



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

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Cuban Black Beans and Rice - USDA Recipe D-500 for CACFP

Makes: 25 or 50 Servings



25 Servings

50 Servings

Ingredients	Weight	Measure	Weight	Measure
Water		1 qt 2 cups		3 qt
Salt		3/4 tsp		1 1/2 tsp
Brown rice, long-grain, regular, dry, parboiled	1 lb 9 oz	1 qt	3 lb 2 oz	2 qt
Canola oil		1/3 cup 2 tsp		2/3 cup 1 Tbsp 1 tsp
*Fresh onions, diced	10 oz	1 3/4 cups 3 Tbsp 3/4 tsp	1 lb 4 oz	3 3/4 cups 2 Tbsp 1 1/2 tsp
*Fresh green bell peppers, diced	10 oz	1 3/4 cups 2 Tbsp	1 lb 4 oz	3 3/4 cups
Garlic, minced	3 oz	1/4 cup	6 oz	1/2 cup
Ground cumin		2 Tbsp		1/4 cup
Vegetable base powder		1 Tbsp 1 1/2 tsp		3 Tbsp
Canned low-sodium black beans, drained, rinsed	3 lb 8 oz	1 qt 2 cups 3 Tbsp 1 1/2 tsp (approx. 1 No. 10 can)	7 lb	3 qt 1/4 cup 3 Tbsp (approx. 2 No. 10 cans)
*Dry black beans, cooked (See Notes Section)	3 lb 8 oz	1 qt 2 cups 3 Tbsp 1 1/2 tsp	7 lb	3 qt 1/4 cup 3 Tbsp
Water		1 cup		2 cups
Salt		2 tsp		1 Tbsp 1 tsp
Fresh cilantro, minced		1 3/4 cups	2 oz	3 1/2 cups
*Fresh onions, minced	12 oz	2 1/3 cups 1/2 tsp	1 lb 8 oz	1 qt 2/3 cup 1 tsp

Directions

1. Boil water.
2. Add salt.
3. Place 1 qt brown rice (1 lb 9 oz) in each steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
4. Pour boiling water (1 qt 2 cups per steam table pan) over brown rice. Stir. Cover pans tightly.
5. Bake: Conventional oven: 350 °F for 40 minutes. Convection oven: 325 °F for 40 minutes. Steamer: 5 lb pressure for 25 minutes.
6. Remove cooked rice from the oven and let stand covered for 5 minutes. Stir rice.

7. Critical Control Point: Heat to 140 °F or higher.
8. Critical Control Point: Hold for hot service at 140 °F or higher.
9. Set aside for step 21.
10. Heat oil in a medium stock pot uncovered over medium high heat.
11. Add onions and bell peppers. Cook for 2-3 minutes or until onions become translucent, stirring occasionally.
12. Add garlic, cumin, vegetable base, and beans. Stir constantly for 1-2 minutes.
13. Add water and salt.
14. Bring to a boil. Reduce heat to medium. Simmer for 5-10 minutes.
15. Add cilantro. Stir well.
16. Critical Control Point: Heat to 140 °F or higher.
17. Critical Control Point: Hold for hot service at 140 °F or higher.
18. Pour 3 qt 2 cups (about 8 lb 6 oz) black bean mixture into a steam table pan (12" x 20" x 2 1/2"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
19. Serve black beans on top of rice.
20. Garnish with onions.
21. Portion black beans with No. 6 scoop (2/3 cup). Portion rice with No. 8 scoop (1/2 cup).

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

Serving

NSLP/SBP Crediting Information: 2/3 cup (No. 6 scoop) serving of black beans and 1/2 cup (No. 8 scoop) serving of rice provides:

Legume as Meat/Meat Alternate: 1 oz equivalent meat/meat alternate, 1/8 cup other vegetable, and 1 oz equivalent grains.

OR

Legume as Vegetable: 1/4 cup legume vegetable, 1/8 cup other vegetable, and 1 oz equivalent grains.

CACFP Crediting Information: 2/3 cup (No. 6 scoop) serving of black beans and 1/2 cup (No. 8 scoop) serving of rice provides:

Legume as Meat/Meat Alternate: 1 oz meat/meat alternate, 1/8 cup vegetable, and 1 serving grains/bread.

OR

Legume as Vegetable: 3/8 cup vegetable and 1 serving grains/bread.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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.

COOKING BEANS

Once the beans have been soaked, add 1 $\frac{3}{4}$ qt water for every 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 black beans = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

My Notes

Nutrition Information

Nutrients	Amount	Meal Components
Calories	207	Vegetables
Total Fat	5 g	Beans & Peas 1/4 cup
Saturated Fat	0 g	Other 1/8 cup
Cholesterol	0 mg	Grains 1 ounce
Sodium	438 mg	Meat / Meat Alternate 1 ounce
Total Carbohydrate	34 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Dietary Fiber	5 g	
Total Sugars	2 g	
Added Sugars included	N/A	
Protein	6 g	
Vitamin D	0 IU	
Calcium	59 mg	
Iron	1 mg	
Potassium	229 mg	
N/A - data is not available		