



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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Black Beans with Plantains

Prep time: 20 minutes

Cook time: 1 hour

Makes: 25 or 50 Servings

This flavorful dish includes black beans and plantains, two foods that are frequently used in meals prepared in South America and the Caribbean. Plantains are a staple food in many tropical regions. They can be steamed or boiled and used in a manner similar to the way potatoes are used in North America.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Brown rice, long-grain, uncooked	12 1/2 oz	2 cups	1 lb 9 oz	1 qt
Water		1 qt 2 cups		3 qts
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp
*Onions, fresh, 1/4" diced	1 lb 5 oz	1 qt 1 1/4 cups	2 lbs 10 oz	2 qts 2 1/2 cups
Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp
*Black beans, low-sodium, canned, drained and rinsed or black beans, dry, cooked	6 lbs	1 gallon 2/3 cup (1 1/2 No. 10 can)	10 lbs 15 oz	2 gallons 1 1/3 cups (2 1/2 No. 10 can)
Water		1 qt		2 qts
Tomato sauce, low-sodium, canned	1 lb 11 oz	1 qt 1/4 cup (1/4 No. 10 can)	3 lbs 6 oz	2 qts 1/2 cup (1/2 No. 10 can)
*Plantains, raw, ripe (yellow), peeled, 1/4" diced	12 1/2 oz	2 3/4 cups	1 lb 9 oz	1 qt 1 1/2 cups
Cumin, dried, ground		1/4 cup		1/2 cup
Paprika		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Black pepper, ground		2 tsp		1 Tbsp 1 tsp
Salsa, traditional (optional)	4 oz	1/2 cup 1 tsp	8 oz	1 cup 2 tsp
Cilantro, fresh, chopped (optional)	2 oz	1/2 cup 1 tsp	4 oz	1 cup 2 tsp
*Green onions with tops, fresh, chopped (optional)	2 oz	1/2 cup 1 tsp	4 oz	1 cup 2 tsp

Directions

1. Combine brown rice and water in a large stockpot. For 25 servings, add 1 qt. water to rice. For 50 servings, add 2 qts. water to rice.
2. Heat on medium-high to a rolling boil.
3. Cover and reduce heat to medium. Cook until water is absorbed, about 30-40 minutes. Stir once. Cover and cook an additional 10 minutes over low heat. Fluff the rice gently with a fork.
4. Heat oil in a medium stockpot or a tilting kettle on medium-high heat.
5. Sauté onions until soft.
6. Add garlic. Continue cooking on medium-high heat until garlic is fragrant, about 2-4 minutes. Stir frequently. 1 clove is about

1/2 teaspoon minced.

7. Add cooked rice, black beans, remaining water, tomato sauce, plantains, cumin, paprika, and pepper.

8. Stir well and bring to boil. Stir frequently.

9. Reduce heat to medium-low and simmer for 10-15 minutes or until liquid is absorbed into the ingredients. Critical Control Point: Heat to 140 °F for at least 15 seconds.

10. Serve 1 cup (8 oz. ladle). Critical Control Point: Hold at 140 °F or higher.

11. Garnish each serving with 1 teaspoon of salsa, 1 teaspoon of cilantro, and 1 teaspoon of green onions (optional).

Notes

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

Tips for Soaking Dry Beans:

1 lb. dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 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.

Tips for Cooking Dry Beans:

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/black-beans-plantains>.

My Notes

Source: Team Nutrition: Adapted from <http://www.healthyschoolfood.org/docs/NYCHSF-Recipes-for-NYCHSF3.pdf>.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	197	Vegetables 1/4 cup
Total Fat	2 g	Red & Orange 1/8 cup
Saturated Fat	0 g	Other 1/8 cup
Cholesterol	N/A	Grains 1/2 ounce
Sodium	193 mg	Meat / Meat Alternate 1 1/2 ounces
Total Carbohydrate	38 g	
Dietary Fiber	10 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	9 g	
Vitamin D	N/A	
Calcium	65 mg	
Iron	4 mg	
Potassium	N/A	

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

N/A - data is not available