

Southwestern Baked Beans

Q-330-00
Vegetables

Color Code: Green
Sodium: Moderate

Yield: 100 Portions

Each Portion: ½ cup (4-⅓ oz)

Pan Size and Number: 12 x 20 x 4-Inch Steam Table Pans (3)

Temperature: 350°F
(177°C)

Time: 1 hr 50 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
WATER (to soak beans overnight)	3 gal + 1-½ qt	28 lb 3 oz	
BEANS, CANELLINI, DRY	1 gal	6 lb 4 oz	
SALT (to soak beans overnight)	½ cup + 2 tbsp	6-⅓ oz	
WATER (to simmer beans)	3 gal + 1-½ qt	28 lb 3 oz	
RESERVED COOKING LIQUID	1 gal + 2 cup	9 lb 6 oz	
ONIONS, YELLOW, DICED ¼-INCH	1-½ qt	1 lb 2 oz	1 lb 4 oz
OIL, CANOLA	½ cup	3-¾ oz	

TOMATOES, CANNED, DICED	3 qt	6 lb 4 oz	1- No. 10 Can
TOMATO PASTE, CANNED	5 cup	2 lb 4 oz	½- No. 10 Can
SALT	3 tbsp	1-⅞ oz	
GARLIC, GRANULATED	3 tbsp	1 oz	
CHILI POWDER	3 tbsp	0.85 oz	
CUMIN, GROUND	2 tbsp	0.42 oz	
PEPPER, BLACK, GROUND	2-½ tsp	0.20 oz	
JALAPENOS, CANNED, DRAINED, DICED	3 tbsp	1-⅞ oz	
CILANTRO, FRESH, CHOPPED	2 cup	1-¾ oz	2-⅓ oz

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G-31. Diced onion to ¼-inch, rough chop cilantro.
2. Preheat oven to 350°F (177°C).
3. Rinse beans thoroughly, drain, discard any discolored beans.
4. In a large container combine 3 gal + 1-½ qt (28 lb 3 oz) water, beans and ½ cup + 2 tbsp (6-⅓ oz) salt. Cover and soak overnight; drain beans and discard liquid.
5. In a steam-jacketed kettle add beans and 3 gal + 1-½ qt (28 lb 3 oz) water. Cover and simmer for 45 minutes to 1 hour or until beans are tender and cooked through but not breaking or falling apart.
6. Drain beans, reserving 1 gal + 2 cups (9 lb 6 oz) cooking liquid for use in Step 8.
7. Sauté onions in oil in a steam-jacketed kettle for 5 to 10 minutes or until fragrant and translucent.
8. Add reserved liquid, diced tomatoes, tomato paste, salt, garlic, chili powder, cumin and pepper. Bring to simmer; simmer for 5 minutes.
9. Add beans and cilantro, stir to combine. Simmer for 5 minutes.
10. Transfer about 1 gal + 1-¼ qt (10 lb 10 oz) to each steam table pan. Using a convection oven. bake covered at 350°F (177°C) for 20 minutes.

11. Remove cover, stir and bake for an additional 5 to 10 minutes or until most of liquid has absorbed. Sauce should be a thick consistency, not runny. CCP: Internal temperature must reach 135°F (57°C).
12. Serve immediately or CP: hold hot at 135°F (57°C).

RECIPE NOTES

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (using an older convection oven may require extra cook time to achieve the desired final product).
2. Serving suggestions: Pairs well with Southwestern Shrimp, Recipe No. L-302-00, Grilled Chicken Breast, Recipe No. L-305-00 and Grilled Salmon, Recipe No. L-317-00.
3. *Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	123
Carbohydrates	21 g
Sugars*	3 g
Protein	7 g
Fat	2 g
Saturated Fat	0.2 g
Sodium	303 mg
Calcium	46 mg
Fiber	10.8 g



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