 Critical Control Point: Heat to 165 °F for at least 15 seconds.
Cilantro, fresh, chopped	2 oz	3½ cups	4 oz	1 qt 3 cups	5 Remove from heat and fold in cilantro.
					6 Critical Control Point: Hold for hot service at 135 °F or higher.
*Lettuce, fresh, shredded	2 lb 8 oz	3 qt 2 cups	5 lb	1 gal 3 qt	7 For topping: Combine lettuce and tomatoes. Toss lightly. Set mixture aside for step 12.
*Tomatoes, fresh, chopped	1 lb 6 oz	3 cups	2 lb 12 oz	1 qt 2 cups	
Cheddar cheese, reduced-fat, shredded	1 lb 10 oz	1 qt 2½ cups	3 lb 4 oz	3 qt 1 cup	8 Set cheese aside for step 13.
Whole-grain yellow corn tostada shells (½ oz each)	2 oz	100 each	4 oz	200 each	9 Assembly (2 tostadas per serving):
					10 First layer: Using a No. 16 scoop, spread ¼ cup (about 2½ oz) bean mixture on each tostada shell.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>11 Transfer bean-topped tostadas to a sheet pan (18" x 26" x 1") lined with parchment paper.</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>12 Second layer: Using a No. 10 scoop, divide equally between two tostadas, $\frac{3}{8}$ cup (about 1½ oz) lettuce and tomato mixture on top of bean mixture.</p>
					<p>13 Third layer: Using a rounded No. 30 scoop, divide equally between two tostadas, 2 Tbsp $\frac{1}{2}$ tsp (about ½ oz) shredded cheese on top of lettuce and tomato mixture.</p> <p>OR</p> <p>Instruct students to “build” their own tostadas.</p>
					<p>14 Serve each student: 2 bean-topped tostadas; $\frac{3}{8}$ cup (about 1½ oz; use No. 10 scoop) lettuce and tomato mixture in individual souffle cups; 2 Tbsp $\frac{1}{2}$ tsp (about ½ oz; use a rounded No. 30 scoop) shredded cheese in individual soufflé cups.</p>

NUTRITION INFORMATION

For 2 tostadas.

NUTRIENTS	AMOUNT
Calories	246
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Total Fat	9 g
Saturated Fat	3 g
Cholesterol	8 mg
Sodium	437 mg
Total Carbohydrate	35 g
Dietary Fiber	7 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	11 g
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Vitamin D	2 IU
Calcium	236 mg
Iron	2 mg
Potassium	351 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb 12 oz	5 lb 8 oz
Green bell peppers	1 lb 4 oz	2 lb 8 oz
Lettuce	3 lb 6 oz	6 lb 12 oz
Tomatoes	1 lb 10 oz	3 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans.

Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry pinto beans = about 2¾ cups dry or 5¼ cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 14 lb (bean mixture)	About 28 lb (bean mixture)
About 1 gal 3 qt (bean mixture)/100 tostadas	About 3 gal 2 qt (bean mixture)/200 tostadas

