

# Black Bean Casserole

50 Servings

For school cooks in New York City, and for the students, this Caribbean recipe is the favorite.

Recipe created by Chefs Angel Ramos, Jorge Pineda, and Joy Pierson of Candle Cafe for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City ([www.healthyschoolfood.org](http://www.healthyschoolfood.org)).

## Ingredients:

- 1 cup vegetable oil
- 3 yellow onions, small diced (NYS farm product)
- ¼ cup minced garlic (NYS farm product)
- 4 #10 cans black beans, drained and rinsed **or** 26 ½ cups cooked beans (13 ¼ cups dry) (NYS farm product)
- 4 cups uncooked brown rice
- 1 six pound bag frozen plantains, defrosted and chopped into small bits
- ½ cup cumin
- ½ cup paprika
- 2 tablespoons salt
- 1 tablespoon black pepper
- 2 quarts water

Suggested Garnish: Salsa, chopped tomatoes or chopped scallions



Photo by Lou Manna, [www.LouManna.com](http://www.LouManna.com)

**Preparation:**

1. Heat oil in a large roasting pan, pot, kettle or skillet. Be certain to select a piece of equipment that can accommodate all of the ingredients and the entire finished product.
2. Sauté onions; then add garlic. Cook until soft. Do not brown.
3. Mix in the black beans, rice, plantains, cumin, paprika, salt and pepper.
4. Add water and bring to a boil. Simmer for 25 to 30 minutes or until rice is tender.
5. Transfer to steam table and serve with 6 ounce spoodle.

**HACCP:** Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures.

**For one serving:**

6 ounces

**Nutrition information:**

Calories: 444 calories

Total Fat: 6.2g

Saturated Fat: .1g

Trans Fat: 0.0g

Protein: 7.2g

Sodium: 278mg

Cholesterol: 0 mg

**Contributes to NSLP meal pattern:**

2 M/MA

Meets the Alliance school meals criteria for legumes, lean protein and low fat entrees.