

Magical Moroccan Beans and Greens

50 Servings

The exotic spices beckon you to a distant land in Northern Africa... get on a magic carpet ride to Morocco, the spice capital of the world! Taste the delicious flavors that will dance on your taste buds as cinnamon mingles with cumin in this slightly spicy, delicious and nutritious dish featuring kidney beans and spinach. Served over brown rice, millet, or quinoa or with whole grain crusty bread, this main dish is sure to please! This recipe was one of the winners of our healthy school food recipe contest.

Recipe created by Bill Sribney for the Cool School Food Program of the New York Coalition for Healthy School Food in New York City (www.healthyschoolfood.org).

Ingredients:

1 cup oil
¼ cup garlic; chopped in oil (NYS farm product)
3 Spanish onions; diced small (NYS farm product)
3 tablespoons cumin, ground
2 tablespoons turmeric
4 tablespoons cinnamon, ground
2 tablespoons salt
1 tablespoon black pepper
1 teaspoon red pepper flakes
3 #10 cans red kidney beans **or** 14 cups dry kidney beans (28 cups cooked) (NYS farm product)
1 quart orange juice
Water as needed
5 pounds frozen spinach, thawed and drained overnight (NYS farm product)

Suggested Garnish: Chopped scallions, chopped cilantro, diced pimento, or roasted tomato dices.



Photo by Lou Manna, www.LouManna.com

Preparation:

1. **Prepare seasoning blend one or two days ahead.** If frozen, the blend can be kept up to a month.
2. Heat oil on medium heat; add garlic and onion, and cook until aromatic and soft.
3. Add dry spices and sauté, allowing blend to release aroma.
4. Chill properly and reserve for later use.
5. **On menu day,** combine cooked kidney beans, including liquid from can and orange juice. Add water (or bean cooking liquid if cooking beans from scratch) up to top of beans so they stir easily. Do not have liquid go above bean level.
6. Add seasoning blend, mixing thoroughly.
7. Heat slowly, making sure to stir beans well from the bottom.
8. Heat until beans reach 150 Fahrenheit, simmer for 30 minutes or longer.
9. Add thawed and drained spinach and continue to heat throughout.

Serving Suggestion: Magical Moroccan Beans and Greens can be offered with Spanish or brown rice, millet, quinoa, or seasoned loco bread.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one Serving:

6 ounces Magical Moroccan Beans and Greens (two 3 ounce spoodles)

Nutrition Information:

Calories: 413

Total Fat: 4.4g

Saturated Fat: 0.64 g

Trans Fat: 0.0g

Protein: 5.93g

Sodium: 263mg

Cholesterol: 0 mg

Contributes to NSLP meal pattern:

2 M/MA, ¼ cup Vegetable

Meets the Alliance School Meals Criteria for legumes, lean protein, and low-fat entrée.