

Smashed Black Beans

Q-303-00

Vegetables

Color Code: Green

Sodium: High

Yield: 100 Portions

Each Portion: $\frac{3}{4}$ cup (6- $\frac{7}{8}$ oz)

Pan Size and Number: 12 x 20 x 2- $\frac{1}{2}$ -inch Steam Table Pans (2)

Time: 17 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
ONIONS, FRESH, DICED $\frac{1}{4}$ -INCH	1 gal + 2 cups	9 lb 7 oz	10 lb 8oz
JALAPENO, FRESH, SEEDED, MINCED	3 cups	1 lb 3 oz	1 lb 6 oz
GARLIC, PREMINCED IN WATER	1 qt + $\frac{1}{3}$ cup	1 lb 8 oz	
OIL, CANOLA	1 cup	7- $\frac{1}{4}$ oz	
SALT	$\frac{1}{2}$ cup + 1- $\frac{1}{2}$ tsp	5- $\frac{1}{2}$ oz	
CUMIN, GROUND	1 cup + 3 tbsp	4 oz	
BLACK BEANS, CANNED, DRAINED, RINSED	5 gal + 3 cups	33 lb 10 oz	7- $\frac{1}{3}$ No.10 cans
WATER	1 gal + 1- $\frac{1}{4}$ qt	10 lb 15 oz	

DIRECTIONS

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. In a steam-jacketed kettle or stock pot, stir-cook onions, jalapeno peppers, garlic, salt and cumin in oil for 5 minutes.
3. Add the black beans and water. Bring to a boil; boil for 10 to 12 minutes or until most of the water is absorbed. CCP: Temperature must reach 145°F (63°C) for 15 seconds.
4. Remove the bean mixture from the steam-jacketed kettle and put into stand mixer. Using a paddle attachment, mash beans on low for 1 to 2 minutes or until the majority of beans are mashed and mixture is fairly thick. Transfer beans to serving pans.
5. CP: Hold for hot service at 135°F (57°C).

RECIPE NOTES

1. Serving suggestions: place on taco or burrito bar; use in a breakfast burrito; may be served as a dip with tortilla chips or crisp vegetables.
2. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar together.

NUTRITION FACTS

Calories	227
Carbohydrates	39 g
Sugars*	2 g
Protein	13 g
Fat	3 g
Saturated Fat	0.4 g
Cholesterol	0 mg
Sodium	954 mg
Calcium	101 mg
Fiber	14.6 g



Combat Capabilities Development Command-Soldier Center // U17-238