

Calico Beans

Vegetable

HACCP Process Category 2

Bondurant-Farrar CSD

Ingredients	100 Servings		Servings		Directions
	Weight	Measure	Weight	Measure	
Baked beans, vegetarian, canned, low sodium*	6 lb 12 oz	1 No. 10 can			1. Stir all ingredients together. Blend well. Cover with foil. 2. Bake in oven at 350°F for 1 ½ hours. Remove foil cover during the last ½ hour to brown beans. CCP: Cook until internal temp reaches 185°F. CCP: Hold at or above 135°F before and during service. 3. Portion using No. 8 scoop (1/2 cup).
Pinto beans, canned, low sodium, drained*	4 lb 2 oz	1 No. 10 can			
Great northern beans, canned, low-sodium, drained	4 lb 2 oz	1 No. 10 can			
Kidney beans, canned, low sodium, drained*	4 lb	1 No. 10 can			
Garbanzo beans, canned, low-sodium, drained*	4 lb 4 oz	1 No. 10 can			
Catsup	1 lb 9 oz	3 cups			
Brown sugar, packed	1 lb 15 oz	4 cups			
Yellow mustard	4 oz	½ cup			
Onions, dry		1 cup			

*USDA Foods

Serving Size	1 Serving Provides	Yield
½ cup (No. 8 scoop)	½ cup legumes (or 2 oz equivalent meat/meat alternate).	100 servings

Nutrients Per Serving

Calories	150	Sodium	215 mg	Vitamin A	100 IU
Total Fat	1 g	Carbohydrates	33 g	Vitamin C	1.5 mg
Saturated Fat	0.1 g	Dietary Fiber	4 g	Calcium	50 mg
Trans Fat	0 g	Protein	6 g	Iron	1.4 mg
Cholesterol	0 mg	Calories from Total Fat	6%	Calories from Saturated Fat	<1 %
