



BOULDER VALLEY REFRIED BEANS

SERVINGS: 100 CALORIES: 45.63 KCAL

These easy refried beans are great with nachos or tacos. A bit of cumin gives them just the right flavor!

INGREDIENTS

18½ pounds Beans, Pinto, canned
 2¾ cups Bean liquid
 2⅛ teaspoon Cumin
 2 tablespoons 2 teaspoons Salt,
 Kosher

INSTRUCTIONS

1. Drain liquid from from canned beans, and reserve.
2. Combine beans and bean liquid per recipe with cumin and salt.
3. Process with immersion blender until smooth.
4. Portion into 2" hotel pans. Cover with parchment and foil.
5. Heat covered beans at 350°F until internal temp is 165°F. Stir half way through process to assure even heating .
6. Hold hot according to HACCP SOP.
7. Use #16 disher for service.

RECIPE NOTES

Crediting = 1 MMA

NUTRITION FACTS PER SERVING (0.25CUP)

Calories: 45.63 kcal | Sodium: 182.16 mg

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.