

SIMMERED DRY BEANS

Yield 100

Portion 2/3 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
123 cal	22 g	9 g	0 g	0 mg	154 mg	57 mg

Ingredient

BEANS,KIDNEY,DRY
 WATER,COLD
 SALT
 PEPPER,BLACK,GROUND

Weight

8-1/8 lbs
 41-3/4 lbs
 1-1/4 oz
 1/4 oz

Measure

1 gal 1 qts
 5 gal
 2 tbsp
 1 tbsp

Issue**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash beans thoroughly. Cover; let soak 1 hour.
- 2 Cover with water; bring to a boil in steam-jacketed kettle; boil 2 minutes.
- 3 Add salt and pepper to beans.
- 4 Reduce heat, add more water if necessary to cover beans; cover. Simmer 1-1/2 hours or until beans are just tender. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.