



PINTO TACO BEANS

SERVINGS: 50 SERVINGS CALORIES: 212.8 KCAL

Onions, garlic, tomato paste, and seasonings are tossed into a food processor with pinto beans and blended until smooth. This side will go great with tacos or as a dip!

INGREDIENTS

18-3/4 pounds Beans, pinto, canned, drained
 2 cups 1 tablespoon Onions, raw, chopped
 1/4 cup Garlic powder
 2 tablespoons Oregano leaves, dried, ground
 1-1/2 tablespoons Pepper, black, ground
 2 cups 1 tablespoon Tomato paste, canned, without salt added
 1/3 gallon Water
 2 tablespoons Chili powder
 2 tablespoons Cumin, ground
 2 tablespoons Paprika
 2 tablespoons Onion powder

INSTRUCTIONS

1. Drain and rinse canned beans.
2. Puree beans in a food processor to a smooth consistency.
3. Add the onions, garlic, tomato paste, water, and seasonings to food processor and blend well.
4. In a large pot, bring mixture to a boil. Reduce heat and simmer for 25-30 minutes, stirring periodically. Serve warm.
5. Hold for hot service at 135°F or higher.

RECIPE NOTES

Crediting: 2 ounce Meal/Meal Alternate

NUTRITION FACTS PER SERVING (2OUNCES)

Calories: 212.8 kcal | Fat: 1.8 g | Saturated fat: 0.3 g | Sodium: 429 mg | Carbohydrates: 38.5 g | Fiber: 10.4 g | Sugar: 1.3 g | Protein: 12.8 g

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.