



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

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Tropical Bean Salad

Prep time: 20 minutes

Makes: 25 or 50 Servings

This tangy salad is delicious as a side dish or as a topping for tacos, chicken, or fish. Mangoes are a tropical stone fruit. In the United States, Florida is the largest producer of mangoes.



25 Servings

50 Servings

Ingredients

	Weight	Measure	Weight	Measure
Black beans, low-sodium, canned, drained and rinsed or black beans, dry, cooked	6 lbs	3 qts 2 2/3 cups (1 1/2 No. 10 can)	12 lbs	1 gallon 3 qts 1 1/3 cups (2 3/4 No. 10 can)
Mango, canned, drained, diced	3 lb 2 oz	1 qt 2 1/4 cups	6 lb 4 oz	3 qts 1/2 cup
Tomato, fresh, 1/4" diced	1 lb 7 oz	3 1/8 cup	2 lb 14 oz	1 qt 2 1/4 cup
Canola oil		1/4 cup		1/2 cup
Apple cider vinegar		1/2 cup		1 cup
Oregano, dried		2 tsp		1 Tbsp 1 tsp
Black pepper, ground		1 tsp		2 tsp
Romaine lettuce, raw, chopped	1 lb	3 qts 1/2 cup	2 lbs	1 gallon 2 qts 1 cup

Directions

1. In a large bowl, mix together black beans, mango, and tomato to make a salad.
2. Prepare dressing: In a small bowl whisk together canola oil, apple cider vinegar, oregano, and pepper.
3. Toss black bean salad with dressing.
4. Cover and refrigerate. Chill for at least 2 hours to allow the flavors to fuse.
5. Serve 1 cup (8 oz spoodle) black bean salad over a 1/2 cup (4 oz spoodle) lettuce. Critical Control Point: Hold at 40 °F or lower.

Notes

Tips for Soaking Dry Beans

1 lb. dry black beans = about 2 1/4 cups dry or 4 1/2 cups cooked beans.

Overnight Method: Add 1 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 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.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/tropical-bean-salad>.

My Notes

Source: Team Nutrition: Adapted from a recipe by Learning Care Group.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	162	Fruits 1/4 cup
Total Fat	3 g	Vegetables 3/8 cup
Saturated Fat	0 g	Dark Green 1/4 cup
Cholesterol	N/A	Red & Orange 1/8 cup
Sodium	153 mg	Meat / Meat Alternate 1 1/2 ounces
Total Carbohydrate	28 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Dietary Fiber	9 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	8 g	
Vitamin D	N/A	
Calcium	56 mg	
Iron	2 mg	
Potassium	N/A	
N/A - data is not available		